

THE UPLEDGER FOUNDATION UPDATE

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Bahamas. Therapists were not only taking the classes but writing about their experiences in trade publications. We are continuing to offer four-day workshops designed to help therapists develop a holistic, cooperative relationship with the ocean and its healing resources. They also bring an enhanced awareness of CranioSacral Therapy within the bioaquatic context.

Costs for conducting each BioAquatic Exploration are understandably high. To make a contribution, call 1-800-233-5880 and ask for priority code N1102. Ask to designate your donation to BioAquatic Explorations.

THE UPLEDGER FOUNDATION NANCY SCHAFER MEMORIAL GOLF CLASSIC FUNDRAISER

Our first celebrity golf tournament helped raise both funds and awareness for

our Foundation programs on a variety of fronts.

We're intent on keeping that interest high by holding a 2nd annual Golf Classic April 4-5, 2003, in Palm Beach Gardens, Florida, to celebrate CranioSacral Therapy Awareness Month. It's a fun way to join our extended family and show your support. Visit www.upledger.com in the coming months to register.

To make a contribution, please call 1-800-233-5880 and ask for priority code N1102. Ask to designate your donation to The Upledger Foundation Nancy Schaffer Memorial Golf Classic.

HELP KEEP OUR COMMUNITY STRONG

Please join me in my quest to bring the work that we do to more people in our extended communities — people like

conjoined twins Ahmed and Mohamed Ibrahim and others facing dire health matters.

One easy way to help out is to carry The Upledger Foundation credit card. As part of a partnership with MBNA, this Platinum PlusSM MasterCard[®] benefits the Foundation with every purchase and approved application. The card carries no annual fee and includes a number of perks along with mileage rewards at no additional fee. For details and to apply, please call 1-800-523-7666 and be sure to ask for The Upledger Foundation priority code YNF9.

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HealthPlex Clinical Services
11211 Prosperity Farms Road, D-223
Palm Beach Gardens, FL 33410-3487
Phone: 561-622-4706
E-mail: uihealthplex@upledger.com
Website: www.upledger.com

PRSR STD
U.S. POSTAGE
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FT. LAUDERDALE, FL
PERMIT NO. 4667

PRACTITIONERS

JOHN E. UPLEDGER,
DO, OMM

MYA BREMAN,
LMT, MSW, CST-D

CLOÉ COUTURIER,
LMT/CO, CST

ROY DESJARLAIS, LMT, CST-D

DAVID HALFON, LMT

FRANCINE HAMMOND,
LPN, LMT, CST-D

REBECCA HUNT,
OTR, SCP, CST-D

SHERYL MCGAVIN,
MBA, OTR/L, CST-D

LEE NUGAN, MA

CHAS PERRY, PhD, CST-D

LISA UPLEDGER, DC

TAD WANVEER, LMT, CST-D

NANCY WESTPHAL, LMT, CST

UI HealthPlex Hours

8 AM - 7 PM, MON - THURS

8 AM - 6 PM, FRI

9 AM - 1 PM, SAT

News From The Upledger Institute, Inc.®

UpClose

NOVEMBER 2002

HealthPlex Clinical Services VOL. 15, No. 3

CRANIOSACRAL THERAPY IMPROVES HEALTH OF CONJOINED TWINS

It is said that faith the size of a mustard seed can move mountains. For 17-month-old conjoined twins Ahmed and Mohamed Ibrahim, it is the gentle touch of CranioSacral Therapy that is helping to remove mountains of obstacles that stand in the way of their development.

Born June 2, 2001, to the wife of a laborer in a remote village about 500 miles from Cairo, Egypt, Ahmed and Mohamed are conjoined at the crown of the head. The surgery needed to separate them has been called "one of the most challenging decisions I've ever had to make" by Dr. Kenneth Salyer, the lead surgeon and founder of the Dallas-based World Craniofacial Foundation, which sponsored the twins' trip to the United States.

Unlike the recent case of the conjoined Guatemalan girls who were successfully separated, Ahmed and Mohamed share brain matter and extensive blood vessels, some of which snake like a maze between the two. Yet for all intents and purposes, the boys are happy and well-adjusted. They laugh, play, interact with those around them, and are perfectly at ease in the spotlight.

It is an agonizing decision confronting the surgical team and the twins' father, who has the unwanted task of giving the ultimate yes or no to the procedure. Yet through the ordeal hope has remained strong — thanks in large part to

the bodily changes being witnessed in the twins since they began receiving CranioSacral Therapy.

CRANIOSACRAL THERAPY USED TO PREPARE TWINS FOR SURGERY

Dr. Kenneth Salyer learned about CranioSacral Therapy and its influence on the central nervous system from his wife, Luci Lara-Salyer, a massage therapist who studied CranioSacral Therapy through The Upledger Institute.

At the invitation of the Salyers, CranioSacral Therapy pioneer Dr. John E. Upledger flew to Dallas on August 26, 2002, to evaluate Ahmed and Mohamed. "I had never worked on or even seen conjoined twins before," Dr. Upledger said. "I had no idea what I was going to feel until I put my hands on them."

