



**DEVELOPMENTAL DELAY RESOURCES**

**The ONE Resource Network Integrating Conventional & Holistic Approaches**



*The Upledger Institute and Clinic:  
Powerful Skills from Our Hands to Yours*

This Newsletter is made possible by a grant from The Upledger Institute and Clinic, Palm Beach Gardens, FL

**D**o you have a child or other relative who is not speaking, had a traumatic birth or injury, or has significant sensory problems? Are you a therapist who wants to add new tools to your tool chest? **The Upledger Institute and Clinic** can help!

**The Upledger Institute**, which includes **The Upledger Clinic**, is a world-renowned health resource for children, adults, and therapists, founded in 1985 by Dr. John E. Upledger. *Time* Magazine featured Dr. Upledger, an osteopathic physician, as one of America's next wave of innovators. He is celebrated for leading a team of anatomists, physiologists, biophysicists, and bioengineers whose clinical research formed the basis for the development of CST.

**The Upledger Institute** provides hundreds of workshops of continuing education each year. It educates healthcare professionals of diverse disciplines in CranioSacral Therapy (CST), Lymphatic Drainage, Healing From the Core, and other techniques. **Upledger** has trained more than 90,000 therapists at sites worldwide.

**The Upledger Clinic** has treated thousands of patients. All clinicians have advanced skills. For instance, staff clinician Rebecca Flowers, OTR/L CST-D, author of the article on page 5, holds three certifications. She's just one example of the high caliber of therapists available at **The Upledger Clinic**.

CranioSacral Therapy is a very gentle, light-touch approach that releases tensions deep in the body, relieves pain and dysfunction, and improves whole-body health and performance. The positive effects of CranioSacral Therapy rely to a large extent on the body's inherent self-healing abilities. CST normalizes the craniosacral system – the environment around the brain and spinal cord. Because this system directly affects central nervous system function, CST indirectly addresses a wide range of sensory, motor, and neurological concerns.

CranioSacral Therapy sessions at **The Upledger Clinic** are available in several formats: hour-long one-on-one sessions, and five or 10-day Intensive Programs. Individual sessions take place in a quiet, private setting, where the client lies fully clothed on a padded treatment table. During outpatient Intensives, patients receive five to six hours of CST treatment per day, with two to three clinicians working simultaneously. Each summer the clinic also offers Dolphin-Assisted Therapy Intensive Programs held in the warm waters off of Freeport on Grand Bahama Island.

CST can be especially powerful for children with developmental issues including autism, ADD/ADHD, Sensory Processing Disorder (SPD) and other challenges, and can also include Sensory Integration Therapy as an integral part of the treatment. (See article, page 5.) To a child, the new treatment room at **The Upledger Clinic** in Florida looks like a playground full of colorful toys. To parents and therapists, it looks like the perfect place to blend Sensory Integration with CranioSacral Therapy to help kids make real progress overcoming processing dysfunctions and developmental challenges.

CranioSacral Therapy isn't just for children, however. Many adults, including caregivers, benefit from CST for issues such as chronic pain, migraines and headaches, neck and back pain, accident recovery and more. Caregivers and family members of patients attending Intensive Programs at **The Upledger Clinic** qualify for special discounts on sessions while at the Clinic.

Therapists and parents interested in learning CranioSacral Therapy themselves can attend classes taught through **The Upledger Institute**. Workshops are available at **The Upledger Clinic** itself, or in dozens of convenient locations across the U.S., Canada and the rest of the world. For more about the services offered at **The Upledger Clinic**, please call 561.622.4706 or visit [www.upledgerclinic.com](http://www.upledgerclinic.com). To learn more about continuing-education programs through **The Upledger Institute**, please call 800.233.5880 or visit [www.upledger.com](http://www.upledger.com).

**IN THIS ISSUE**

<b>Sponsor</b> .....	<b>Page 1</b>
The Upledger Institute and Clinic	
<b>Executive Director's Column</b> .....	<b>Page 2</b>
Total Load Theory	
<b>News and Comments</b> .....	<b>Page 3</b>
<b>Education</b> .....	<b>Page 4</b>
Are Schools Contributing to Learning Problems?	
<b>Sensory</b> .....	<b>Page 5</b>
CranioSacral Therapy and SI	
<b>Reflexes</b> .....	<b>Page 6</b>
The Tendon Guard Reflex	
<b>Nutrition</b> .....	<b>Page 7</b>
Getting Good Supplements into Bad Eaters	
<b>Upcoming Events</b> .....	<b>Page 8</b>



# Total Load Theory: How the Cumulative Effect of Many Factors Causes Developmental Delays

When the bridge collapsed last week in Minnesota, who or what was to blame? Improperly placed machinery? The engineer who conceived the design? The weight of the cars traveling over the bridge every day? The weather? Total load theory postulates that it is the cumulative effect of all these factors that brought down the bridge.

