

# The Benefits of On-going Craniosacral Fascial Therapy (CFT) for Infants and Children.

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OK, your baby had the BBS/CFT at birth. Isn't that a lifetime guarantee? Not really, because trauma happens to all children. Most accidents will not cause a big problem, and you will know when to go for CFT if your child is acting differently. You may also decide to have routine CFT checkup visits. If your child has a severe blow to the head, please go to the ER immediately for medical evaluation. Later a therapist can check the brain cycle and offer CFT, if needed.

A number of childhood issues are presented here as seen through our clinical experiences as therapists and not pediatricians. First, we do not tell parents what to do about vaccines. Whether to vaccinate or not is *their* choice alone. If they do vaccinate, we found that the craniosacral fascial systems in some children handled it well and others not so well. For the latter group we found that the thigh vaccine consistently tightened the pelvic tissue. A foreign material was being added causing the craniosacral fascial system to restrict.

If it limited the motion of the sacrum and then the cranium, the infant became fussy with a low or zero brain/sacral cycles. Usually these children respond well with just one visit of CFT. I have smart mothers in Philadelphia who bring their children to me after every vaccination just to keep their craniosacral fascial systems as open as possible.

The second issue is diet. We do not tell people what to eat, but have found that the best CFT response is generally from children who eat *really* well. If your child is prone to one or more of the mucus-forming diseases such as asthma, earaches, sinusitis, and allergies, s(he) may need to be dairy and gluten free. Please consult with your nutritionist. His/her body may not be able to digest and metabolize those foods well, which can contribute to the symptomatology of the condition(s).

The third issue is the playing of traumatic sports. Your son may love to play football/hockey/lacrosse/soccer/etc. and your daughter may love volleyball/gymnastics/soccer/cheerleading/ballet/etc., but they may have to live with the painful consequences of the associated traumas for the rest of their lives.

I understand their position totally. When I was 16, I never thought about how I was going to feel when I was 30, 40, 50, and beyond. That was way in the future. I was totally in the moment of being a teenager who knew everything. It may be wise for the parents to step in and at least layout the lifetime consequences to their child.

The fourth issue is orthodontics. Hopefully, if your child had the BBS/CFT at birth and the palate naturally expanded and the oral fascial tissues released, s(he) will not need orthodontics. Please remember that 85% of orthodontics is esthetic in nature and has nothing to do with jaw function. But if required, please make sure that any appliances do not restrict the motion of the brain. Braces/headgears/retainers can take the brain cycle to zero. For more information please read Brendan's story on [gillespieapproach.com](http://gillespieapproach.com).

You can Google the following recommended alternative orthodontic procedures: Alternative lightwire function, Bionator appliances, Crozat appliances, and Herbst appliances. Then you can call around to different orthodontists in your area and hopefully find one who can work with one of these approaches. Your CFT therapist can

monitor the brain and sacral cycles as orthodontic treatment progresses. I wish I had had this brain friendly approach available in the 1950s with my orthodontic care.

The fifth issue is wisdom teeth extractions. These can be very traumatic to the head, jaw, and neck fascial tissues. I did periodontal surgery for 25 years, and in defense of oral surgeons, trauma may be unavoidable in extracting some difficult wisdom teeth. I strongly recommend that your child be awake under local anesthesia so he/she can tell the doctor if too much pressure is being applied to the jaws. General anesthesia is great, but your child may wake up to torn jaw ligaments and a lifetime of pain.

I strongly recommend that your child see a CFT therapist *before* the extractions to clear the strain in the system and *afterwards* to help release any new fascial strain from this surgery. When my two children had their wisdom teeth extracted, my surgical friend was extremely careful with the TMJ tissues. Even so, each child still had strain in the craniosacral fascial system that I had to help the body work out.