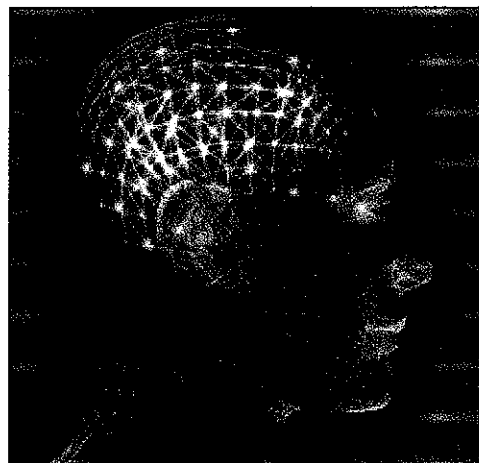


#2004.01B



# INNOVATORS

## ALTERNATIVE MEDICINE



### A New Breed of Healers

By John Greenwald

Call it "alternative," "complementary," "integrative" or "holistic" medicine. Whatever name you choose, such nontraditional therapeutic practices as acupuncture, homeopathy and yoga have become increasingly prominent — and provocative — parts of the U.S. medical landscape. An estimated 50% of all Americans turn to some type of alternative therapy; three-quarters of U.S. medical schools offer courses in the subject; and even flinty-eyed health insurers are starting to pay for visits to your local herbalist or naturopath.

This shift reflects a growing public yearning for gentler, less invasive forms of healing. But unconventional potions and practices afford rich opportunities for quackery. Health-food magazines and websites are filled with ads touting miracle cures that serve only to separate the sick from their money.



JEANNE ACHTERBERG JEAN-PIERRE BARRAL TIERAONA LOW DOG GEORGE GOODHEART JOHN UPLEDGER PATRICIA WA

**DISCUSS THE CHOICES**

Will the 21st century produce more important innovations than the last? Who will be the top inventors? Tell us if you agree with TIME's choices.

**POLL**

Which of the following breakthroughs do you think will come first?

- The ability to clone humans
- A cure for cancer
- Extending the average life past 100
- Other

**SUBMIT****NOMINATE AN INNOVATOR**

Do you know the next Einstein? Is your neighbor working on the next great health breakthrough? If so, e-mail us the name of your nominee, explaining in 50 words or less why we should choose him or her.

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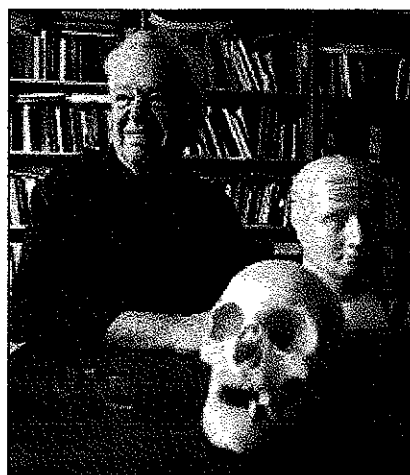
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ALTERNATIVE MEDICINE



**JOHN UPLEDGER**

**His treatment addresses an astonishing range of ailments by using gentle manipulation to restore normal circulation in the cerebrospinal fluid that bathes and nourishes the brain and spinal cord**

## A New Kind of Pulse

By John Greenwald

John Upledger has never shied from risk taking. As a Coast Guard medic in the 1950s, he once performed an appendectomy in the eye of a hurricane with the help of an onshore surgeon who guided him by radio. "To the best of my knowledge," he says, "no one's done that before or since." Today Upledger, 69, keeps on setting precedents. An osteopath by training, he is the founder of a form of nontraditional medicine called craniosacral therapy that is rapidly gaining adherents.

While assisting in a spinal operation in the 1970s, Upledger was startled to notice a strong pulse in the membranes that surrounded the patient's spinal cord. He determined that the pulse — which did not appear in the medical books — was coming from the cerebrospinal fluid that bathes the brain and spinal cord. He came to believe that anything that blocked the flow of this fluid could cause physical and mental distress. "All these membranes affect brain function," he says, "and when they're not moving properly, there can be harm."

