

MEET NANCY WESTPHAL, LMT, CST-D

Nancy Westphal's journey to becoming a therapist can best be described as providence in action.

As one of the first concierges in Chicago, Nancy spent her days chartering private jets, arranging tickets to events, and locating the rare and priceless. After more than a decade in the business, though, Nancy was ready to trade in this fast-paced lifestyle for "a career that would incorporate working with my hands, intuition and an abundance of heart," she says.

That's when fate intervened in the form of a 1990 Valentine's Day blizzard. With her plans for the day buried in several feet of snow, Nancy made an appointment for herself at a tiny beauty salon near her home. Finding a limited staff upon arriving, she chose a session with a massage therapist trained in CranioSacral Therapy. By session's end "I had a new career and life direction," Nancy says.

For 10 years Nancy ran a thriving private practice in downtown Chicago, working with everyone from newborns to the elderly. During that time she also began externing at The Upledger Institute HealthPlex Clinical Services. In 2000, at Dr. Upledger's invitation, Nancy left the harsh Chicago winters once and for all and moved to Florida to join the UI HealthPlex staff full-time.

Over the years Nancy has seen many lives impacted by CranioSacral Therapy. One that she will never forget involved a farmer's wife well into her 80s who had experienced excruciating head pain for more than 30 years. She had undergone several unsuccessful trigeminal nerve surgeries to reduce pain levels.

"At Dr. John's suggestion the woman contacted me to determine if an intensive program would be beneficial," Nancy says. "She and her husband drove eight

hours to see me for a one-hour evaluation."

Within just a few minutes of beginning the evaluation, the woman began to cry. "For the first time in 30 years she was experiencing a major reduction in the pain," Nancy says. "At times the pain levels dropped to zero as we worked. She left a much happier woman than when she came in."

Out of this experience and so many others like it, Nancy developed a personal and professional philosophy that continues to guide her today: "Anything is possible. Kindness is invaluable. Never give up on anyone. And trust."



Nancy Westphal,
LMT, CST-D



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UI HealthPlex Hours

8 AM - 7 PM, MON - THURS
8 AM - 6 PM, FRI
9 AM - 1 PM, SAT

*The specialty recognition identified herein has been received from a private organization not affiliated with or recognized by the Florida Board of Chiropractic Medicine.

News From The Upledger Institute, Inc.®

UpClose

NOVEMBER 2003 HealthPlex Clinical Services

FOCUS SHIFTS FROM LIMITATIONS TO POSSIBILITIES FOR PAIN PATIENT

It's the small things that make a huge difference to DeEtte Jones. The ability to turn her neck and take a step at the same time. To unload a dishwasher without being in extra pain. To sit all the way through a church service.

Forty-one-year-old DeEtte Jones lives in incapacitating pain and fatigue every minute of every day. Even the smallest exertion can shut her down for days. Her official diagnosis is fibromyalgia, post-traumatic hyperirritability syndrome, myofascial pain syndrome, irritable bowel syndrome, hypothyroidism, chronic fatigue syndrome, whiplash, and temporomandibular joint dysfunction.

Finding a way to get her life back has been DeEtte's driving force for 14-1/2 years. In April 2003 she found her first ray of real hope in CranioSacral Therapy.

Pain and Fatigue Follow a Lifelong Progression

From as far back as she can remember, DeEtte has experienced pain in some form. Always athletic, she just assumed it was a result of all the different sports she played. DeEtte now recognizes that her early problems were likely the onset of fibromyalgia. Her mother shares this condition and her grandfather had multiple sclerosis, which exhibits many of the same symptoms.

As used to pain as she was, however, DeEtte was not prepared for what she experienced following a 1989 car accident. "It acted as a triggering mechanism for the fibromyalgia and myofascial pain syndrome," she says. "I couldn't lift milk out of the refrigerator, change the sheets on my bed, grocery shop, or open a jar of applesauce. Every aspect of my life was affected."

Even as her symptoms worsened, doctors continued to tell her it was whiplash and she would heal in time. It was doctor number eight, a neurologist specializing in pain management, who finally pinpointed her multiple problems. All totaled, DeEtte consulted 12 doctors and went through five rehab programs in search of a solution. While there were

varying degrees of temporary relief along the way, the same basic prognosis prevailed: You have to learn to live with the pain.