The twins' condition prior to their first CranioSacral Therapy session was not encouraging. The boys were subdued and the smaller of the two (Mohamed) was not eating or having bowel movements. "It was like Ahmed was eating for

both of them," Dr. Upledger said. "The first step needed was to look at all the physiological systems and decide from the feel of things whether the systems were being controlled by the larger twin. We could tell because there were two



John E. Upledger, DO, OMM, concentrates on the twins' cranial sutures while staff clinicians Rebecca Giles, OT, SCP, CST-D (left), and Francine Hammond, LMT, CST-D (foreground), assess other body systems. One of the goals was to help the boys' bodies function independently.

THE UPLEDGER FOUNDATION UPDATE

Dear friends,

To add a twist to an old tune, what a long, strange year it's been. From terrorist tragedies to corporate trials, everything in our world seems turned upside down. Now more than ever, it is crucial that we continue lending a hand — literally and figuratively — to our neighbors, colleagues and friends in need.

This has been our commitment all along here at The Upledger Foundation: to do our very best to respond to each individual who reaches out to us for help. I am grateful for the support you have given us this past year. By helping to fund our research projects and community-outreach programs, you have empowered us to forge new therapeutic avenues that have brought so many to higher levels of health, happiness and peace.

Like you, I understand acutely what has been happening in the world around us. And that is precisely why I'm asking you to help us once again.

Especially in this time of turmoil, please remember us with your gifts this coming year. More than ever before, your support makes a difference.

Sincerely,



John E. Upledger, DO, OMM

COMPASSIONATE TOUCH HELPING HANDS PROGRAM

Good things are happening here. Our staff has produced a step-by-step "how-to" manual on this innovative program that aims to teach children the value of a healing touch. Our ultimate goal is to use the program as a tool to help raise self-esteem and lower potential threats of violence.

Two new schools signed on last year — Lanier Elementary in Tampa, Florida, and Henry Paideria Academy in Grand Rapids, Michigan. The feedback was overwhelmingly positive, and substantial data from 285 children was collected from which to draw reliable conclusions.

One school was so taken with the program that they produced an entire video

demonstrating how they implemented it there. They hired a professional musician who taped our Helping Hands songs to play for the children. And their teachers developed colorful posters of the songs to display in their classrooms. Remarkably, they gave us the rights to reproduce all these audio and visual aids for the benefit of other schools.

The annual costs associated with each school that hosts this program is \$2,500. To make a contribution, call 1-800-233-5880 and ask for priority code N1102. Ask to designate your donation to the Compassionate Touch Helping Hands Program.



John E. Upledger,
DO, OMM

POST-TRAUMATIC STRESS DISORDER PROGRAM

Last year I reported that we were taking this intensive therapy program, which had proven so successful in treating Vietnam veterans, and bringing it to others suffering from PTSD. Never in my wildest dreams did I imagine that such a profound need would come so quickly and in such a devastating way.

In response to the tragic events of Sept. 11, a team of 37 volunteer CranioSacral Therapists from the United States, England

and Ireland traveled to New York City in December 2001 to offer a six-day intensive therapy program to local residents suffering from post-traumatic stress. The sessions were offered free of charge to 130 people. Participants reported overwhelmingly positive responses, saying they experienced palpable relief from their pain and grief.

That's the good news. On another note, lack of funding forced us to cancel two PTSD programs for Vietnam veterans that had been scheduled in South Florida. Yet the need continues to be enormous. The Department of Veterans Affairs estimates nearly 1 million of those deployed in Vietnam continue to suffer from the myriad of symptoms that accompany PTSD: physical pain, pent-up trauma, depression, anxiety, isolation, aggression, anger and hostility.

Each PTSD program requires thousands of dollars. Please consider the need for additional funding here to allow this beneficial work to go on. To make a contribution, call us at 1-800-233-5880 and ask for priority code N1102. Ask to designate your donation to the PTSD program.

BIOAQUATIC EXPLORATIONS

This year we saw a growing interest in our BioAquatic Exploration programs in the

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CRANIOSACRAL THERAPY IMPROVES HEALTH OF CONJOINED TWINS

Continued from front cover

signature energy patterns. So if we found both those signature energy patterns in one heart, we knew that wasn't going to be a good thing."

Fortunately, evaluation showed that not to be the case. The degree at which the heads are conjoined caused flat spots to form on the back of each twin's head. That area on Mohamed was situated over the vagus nerve nucleus on his right side. "That controls the stomach, gallbladder and liver," Dr. Upledger said. This, he believed, might explain why Mohamed had not been eating.

Over the course of the next three days, Dr. Upledger, along with Sally Fryer, a Dallas-based physical therapist certified in CranioSacral Therapy, and therapists from her Integrative Pediatric Therapy practice, worked with the twins for up to an hour and a half each day. With therapists positioned at the twins' sacrum, Dr. Upledger worked on the juncture of the boys' skulls using the sustained, gentle (barely 5 grams of pressure) maneuvers of CranioSacral Therapy to stimulate fluid flow and encourage decompression. "I think they were motor-sluggish because of the compression on each of their heads," Dr. Upledger said. "So as I got a little bit of space in there, they started kind of twisting their heads away from each other and responding in their sensory systems a lot more, too."

