

# The Golden Eagle

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Dr. John Upledger

## The healing touch: Craniosacral Therapy at NASL

By Tammy Ragonese  
Golden Eagle Staff Writer

In keeping with cutting edge technology, NAS Lemoore Naval Hospital is pleased to announce a new hands-on method of healing called Craniosacral Therapy now available at the Wellness Center.

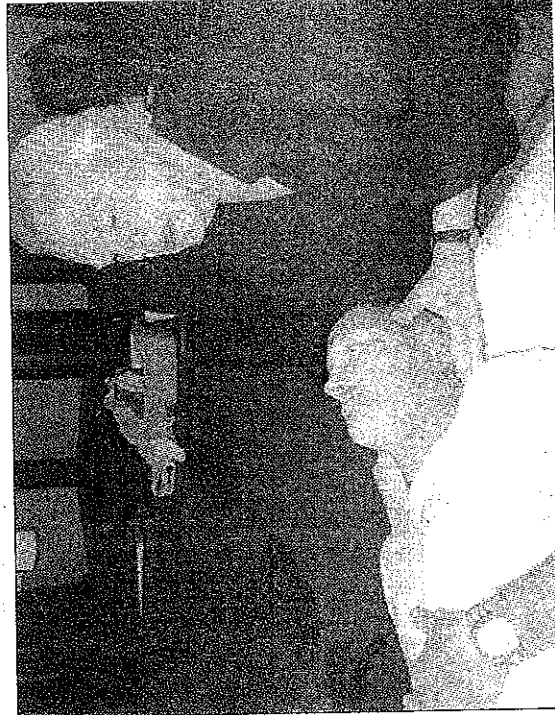
## Upledger

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motion. From 1975 to 1983, he served as clinical researcher and professor of biomechanics at Michigan State University where he supervised a team of anatomists, physiologists, biophysicists and bio-engineers in research and testing.

"The results not only confirmed Sutherland's theory, but led to clarification of the mechanisms behind this motion, the craniosacral system," said Upledger. "Quite simply put, I learned how to manipulate skull bones to release restrictions in the membranes. I do what the body dictates rather than dictating to the body." Because of its influence on the functioning of the central nervous system, CST can benefit the body in a number of ways from bolstering overall health and resistance to disease to alleviating a wide range of specific medical conditions. Among CST's largest patient groups are those suffering chronic symptoms that haven't been aided by other approaches.

CST is effective for a wide range of medical



Dr. Upledger performs Craniosacral Therapy on Master Chief Stuart Souders.

Photo by Tammy Ragonese

Madelyn Kozub assisted the advance practitioners in administering CST to patients during Upledger's visit to NAS Lemoore.

"This therapy is a wonderful edge to traditional medicine. This is truly a holistic approach in that it helps mentally, emotionally, physically and spiritually. It affects the entire person," explained Kozub. "I plan on getting more training. I have seen the physical changes and emotional changes firsthand."

In January of 2004, Rene Drumheller suffered from chronic hip pain as a result of a work-related accident and began CST.

"I am a huge fan of Dr. Upledger and his work.

"After experiencing CST, I felt better. It works. My advice to others just trying it out is to approach it with an open mind and you will see firsthand the benefits."

Command Master Chief of Naval Hospital Lemoore, Master Chief Stuart Souders added, "This therapy has merit in that I feel better and it took my foot pain away. That is proof to me."

Lt. Cmdr.

It is a very gentle manual therapy or touch designed to release restrictions in the membranes that surround the brain and spinal cord. Cranio refers to the head while sacral extends to the tailbone area through the spinal cord.

The therapy is performed with light touch techniques while the client is fully clothed. By releasing restrictions around the brain and spinal cord, it naturally frees the central nervous system to perform at peak efficiency.

"This is integrative medicine where traditional and non-traditional medicine blend to create positive outcomes so that we have healthy military families," explained Capt. Sandra DeGroot, Commanding Officer of Naval Hospital Lemoore.

Founder of CST, osteopathic physician, Dr. John Upledger and several members of his staff made a special week-long visit last week on board NAS Lemoore to train and treat staff and patients in CST.

"I discovered the craniosacral system during a neck surgery that I was assisting on in 1970. I observed a rhythmic movement of the membranes and bones. No one knew or could identify what this movement was," explained Upledger.

With his curiosity piqued, Upledger set out to find the answer. He began with the research of Dr. William Sutherland, the father of cranial osteopathy. Sutherland had explored the concept that the bones of the skull were structured to allow for movement. This theory was at odds with the medical and scientific communities whose beliefs were that the bones were like concrete and unmovable.

Upledger believed that if Sutherland's theory of cranial movement were in fact true, that this would explain the movement he encountered during the neck surgery.

Upledger set out to scientifically confirm the existence of cranial bone

chronic fatigue, dizziness, insomnia, neck and back problems, digestive problems, tinnitus, vertigo, post traumatic stress and central nervous system disorders just to name a few.

"This therapy changes people's lives. We can no longer ignore the positive outcomes to this therapy. It really works," said DeGroot.

The extremely light touch involved in the application of CST makes it a safe approach for children, infants, newborns and pregnant women.

"Response to CST varies from individual to individual and condition to condition," explained Upledger. "Your response is uniquely your own and can't be compared to anyone else's."

Anything outside of the ordinary can cause doubt and skepticism in most people. CST does have its critics, until those critics experience CST for themselves.

"I think it is important for people to have some skepticism until they experience it," said DeGroot. "I believe that when we blend traditional with non-traditional medicine, our health care crisis will be solved."

"Initially, I was skeptical. I am a very factual, show-me type of guy," explained Senior Chief Gerardo Ramos who spent two tours in Iraq.

any professional to anyone because you are able to recommend CST to anyone because you are able to feel the results," said Drummheller.

Throughout his career as an osteopathic physician, Upledger has been recognized as an innovator and leading proponent in the investigation of new therapies.

Upledger has developed and refined CST and other complementary modalities, which are now taught worldwide to a diversified group of health-care professionals through the Upledger Institute. He has also written numerous textbooks and study guides and more than two-dozen research articles.

For Upledger, the notoriety isn't what counts. "I would like for CST to become accepted and used in medical communities nationwide," explained Upledger. "The bottom line is, I know I'm wacky, but CST works and the proof is in the positive results. People are getting better!"

The saying, "There's more in Lemoore" is true especially at NAS Lemoore where patients now have an opportunity to complement their traditional medical care with CST. If you are interested in learning more about CST, please contact the Wellness Center at 998-4584.

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