"I could not and would not accept that," DeEtte says. "Traditional approaches failed me, so I started searching for alternatives."

Significant Relief Found in CST

DeEtte was first introduced to CranioSacral Therapy while being treated for TMJ by a dentist who practiced the technique. "I was fascinated at how gentle the therapy was and how working on my head created so many positive changes throughout my body."



DeEtte Jones

THE UPLEDGER FOUNDATION UPDATE

by John E. Upledger, DO, OMM

Dear friends,

This was the year that I was reminded of an important fact about human nature: Slow and steady growth almost always outpaces those bursts of energy that instantly sizzle then rapidly burn out. Upledger Foundation programs we launched years ago have continued to flourish and touch people in ways we could have only speculated about when we started them.

This was also the year that demonstrated so distinctly how even the smallest amount of financial assistance adds up to profound benefits. Case in point: The Upledger Foundation was called upon to help the World Craniofacial Foundation raise funds for Egyptian conjoined twins Ahmed and Mohamed Ibrahim. They needed \$125,000 to start the process of separation surgery in Dallas.

Thanks to supporters of complementary care — donors just like you — we were able to add more than \$10,000 to the surgery fund within just a few days. With assistance coming from all over the country, the World Craniofacial Foundation swiftly deemed the fundraising efforts a success. As I write this, the boys are stable after successfully undergoing separation surgery.

And consider the modest percentage that comes to us every time supporters use their Upledger Foundation MasterCard. The amount we receive may seem like pennies, but tell that to people who attend intensive therapy programs with financial aid from the Foundation. I'm sure they'll tell you their gains in health and well-being make every cent worthwhile.

These are but a few examples of people who desperately need the healing touch of CranioSacral Therapy. Please keep them in mind this year when you decide where your next tax-deductible donations will be spent.

Sincerely,



John E. Upledger, DO, OMM

To get your application for The Upledger Foundation MasterCard, please call toll-free: 1-877-518-9007. Be sure to ask for priority code CNGP.

Post-Traumatic Stress Disorder Program

Since 1993, select intensive therapy programs have been tailored to the needs of Vietnam veterans to help relieve the disabling effects of post-traumatic stress disorder (PTSD). The unfortunate events of September 11 and the recent economic downturn, however, have continued to adversely affect many small charitable foundations, including ours.

In lieu of the high cost of a two-week intensive program, we decided to individualize treatments for those affected by PTSD. We brought them into our regular intensive therapy programs, which allowed us to take advantage of the program dynamics while minimizing scheduling and financial issues. The patients received the same attention from therapists, while the Foundation was able to reduce the total cost of therapists involved.

The Foundation is now seeking assistance in the amount of \$100,000 for further work in PTSD. This will enable us to continue to implement and fund such programs while helping those on our lengthy wait-lists for financial assistance.

Compassionate Touch Helping Hands Program

To date, 885 kids have now gone through the Compassionate Touch program, which teaches schoolchildren how to use simple CranioSacral techniques to help relieve pain and learn about the positive power of a healing touch. Thanks to schools and volunteers in Texas, California, Florida, Michigan, Wisconsin and Minnesota, we're well on our way to reaching the 1,000 we originally targeted for statistical research purposes.

Now we're working on developing another aspect of Compassionate Touch that will bring the program to the next level. It's designed to teach children in every grade how to recognize the difference between positive and negative energies,

and how to transform negative feelings into something positive.

The annual cost associated with each school that hosts this program is \$2,500.

BioAquatic Explorations

A tremendous opportunity has presented itself that requires a stepped-up commitment to this project. We have reached an agreement with The Dolphin Experience in the Bahamas that allows us to provide dolphin-assisted therapy to patients in a controlled aquatic environment beginning in May.

We started our research into dolphin-assisted therapy in 1996. The results were so encouraging that we began searching for the optimal environment for nurturing a program of this nature. We found that environment in The Dolphin Experience.

