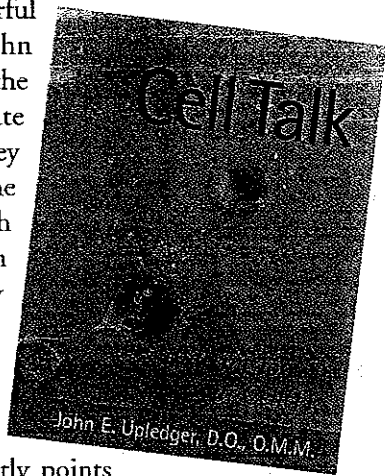


Books & Videos

Cell Talk

by John Upledger
 North Atlantic Books
 Berkeley, California
 (800) 337-2665
 www.northatlanticbooks.com
 \$65; 501 pgs.; 2003

Cell Talk is a powerful book in which John Upledger, D.O., takes the reader on an intimate journey. On this journey he weaves together the “known”—that which has been emerging in research in cell biology and immunity—and his own clinical and personal experiences in healing and consciousness. He frequently points to trends and suggests what to watch for in future research.



Significant technical detail is shared in an easy-to-understand manner that brings the material alive. Occasionally this detail goes on at great length, and some readers may find it to be too much. Once I completed the book, however, I wondered if the applicability of the material would be fully understood if such detail was not provided. The few illustrations serve as a reminder of anatomy and clarify the discussion.

In *Cell Talk*, Upledger shares his current concepts, which have developed from extensive reading and experiences throughout the years. He does not include references to specific scientific books or journals, and although through my own reading I am not aware of any inaccuracies, the reader is not able to review original research.

Upledger continually points to a fundamental concept as he discusses cell biology, the brain and the immune system: that everything—from the smallest cell, to a human being, to the universe—is conscious. He goes beyond theory to the implication and application of this concept in very precise examples.

Although this will stretch the envelope for many people, Upledger shows us a way to interact with the consciousness of our cells, organs and systems, as well as with those of other people. He continually emphasizes that

anyone can use this interaction. “Respectful dialogue that elicits purposes, causes and remedies for health problems can end those problems, often without using invasive measures,” writes Upledger.

The application of respectful dialogue has tremendous implications not only in the field of healing but as an approach to life and problem-solving in our world today.

This is the significant contribution *Cell Talk* offers. If conscious problem-solving interests you, I recommend this book.

—Bev Clarke, L.M.T., C.S.T., has a master’s degree in transpersonal psychology.

Somatic Patterning: How to Improve Posture and Movement and Ease Pain

by Mary Ann Foster
 Educational Movement Systems Press
 Longmont, Colorado
 (303) 682-5900
 www.empress.com
 \$39.95; 414 pgs.; 2004

Somatic Patterning is two books in one—a movement and posture text for somatic practitioners and students; and a source of posture, movement, and body/mind exercises for readers and their clients.



The author includes an explicit message giving readers permission “to copy up to 10 [of the 129] exercises for each client or student with whom you want to share the patterning exercises.” However, in addition to these exercises, the book’s text—intended for the student and professional—contains invaluable information for clients and potential clients. Presumably, that information would benefit clients via the informed therapist.

The book’s 15 chapters are divided into three major sections: theory, practice and history. Each chapter begins with an overview and ends with a summary and list of key terms. The text is broken up by a plethora of black-and-white photographs, illustrations, 129 patterning exercises,

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