

# **Craniosacral Fascial Therapy (CFT) at Preconception**

**By Dr. Barry Gillespie  
Gillespieapproach.com**

I believe that CFT for a woman before conception can result in a healthier baby. Two important areas of her body need special attention: the pituitary gland in her brain and the fascial or connective tissue in her abdominal cavity.

The pituitary gland is the master endocrine gland of the body. Many of its functions, which are well documented on many medical websites, deal with the birth. It tells other organs like the thyroid, ovaries, and adrenals what to do. For example, if the thyroid gland is not functioning well, the gland itself may be fine. The root of the problem may actually be in the function of the pituitary gland. This gland has to work correctly for all of its associated organs to function well.

I have found over the decades that when trauma restricts the brain motion to a zero or low brain cycle, the pituitary gland can significantly diminish its function and affect all of its associated organs. In 1980, I treated a woman who had headaches, but could also not conceive a child. I will never forget when I saw her in the supermarket smiling with her baby. Not only did her headaches go away, but also she was so happy that CFT helped make her pregnancy happen. I said to myself, I am more than a periodontist!

I have had similar stories over the years. In my world CFT needs to be a standard medical procedure done in every fertility clinic. It is a very easy, conservative, and relatively inexpensive therapy that can work for some women before they spend tens of thousands of dollars in trying to become pregnant. If a woman is planning to become pregnant, she must have the best possible brain cycle to facilitate optimum function of her pituitary gland.

The second area of her body is the abdominal fascia from the pelvic floor to the diaphragm. Trauma can restrict this fascia, eventually affecting organ function and causing a myriad of birth conditions. Some examples maybe ovary malfunction, uterine tightness, uterine fibroids, painful intercourse, and difficult labor and delivery. Old abdominal scars, such as from a previous c-section or childhood appendicitis, may create additional fascial strain patterns.

Basically this area is tight, and the organs are struggling to function well. CFT can help the body loosen this fascial tissue to relieve the pressure so that normal function can return. The abdominal fascia must be free for the female reproductive system to work optimally.

Since 2006 we have seen many women follow this path in Pennsylvania with excellent results. It just makes sense. They have reported that becoming pregnant was easier, the pregnancy was more enjoyable, and labor and delivery were more comfortable. We also found that the Baby Brain Scores of their newborns were also significantly higher, indicating healthier babies. What woman on the planet doesn't want that scenario?