The boys showed marked improvement. Prior to therapy "Ahmed was weaker and more passive. And Mohamed was trying to get up on his hands and knees and initiate rolling, but he couldn't," Fryer said. "By the end of their first CST session the twins were smiling and playing with each other, imitating sounds and overall much more animated." And about three days after Dr. Upledger returned to Florida, Fryer called to tell him



Mohamed (right), known as "rascal," enjoys a playful moment with Naglaa, one of the two Egyptian nurses who care for the boys, while Ahmed, "the philosopher," quietly contemplates his surroundings.

that Mohamed had started eating solid food and having small bowel movements.

THE TWINS TRAVEL TO THE UPLEDGER INSTITUTE HEALTHPLEX CLINIC FOR INTENSIVE THERAPY

The next step was to bring the twins to The Upledger Institute HealthPlex Clinical Services to find out what further improvements could be made if the boys were exposed to a week of intensive therapy with a team of skilled CranioSacral Therapists. The goals were to bring about as much independent functioning of their body systems as possible and, most ambitiously, to encourage the boys' bodies to begin a subtle separation where the vessels are shared.

From September 16 to 20, 2002, the twins received daily therapy that involved at least three therapists working on them at any given time for a total of approximately five hours per day. Along with Dr. Upledger, the team included 13 certified CranioSacral Therapists on staff at UI HealthPlex and 12 visiting therapists.

In addition to the skull work, the team concentrated on getting each of the boy's systems functioning independently. Dr. Upledger explained, "On the second or third day I decided we'd do this system by system. We worked first on their livers to make them independent from each other, then on their spleens, their hearts, then their lungs. Then we went to their brains and spinal cords and craniosacral systems. I think they did very well."

Sally Fryer agreed, explaining that before CranioSacral Therapy, "These little guys weren't babbling. They weren't eating. They couldn't play with their feet. They couldn't pull themselves into a crawling position. Since we started the CranioSacral Therapy there has been dramatic change." After just one day of the intensive therapy, for instance, Ahmed closed his eyes completely while sleeping — something he had never done before.

The progress made over the course of the week astonished everyone. Dr. Mamdouh Abou el-Hassan, the twins' physician from Cairo, commented, "I'm a physician of medical practice. We are not usually convinced of this kind of therapy, but when you see improvement with your own eyes, you can't deny it."



Dr. Upledger used the gentle touch of CranioSacral Therapy to encourage subtle separation where the twins' vessels are shared. By the end of the week, greater cleavage was perceptible where the skulls are joined.

THE TWINS RETURN TO DALLAS

Upon their return to Dallas, Ahmed and Mohamed continued to show progress through their sessions with Sally Fryer and her staff, who worked with the twins three times a week for up to an hour and a half each time. Within just two weeks after the intensive program, the twins were standing with the aid of a therapy ball. "They can bear weight on their feet," Fryer reported. "They stand over the ball and push it with their hands, and they rock back and forth. Both have become really vigorous in activity and social interaction."

On her outlook for the twins, Fryer said, "I've been optimistic since the start. I just feel that we're preparing them for whatever happens." And whatever that may be in the days to come, one thing is certain now: CranioSacral Therapy has improved the quality of life for Ahmed and Mohamed Ibrahim. These two playful toddlers are having a great time exploring their world with all its new sights, sounds, tastes and feelings. They just don't know that it's therapy.

At the time of publication, the twins' father had just granted surgeons permission to proceed with the separation surgery. Dr. Upledger has already made one trip to Dallas to help prepare Ahmed and Mohamed for the procedure, and he has been invited to observe the surgery itself.

Updates on the twins' progress will be posted on The Upledger Institute, Inc., website at www.upledger.com.

INTENSIVE THERAPY PROGRAMS

One- and two-week programs address such conditions as:

- Brain and Spinal Cord Injuries
- Autism
- Learning Disabilities
- Post-Traumatic Stress Disorder
- Migraine Headaches
- Chronic Neck and Back Pain
- Emotional Difficulties
- Stress and Tension-Related Problems
- Central Nervous System Disorders
- Motor-Coordination Impairments
- TMJ Syndrome
- Orthopedic Problems
- Chronic Fatigue
- Scoliosis
- Neurovascular or Immune Disorders
- Infantile Disorders

- Colic
- Post-Surgical Dysfunction
- Fibromyalgia
- Connective-Tissue Disorders

SHARECARE® WORKSHOPS

This one-day workshop explains CranioSacral Therapy in everyday terms and teaches a few simple techniques you can use to help yourself or family members.

Nov. 16, 2002 — Kansas City, Mo.
Feb. 22, 2003 - Baltimore, Md.

Call to register: 1-800-233-5880.
Ask for priority code N1102.

Call for more information or to make an appointment: 561-622-4706