To free up the restrictions, Upledger applies light resistance to parts of the body that seem to be stuck. These frequently include the bones of the skull, which Upledger says remain mobile throughout life — a point many medical doctors dispute. During a craniosacral session, the therapist may gently lift a person's head to allow a skull bone to shift and the normal flow of fluid to resume.

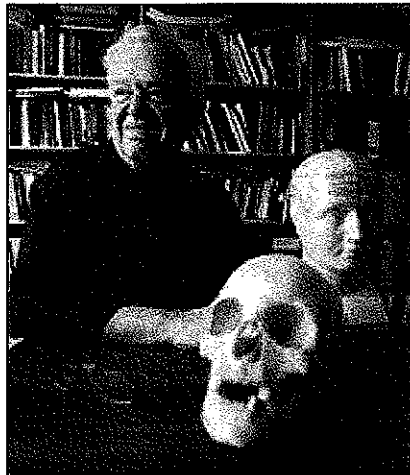
How well does it work? Upledger says the treatments have relieved conditions ranging from headaches and chronic back pain to autism and



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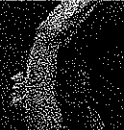
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learning disabilities in children — and there is no shortage of testimonials. He is currently working with Vietnam veterans suffering from post-traumatic stress disorder at his clinic in Palm Beach Gardens, Fla., a facility that has trained some 60,000 craniosacral practitioners. And while many M.D.s remain skeptical of the therapy, others have followed the lead of pain-control centers and physical-rehabilitation units in sending Upledger their patients.

"What we do is take away obstacles," says Upledger, "like removing stones from the road." And that, he might add, has proved far easier than cutting out an appendix in the center of a storm.

## Biography



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ALTERNATIVE MEDICINE



## JEAN-PIERRE BARRAL

**Healthy internal organs are free to roll around within the body, observes Barral, who pioneered a technique for unlocking viscera that have become tied in knots. "I was particularly drawn to the abdomen," he says**

## Has Your Liver Been Liberated?

By Tala Skari

Probably the only thing most people care to know about their gurgling inner organs is that they are functioning properly. But for Jean-Pierre Barral, an osteopath practicing in Grenoble, France, the body's vital viscera are like a beautifully complicated timepiece, each part in subtle but perpetual motion relative to the others. "In a single day, your internal organs move 30,000 times," he says. "Your liver alone travels 600 meters."

Problems arise, according to Barral, when a trauma or malfunction puts the mechanism out of alignment. "An organ that loses its mobility can throw the whole organism out of whack," he says. "Our task is to help it get back on track." To that end, Barral, 56, has spent nearly three decades developing the therapeutic technique he calls visceral manipulation.

Here's how it works: using only his hands, Barral coaxes the kidneys, liver, stomach and other soft tissues back to their natural movement by applying soft pressure to the abdomen, thorax and urogenital areas. In this way, he claims to have successfully treated ailments ranging from chronic back and joint pain to indigestion, infection, incontinence, migraines and even impotence and sterility.

Barral came naturally to his vocation. "My grandmother was a healer, and I always liked to touch people," he says. Working as a physical therapist before receiving his osteopathic training in England, he discovered that each internal organ has a capacity to cause pain to the spinal column, whereas conventional osteopathic thinking assumed the opposite. "At the time nobody was talking about manipulating organs," he recalls, "but I kept seeing

manipulating organs, he recalls, but I kept seeing patients with aches and pains that I could relieve simply by kneading their organs."

Initially, Barral's gentler, hands-on approach met with skepticism. But some in the medical community are starting to recognize its benefits. Visceral

Biography



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manipulation has become part of the standard curriculum at all European osteopathic schools, while seminars in the U.S., Japan and Russia are drawing large crowds. In Grenoble, where osteopaths treat a surprising 25% of the city's population, nearly one-third of Barral's patients have been referred by mainstream doctors. "We often get called in when regular medicine can't do anything," he says. "That's where being an organ mechanic is a beautiful thing. There aren't many of us, and there are a lot of organisms out there that need help."

## Biography

