



**The Gillespie Approach Newsletter  
Summer 2016  
by Dr. Barry Gillespie**

*"Contented babies and happy families create a more peaceful planet."*

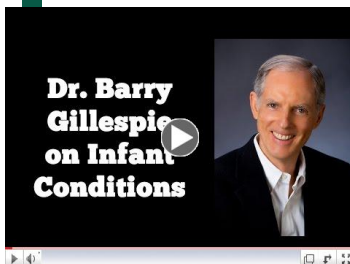
### Video Channel



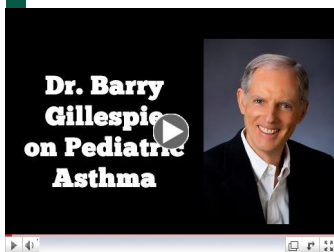
Please visit  
The Gillespie Video Channel

#### NEW VIDEOS

Infant Conditions



Pediatric Asthma



Presenting CFT

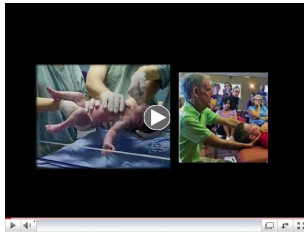
### What's Happening in CFT

#### A Mother's Story

"Shortly after my 13-year-old daughter had her braces removed, she developed a severe case of TMJ. Our homeopath recommended that we try CFT, which brought us to Dr. Gillespie. I watched him work his magic on her over nine sessions, while he educated me on his approach. As a speech therapist, I decided that I would take his course in April 2016 to learn how to do this myself. I also began to look at my own TMJ and chronic hip issues, which I had accepted as part of getting older.

This past Fall, I had been to an ENT because of ongoing sinus and ear issues. After a full exam and the doctor's initial concern over a possible acoustic tumor, she determined my troubles all stemmed from my TMJ, which I have had since my wisdom teeth removal at age 16. She told me there was nothing really to do about it.

My hips have given me pain for many years, specifically my right hip and psoas muscle. I consider myself very active; I run, bike, walk and have spent



## Seminar Information

**July 22-24, 2016**

CFT for Children and Adults  
Savannah, GA

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**September 15-17, 2016**

CFT for Children and Adults  
Minneapolis, MN

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**September 30-Oct 2, 2016**

CFT for Children and Adults  
King of Prussia, PA

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**Oct 3-6, 2016**

CFT for Infants and Toddlers  
King of Prussia, PA

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**October 14-16, 2016**

CFT for Children and Adults  
Gauteng, SA

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**October 21-23, 2016**

CFT for Infants and Toddlers  
Gauteng, SA

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**November 12-14, 2016**

years practicing yoga. I have inflammation in my hips to varying degrees, which definitely affects the degree of my activity. Even walking up the stairs is painful. I am always aware of my tight psoas, specifically the band that stretches across my lower right back. Most of my stretching, prior to exercise, focuses on this muscle. How long and far I can exercise is determined on how tight that muscle is on any given day. But no amount of stretching can completely stop the pain/inflammation in my hip.

I decided that I would do one session of CFT with Dr. Gillespie before my training in April to see how it would feel. That session took place in mid-February 2016. He took my history, which included reporting my traumatic TMJ surgery, hip and sacral pain during two pregnancies, bladder weakness, an episiotomy which took over nine months to heal, chronic hip pain, and sinus headaches. He told me that I had a lot of strain, specifically on my right side. I can't remember what my brain cycle was, but it was low.

When I left after that CFT treatment, I felt 'light'. There is no other way to explain it. It felt wonderful as I also became emotional. Over the next few weeks, I observed my body. That first night, the tight band in my lower right back was totally unnoticeable with no tightness or stiffness. When I bent down to stretch, I could not feel it at all. The pain in my hip was still there, but it was remarkably less.

Over the next couple of weeks my hips were changing. Dr. Gillespie had talked about 'unwinding' with CFT, and that's what I felt was happening. The pain

CFT for Children and Adults  
New Orleans, LA

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website for more  
information.

[www.gillespieapproach.com](http://www.gillespieapproach.com)

Please email me with any  
questions about the seminars or if  
you have questions about  
integrating The Gillespie  
Approach and CFT into your  
practice at

[drbarryrg@me.com](mailto:drbarryrg@me.com)

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Join the Conversations happening  
on **Facebook**:

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#### **Branding for CFT Practitioners and Teachers Stacey Coley**

Scott Bedbury, former Chief  
Marketing Officer for Nike and  
Starbucks (the guy responsible for  
"Just do it" and all Starbucks  
branding), wrote a book called A  
New Brand World where he

moved from my hip joint to a more  
forward place as it continued to lessen. I  
had to consciously pay attention to  
where the pain was because it was not  
as obvious, even climbing the stairs.

