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Its a Family Affair

By John Upledger, DO, OMM

For Native American descendent Osa Quasei Nah and her four children, CranioSacral Therapy (CST) has been of “enormous physical and spiritual value.” Each member of the family has undergone CST, for reasons ranging from health maintenance to learning disabilities to nearly debilitating medical conditions. In every case, the improvements have been distinct and often dramatic.

Osa and her family were first introduced to CranioSacral Therapy while on a retreat at a Montana ranch. A friend suggested CST for then 4-year-old Oge, who has Erb’s palsy – a paralysis of the upper arm region caused by birth injury. “We tried traditional medicine for years and found that it didn’t work,” Osa said. “So we decided to try CST.”

After just one session, the results were significant. “The pain in his arm was reduced and he also found it loosened his shoulder, which had always been extremely tight and knotted due to the palsy,” Osa explained. That single session left Oge with new confidence. “I’m going to ride a horse all by myself when I turn 7,” he told the ranch owner.

Later that same year, Osa brought Oge to The Upledger Clinic in Florida for a week of intensive therapy. “The results were nothing short of incredible,” Osa said. Before his treatments, Oge could barely walk or run without stumbling – also the result of birth trauma, she believes. “After they worked on him, not only did he walk well, but he started to run. He plays soccer now!”

Since that time, each member of the family has experienced the benefits of CST – perhaps none so profoundly as Osa herself, who has a history of severe spinal problems. She arrived at our clinic barely able to walk from back spasms and spinal compression she experienced after a snowboarding accident. After one week of sessions, Osa walked unassisted onto a plane for her flight home. She calls the healing that took place in herself and within her family “remarkable...a gift.”

And, true to his word, Oge returned to the Montana ranch and rode a horse all by himself on his seventh birthday.



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