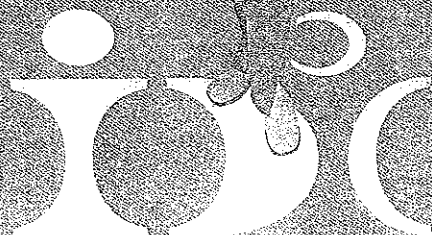


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how the human energy field can be utilized for "health, happiness and personal fulfillment."

"Healing is really going back to the source, clearing the fields, not only the physical but the mental and emotional," emphasizes Brennan.

The revered healer recognizes the importance of using alternative or holistic therapies in concert with a physician.

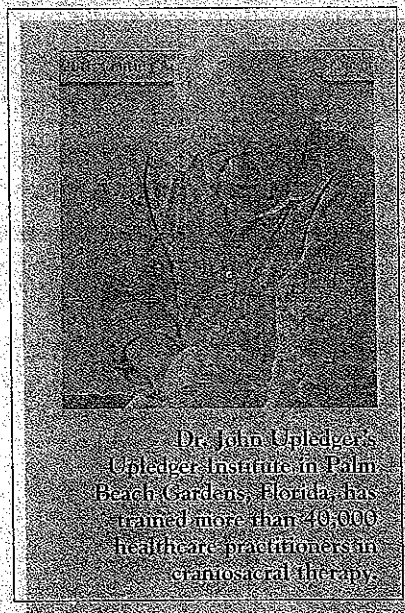
The revered healer also recognizes the importance of using alternative or holistic therapies in concert with a physician. Complementary therapies are intended to augment traditional medical treatment, not to replace it, according to Brennan, who's always looking for new ways to enhance her techniques. "In our school now, we're creating a department of integrative care, crossing that bridge to the medical world and moving into more research."

Craniosacral: John Upledger

Dr. John Upledger, a licensed physician, surgeon and osteopath, is credited with developing craniosacral therapy. His Upledger Institute in Palm Beach Gardens, Florida, has trained more than 40,000 healthcare practitioners worldwide.

His "awakening" to the use of alternative medicine occurred while he was treating heroin addicts in 1966. "I was a research and teaching fellow in biochemistry, very scientifically oriented," recalls Upledger. "A colleague, who was a Vietnam War Green Beret, convinced me to try acupuncture on three incurable pain patients. When it worked, I thought, 'There is something going on here that I didn't learn in school!'"

His curiosity piqued, a subsequent operating room association with a



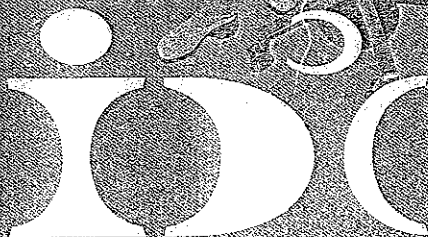
Dr. John Upledger's Upledger Institute in Palm Beach Gardens, Florida, has trained more than 40,000 healthcare practitioners in craniosacral therapy.

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neurosurgeon afforded Upledger the opportunity of observing the three layers of membrane that cover the brain and spinal cord, and during a surgery, he became transfixed with "the rise and fall of fluid pressure. It was my first look at the craniosacral system."

After much thought, his experiences ultimately led to the development of his trademark "light touch."

"If you apply a heavy touch, the body resists you. I want the fluid pulsation in the inside to help move things stuck together that shouldn't be. I apply the light touch so as not to recruit a defense in the body. The trick is to find that threshold where you're right at the edge of creating body resistance, but don't."

CST, according to institute literature, "is a gentle, hands-on method of evaluating and enhancing the function of...the craniosacral system—comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord." CST is touted as "a preventive health measure due to its ability to bolster resistance to disease and sustain overall good health."

CST works to reverse the debilitating effects of stress.

CST professionals teach that human craniosacral systems have "a rhythm that can be felt throughout the body." Upledger and his students use a touch generally no heavier than the weight of a nickel and monitor this rhythm at key body points to pinpoint the source of an obstruction or stress. When they locate a blockage, they "assist the natural movement of the fluid and related soft tissue to help the body self-correct. CST works to reverse the debilitating effects of stress by providing the conditions in which the nervous system can rest and rejuvenate."

At first encounter, CST therapy



Bob King, a 29-year industry veteran, served as president of the American Massage Therapy Association for two consecutive terms.

seems almost too good to be true. However, many traditional medical doctors are actually referring patients to Upledger. CST is reported to alleviate a diverse list of conditions, including colic, traumatic brain and spinal cord injuries, migraines, chronic fatigue, chronic neck and back pain, emotional difficulties, temporomandibular joint dysfunction (TMJ), stress, post-traumatic stress disorder and more.

"In essence," professes Upledger, "by enhancing body fluid movement, we're aiding the body's own self-healing mechanisms. We all rely so heavily on those. They are very powerful."

Massage Advocate: Bob King

When he was elected president of the American Massage Therapy Association for two terms beginning in 1986, Bob King recalls, "The massage and body-

work industries were just beginning to boom. New fields such as spa massage, sports massage and massage for injuries were burgeoning."

King, a 29-year industry veteran, believes that the popularization of sports massage, in particular, became a "central theme for acceptance of massage therapy in the '80s, taking it away from being a luxury of the idle rich. We began talking about making choices that contribute to a healthy lifestyle."

King's impact on the Association was far reaching. When he was elected, AMTA had only 3,000 members and now it boasts 45,000.

"We, including our national board of directors, adopted a strategic plan to position massage therapy in a more respectable way. We promoted professional certification, and attempted to set nationwide standards for entry-level competency and



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accreditation of schools. We started a foundation that supports research."

As founder of the 20-year-old Chicago School of Massage Therapy, King never thought of leaving well enough alone within his own walls. Instead, he founded the most sophisticated volunteer outreach program of any massage school in the country.

"Students who come here (2,500 are graduates) know that volunteer work is part of the curriculum," he explains. "We serve people on the fringes of society who don't normally have access to positive, transforming, nurturing touch."

King's philosophy is closely tied to that need to make a contribution...often the guiding force that directs us toward hands-on healing in the first place. "Practicing service work releases you from the bondage of self-absorption," he says. "It generates changes in self-awareness and toward understanding what is truly important in life—no matter how busy or preoccupied we may be."

King looks back fondly on his AMTA presidency, but wouldn't necessarily want to occupy that chair now. "Fifteen years ago was an exciting time; now, we deal with controversies such as insurance reimbursement and the continual emphasis on standards and medical acceptance. Personally, I would rather work for free than get involved in a third party insurance reimbursement scam. I think the system is based on greed and fear, and I personally choose not to be involved with that type of coverage.

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vade our culture. Massage, right now, is uniquely positioned to respond to many of our cultural wounds," he concludes. ♦

Stephanie Stephens is an award-winning public relations professional and journalist based in Los Angeles. Contact her at Stephstphn@aol.com.

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