

## Research Conference To Present New Breakthroughs In Integrative Health Care

**D**r. John E. Upledger, a pioneer in integrative health care in America, is bringing together a range of experts to present new developments in complementary medicine at the ninth international Beyond the Dura research conference.

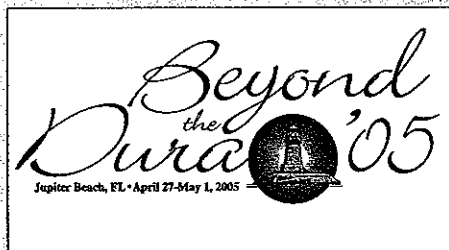
Sponsored by The Upledger Foundation, the conference will take place in Jupiter Beach, Fla., from April 27 to May 1, 2005. Topics include a new program integrating CranioSacral Therapy into the birth process at a military hospital.

Recognized by Time magazine as one of the world's "next wave of innovators," Dr. Upledger is a passionate proponent of information sharing in the global community.

### KEYNOTE SPEAKERS WILL PRESENT PROVEN METHODS OF APPLYING CRANIOSACRAL THERAPY TO THE CHILDBIRTH PROCESS FOR A STRONGER FOUNDATION TO THE START OF LIFE.

At the forefront of the international symposium trend, Dr. Upledger hosted his first Beyond the Dura conference in 1989.

Presenters have ranged from scientist Valerie Hunt, Ph.D., who spoke on research uncovering the energetic signatures of disease, to Gerald Jampolsky, M.D., world-recognized leader of the attitudinal healing movement, who joined international lecturer Diane Cirincione, Ph.D., to



share their views on the 12 Principles of Attitudinal Healing.

At next April's Beyond the Dura '05, keynote speakers Jonathan Cayle, M.D., and Carol McLellan, C.M.T., will present proven methods of applying CranioSacral Therapy to the childbirth process for a stronger foundation to the start of life.

An obstetrician/gynecologist and retired United States naval aviator and captain, Dr. Cayle has incorporated

CranioSacral Therapy into a Complementary Medicine Clinic he directs at Naval Hospital in Lemoore, Calif. He is assisted by Ms. McLellan, an Upledger Institute instructor and labour coach who owns and directs a wellness centre in Visalia, Calif.

Dr. Cayle and Ms. McLellan will share stories of patients whose labors and deliveries have been enhanced through the proper use

of CranioSacral Therapy. They will also highlight data demonstrating how their program frees newborns from restrictions that may occur in utero and during the peripartum period.

"Birth is a traumatic experience," Dr. Cayle says. "We believe that working on infants in utero and in the seconds after birth helps ease this trauma and minimize its lasting effects. We also find that applying CranioSacral Therapy during the second stage of labour actually reduces labour and recovery time for mothers."

According to Dr. Cayle, parents report that babies who receive this therapy sleep more and experience less colic than others. "Overall, the application of CranioSacral Therapy provides both mother and baby with a better birth experience by easing some aspects of the labour and delivery process," he says.

Sixteen other presenters and panelists will also discuss new viewpoints on innovative methods of complementary care at the four-day conference. Tuition ranges from \$300 to \$595 with available discounts. Proceeds benefit The Upledger Foundation, a non-profit organization dedicated to developing new therapeutic approaches that enhance health and well-being.

To learn more about Beyond the Dura '05, call 1-800-233-5880 and ask for priority code R63 or visit [www.upledger.com](http://www.upledger.com).

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