Every human body, like a bridge, has an individual load limit. One can handle only a certain number of stressors before collapsing. The accumulation of chemicals, heavy metals, sensory assaults or deprivation, and immune system stressors can produce a dangerous overload that puts children at risk for developmental problems. At last, according to August 14<sup>th</sup>'s *Boston Globe*, researchers at the University of California - Davis, are investigating the impact of some of these environmental issues.

## Total Load Starts Pre-Natally

Environmental factors begin to add up prenatally. For about 25 years, more or less, a woman builds up her personal body burden. According to a Swedish study, she dumps about 75% of her toxic load into her baby. That's why so many women experience first pregnancy miscarriages: nature's way of detoxing her body, and at the same time, assuring a healthy baby for the next pregnancy.

What happens if that first pregnancy is viable? That baby is born, not with a zero toxic load, but with toxic levels already approaching its body's threshold. Many of these firstborn children, mostly boys, are born with toxic levels of mercury and other dangerous substances. With the addition of more after birth, their immune systems collapse: diagnosis, autism.

## Genetics Loads the Gun

Parents with allergies and other immune system dysfunction, such as chronic fatigue and fibromyalgia, pass along hereditary risk factors to their unborn babies. The poor ability to detox is primary. Endocrine and nutritional factors also play a role. We now know the importance of a properly working thyroid, the master gland, for the unborn child. Sufficient levels of maternal essential fats (EFAs) are also vital for a healthy baby.

## Environment Pulls the Trigger

Any complications during pregnancy, such as gestational diabetes, conditions requiring bed rest, or repeated sonograms, add further to a baby's load factors, interfering with sensory and motor development. The amniotic fluid amplifies the vibration of the sonogram, making its strength analogous to a jet engine in the baby's immature ears. Research shows that the higher the number of sonograms, the more likely babies are to have frequent ear infections. Lessened maternal physical activity, due to prescribed bed rest, affects the vestibular system and the baby's ability to move against gravity. Add a cord wrapped around the neck, lengthy labor, forceps or vacuum aspiration at delivery, a C-Section, and/or a hepatitis B shot in the first 24 hours of life, and that baby is already very high risk for delays.

## Load Factors Add Up During the First Year of Life

The closer the baby's burden approximates its threshold at birth, the fewer factors are necessary in the first year of life to put that baby over the line. Welcome a newborn home to a freshly carpeted and painted nursery, with off-gassing materials, start that baby on a cow's milk based formula, rather than mother's milk, add vaccines, with or without mercury, put that baby on its back for sleeping, restricting motor development, and use antibiotics freely for any infections. Developmental delays, including autism, are now almost inevitable.

## The Body's Top Priority is Staying Well

How and why do the very common practices above interfere with development? Because the body prioritizes health over development, and automatically puts the bulk of its-energy into staying well. Breathing, digesting, and surviving all supersede interacting with the outside world. Sensory, motor, language, and social-emotional development must take a back seat to biological functioning.

If a threshold exists, below which individuals are "well," and above which they are "sick," many of us sit precariously slightly below the tipping point of health. All it takes is one more load factor, such as a high pollen day, a powerful antibiotic for a sinus infection, or a booster vaccine to put us over the top into "sick."

## The Degree of Overload Determines a Diagnosis

The timing and number of total load factors is directly proportionate to the severity of a diagnosis. With early and multiple factors, a child is more likely to become autistic. Fewer and later factors might result in learning, behavioral, and sensory motor delays, with diagnoses such as pervasive developmental disorders, learning disabilities, and attention deficits.

## Specific Load Factors Determine Treatment

Taking a history, which includes environmental factors, is essential to choosing the right treatment. Just as headaches can be caused by both nagging mothers-in-law as well as brain tumors, speech-language delays and late reading can have multiple causes. Without knowing a child's unique history, considerable money, time, and effort can be wasted on inappropriate therapies.

## Prevention is the Key

All prospective parents should educate themselves about the risk factors for autism and developmental delays. Start *before* conception by putting the mother on a detoxification program. Check her thyroid, including TSH levels, switch to non-toxic cleaning, personal care, and pest control products. Decorate the nursery only with non-toxic products. Finally, read Dr. Dietrich Klinghardt's letter to potential and new parents, available on his website at [www.klinghardt.org](http://www.klinghardt.org).

**Make reducing the total load of everyone in your family top priority now!**