



# The Gillespie Approach Newsletter

## Winter 2017

BY DR. BARRY GILLESPIE

*"CONTENTED BABIES AND HAPPY FAMILIES CREATE A MORE PEACEFUL PLANET."*

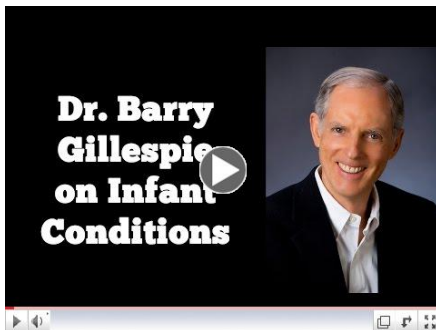
### VIDEO CHANNEL



Please visit  
The Gillespie Video Channel

#### NEW VIDEOS

Infant Conditions



Pediatric Asthma

### What's Happening in CFT

#### What We Believe

For the new readers the craniosacral fascial system holds all of the major physical and emotional traumas from conception. The goal for a CFT provider is to facilitate the release of these traumas to allow the body to heal faster and function better.

Our primary goal is to do this approach at birth to prevent future health issues. Birth trauma is a universal phenomenon; birthing may be the most difficult thing we do in life.

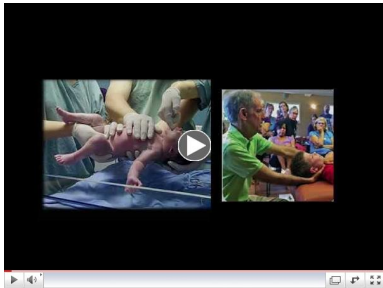
After an acceptable five-minute APGAR score, the BBS would be done on mom's chest to check the function of the central nervous system. If CFT were indicated, the first session would happen on her chest. The newborn would receive multiple sessions every

day until s(he) cleared all presenting strain. Lest we forget, mom would also be checked with CFT.

Dr. Frymann's brilliant research in the 1960s found that 88% of 1,250 hospital newborns had craniosacral restriction. Hearing similar numbers from CFT providers worldwide, we strongly anticipate most newborns on the planet would benefit from



Presenting CFT



### SEMINAR INFORMATION

**March 10 -12, 2017**

CFT for Children and Adults  
Clarksville, TN

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**April 25 - 28, 2017**

CFT for Infants and Toddlers  
Bird-In-Hand, PA

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**May 16 - 19 , 2017**

CFT for Infants and Toddlers  
Bird-In-Hand, PA

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**October 3 -6, 2017**

CFT for Infants and Toddlers  
Bird-In-Hand, PA

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**October 24 -27, 2017**

therapy.

This preventative aspect directly at birth is a different way of thinking. In the current health care system a condition(s) needs to develop and present, professional evaluation/testing is done, a diagnosis is made, and then treatment is instituted.

With a less than perfect BBS, the neonate has not lived long enough to develop a disease. We have no idea what condition(s), if any, will present down the road. This child may have a future of colic, reflux, asthma, scoliosis, a cognitive issue, and/or a long list

of other conditions. By helping to take the traumatic strain out of the body at birth, we are preventing the unknown and creating a happier and healthier baby.

The craniosacral fascial system can now have optimal function and the capability to work well on its own. We just want to help to free her/him from the craniosacral fascial restrictive effects of her/his birth trauma. If there is a severe trauma later in childhood,

more CFT can help mitigate it.

We believe this approach can relieve a lifetime of suffering for many people. We believe that we are holding the Light for the unborn billions.



AN INFANT EXPERIENCE

CFT for Infants and Toddlers  
Bird-In-Hand, PA

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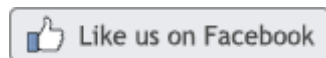
[www.gillespieapproach.com](http://www.gillespieapproach.com)

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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THE CORD WRAPPED THREE TIMES AT BIRTH

BY JANICE GUARINI

My dear friend went into labor with her sixth baby. Everyone was prepared for labor and delivery to go quickly when her water broke at home. When her progress stalled, she called me to do CFT on her 28 hours after her water had broken. She had a 36 hour-window for her labor to become active at home so she could then go to the birthing center for delivery, or she would have to be induced at the hospital.

After her labor picked up with CFT, the baby was born seven hours later. She asked me to do continual CFT on her during the last hour of hard natural labor. I felt that CFT definitely helped her pelvis open more easily.

The plot twists because the baby was born with the umbilical cord wrapped three

Recently I saw a one-week-old baby. The LA dad had heard that craniosacral therapy was good for newborns, and the parents happened to choose me off the Internet to work on their first baby. They were expecting just cranial work to help realign the bones in his head.

On evaluation this baby was very tight with a zero brain cycle. With pure CST, I believe cranial realignment was not in the cards...his system was just too tight. He had experienced 36 hours of labor compared to the average of about 8 hours. From our research that time span is a strong indicator of craniosacral fascial tightness. He was too young to present serious fussiness issues, but without CFT I would expect them in the near future.

I explained to the parents that if it were 1980, I would have done pure craniosacral work with very limited positive results. Since incorporating the fascia that creates the craniosacral fascial system, I would now expect much better results with CFT since his entire system needs to be treated. I could see that I was venturing beyond their comfort zone, but needed to express my truth. Their infant got very fussy during therapy; as I expected, they were unsure whether to continue with further CFT visits. They never made a second appointment.

For infant providers we are presenting something very new to parents for their brand new love of their life. I understand the family needs to be fully comfortable with CFT. Thirty-five years ago I made some heavy negative judgments around parents who did not do CFT for their child. For some of those children, who I felt would suffer their entire lives because of their parents' decision, the experience ate me up for days. Today, I do not tell any parent what to do about any aspect of child raising....at the most I just make suggestions. I try very hard not to make any judgments.

I had similar feelings around my corrective asthma work in the 1980s. Today 300 million people have asthma in the world and 250,000 die from it every year. In the next ten years the number of people with asthma will grow by 100 million. As one person, I am doing the best I can to make something positive happen. I accept that God holds the Plan, and it is all working out perfectly.

VIDEO CHANNEL

times around his neck. His pulse was very good but he was working really hard to breath.....SO STRAINED.

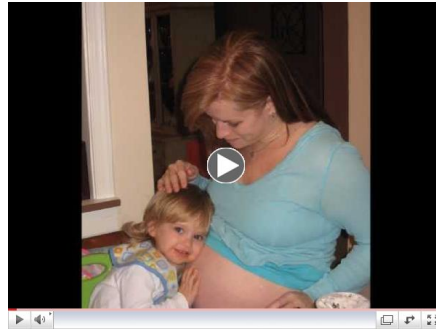
After 15 min of CFT, his breathing immediately improved. Grandma, who was watching, said it almost looked like he was saying, "Ahhhh, thank you so much."

The midwife strongly recommended for him to go to the hospital where he was diagnosed with a collapsed lung.

DAY 2 - He had CFT with wonderful releases. One was a huge emotional release where he screamed in anger for quite awhile. The following day the baby's lung had healed.

DAY 4 - Overall, the baby was not nursing well and was diagnosed with a slight tongue-tie. I did more oral CFT; one hour later he latched on beautifully and was nursing away.

I thank God for creating our body to heal itself and for giving insight how to ask, listen, and assist with CFT. Without CFT, this would probably have been an emergency C-section with a baby boy possibly headed for a lifetime of asthma.



Jana's Journey from Birth to Recovery - Pending Copyright



CFT on a 21 Month Old Baby



Roman's Craniosacral Fascial Therapy

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To learn more about The  
Gillespie Approach for babies,  
children and adults,  
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