A month later, there is only a mild  
balanced stiffness in my hips when I  
climb up the stairs. I am able to bike and  
run a 5K with only mild pain. Before my  
CFT session, I would have had to stop  
and stretch multiple times and  
sometimes walk. I know that I have  
more strain in my body. I know that my  
one session was only a thin layer of my  
onion to be peeled away. But I see the  
huge effects that CFT has made in my life  
and that of my family.

As a speech-language pathologist, I work  
with children who are non-verbal with a  
variety of physical and cognitive  
abilities. Their issues may center around  
a tight zero brain cycle and severe  
throat fascial strain. I am so excited and  
interested to see the role that CFT will  
play in the family dynamics."



#### **Tight and Toxic/Loose and Clean**

In forty years I have found that many  
people are tight and toxic. In my world  
of health and well-being, an essential  
goal is to become as loose and clean as  
possible.

discusses 5 global human truths. They are:

- To belong
- To be understood
- To feel special
- To be in control
- To reach your greatest potential

He contends that when you satisfy one, some, or all of these human truths with an individual, you create a powerful and loyal emotional connection. The more human truths you can satisfy, the stronger and more enduring your brand becomes.

In working in the financial services and healthcare industries, we have been working to transform corporate brands from transactional and inhuman to customer-centric and loyalty building. The most powerful work I have been a part of is helping people align with their life purpose and to define their customer experiences in terms of emotionally connecting and satisfying these truths.

CFT practitioners/teachers can honestly correlate to these same truths. When people walk through the doors of your offices or step into your seminars, they are coming to you to satisfy one or all of these truths:

- They want to feel that they belong with us. (You are among likeminded souls looking for a better way. You are now entering

We live with our unresolved emotional and physical traumas after conception in our space-time continuum. Our body adapts and compensates which can compromise our function in aging. CFT helps to free us of these traumas. When exercising, we do not want to create additional strain to our craniosacral fascial system. We want to be loose to function optimally.

We live in a toxic world. We strive to have the cleanest air, water, and food. We want to digest, metabolize, and eliminate our food as well as possible. We generally want to keep our internal body fluids alkaline with generous portions of vegetables and fruits. We want to avoid sugar, added chemicals, and refined and processed food. We want to eat organic, whenever possible. We want to find the dietary sweet spot that works specifically for our body. We want to avoid toxic relationships. We want to be as clean as possible to function optimally.

CFT is most effective with newborns, who are just tight from their birth trauma. Even though they may have acquired some toxins from their mother, most are relatively clean. People become tighter and more toxic with aging. The healing process becomes longer. In old age some people require walking aids and their bodies start to shut down because of toxicity. In some CFT sessions patients may start to cleanse their body, which will help them become looser and cleaner.

Video Channel

a safe community).

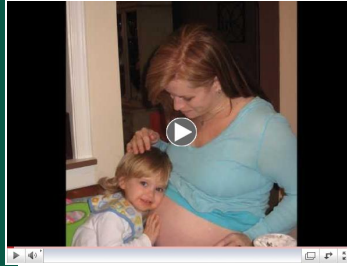
- They want to be understood. (You face unique issues in your personal or professional experiences. We understand that you are not willing to settle or give up).

- They want to feel special. (You have made a decision to be with us because you know you are with the most supportive, experienced, quality-based, trusted, altruistic, and global CFT group. You have love in your heart instead of dollar signs in your eyes).

- They want to regain control. (You have a right to be in the driver's seat and not take "no" or "that's it" or "you have to cut" for an answer. You deserve to equip yourself with other tools so you can make a difference in what matters most to you).

- They want to reach their greatest potential. (You are going to leave this experience at a higher level than where you arrived. As graduate, you can share your achievements on our Facebook group).

Lastly, our students and clients are our brand ambassadors. People want to take pride in what they've accomplished and where they've done it. I would encourage our students to get out there and tell people with pride about their training. You have a right to let people know you have been trained by the best. Help your clients feel more comfortable about your work by sending them to the Gillespie approach website.



Jana's Journey from Birth to Recovery - Pending Copyright

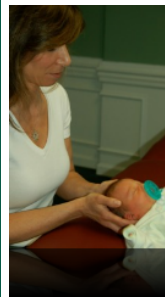


CFT on a 21 Month Old Baby



Woman's Craniosacral Fascial Therapy

### contact us and register for seminars



To learn more about The Gillespie Approach for babies, children and adults, contact Dr. Gillespie's office:

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Medical Center  
Suite 203**

**491 Allendale Road**

**King of Prussia, Pa. 19406**

I feel that it is critical to integrate the emotional connection to personal purpose for the CFT brand. Our work is built on these concepts already, but sometimes it's important to directly put a clear and resonant voice to it.

**610-265-2522**

**[Dr. Barry Gillespie's email](#)**

**[www.gillespieapproach.com](http://www.gillespieapproach.com)**

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