Our goal now is to offer both individual care and intensive programs utilizing dolphin-assisted therapy. Along with this, we will include dolphin-assisted therapy as part of our four-day BioAquatic Exploration workshops. These are designed to teach practitioners how to tap into the resources of the ocean to enhance the therapeutic effects of CranioSacral Therapy.

The estimated annual cost to run dolphin-assisted therapy programs and BioAquatic Exploration workshops aboard our Dolphin Star research vessel is \$250,000.

Making a Tax-Deductible Donation Is Easy

Call Toll-Free: 1-800-725-5880. Ask for priority code N1103.

Website: www.upledger.com (Type "Upledger Foundation" in the Search bar.)

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FROM LIMITATIONS TO POSSIBILITIES

Continued from front cover

In April 2003 DeEtte headed to the UI HealthPlex clinic for a week of sessions with Dr. Upledger. At his recommendation, she returned in June for three weeks of intensive therapy.

Francine Hammond, LMT, CST-D, was one of the UI HealthPlex therapists who worked with DeEtte. "At first evaluation, all of DeEtte's tissue felt like it was in a spasm. There was no elasticity, no sense of movement," she says. "The cranial rhythm itself had a very long amplitude. It felt like her whole system was doing everything it could just to move."

From her very first session DeEtte experienced what she describes as dramatic change. "I was lying on the table with my head bent back, and I was shocked that my neck could bend backwards that far without any support or severe pain. From that position I came straight up to a sitting position and was able to maintain it for several minutes. I also turned my head to the right and was able to keep it in that position without any spasms. That sounds so simple and easy,

but for me it was a major accomplishment. Turning my neck used to be a forced effort."

One of DeEtte's most fearsome conditions is post-traumatic hyperirritability syndrome, which is caused by damage to the sensory pathways of the central nervous system. Events as commonplace as hearing a dog bark or hitting a bump in the road while driving can mean hours, days or months of additional pain until the sensory system readjusts. "According to traditional medicine there is no cure or treatment," DeEtte says.

"I now disagree. Thanks to CST this condition has improved. I'm not as sensitive. And when something happens that triggers it, my body is recovering faster."

DeEtte's improvements over the course of her stay were beyond anything she could have imagined. "I made more progress and gained more true and lasting healing in the weeks I spent at The Upledger Institute than I did in the last six years combined," she says.

Of all the changes she underwent, DeEtte cites two that are the most meaningful to her. They are profound in their

simplicity. First is the ability to brush all her back teeth at one time. "Due to my TMJ problem, for the last seven years I had only been able to keep my mouth open long enough to brush a couple back teeth each day. That meant it took me a whole week to brush either the top or bottom row."

The second change is having the energy to perform everyday functions without entering what DeEtte terms the fatigue "danger zone." When that happens, "I become incapacitated and bedridden," she says. "My body feels like dead weight, and it physically hurts just to keep my eyes open or talk on the phone. I get so dizzy and lightheaded that my only choice is to lie down or pass out. Since the intensive program, I haven't had one severe fatigue episode or bad dizzy spell."

DeEtte's family and friends have told her she appears more confident now in her actions and words. "They even occasionally catch me with a smile on my face," she says with a grin. "Before the intensive program all they saw were the limitations. Now there is a chance to see the possibilities. CranioSacral Therapy not only changed my life, it has given me an opportunity to reinvent myself."

"I made more progress and gained more true and lasting healing in the weeks I spent at The Upledger Institute than I did in the last six years combined."

INTENSIVE THERAPY PROGRAMS

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HEALTH AND WELLNESS SERVICES

UI HealthPlex is pleased to offer classes that promote relaxation and fitness for the body and mind.

- Gentle Yoga with Joan Wanveer
Wednesdays 5:30 p.m.-6:40 p.m. and Saturdays 10 a.m.-11:10 a.m.
- Qigong with Cloé Couturier, LMT/CO, CST
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ALSO AVAILABLE:

- Acupuncture Sessions with Laura Scozzari
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Call for information and to make an appointment: 561-622-4706

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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.

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- Feb. 21, '04 — Allentown, Pa.
- Jan. 31, '04 — Palm Bch. Gdns., Fla.
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