

Thursday, October 10, 2012

Dear Reader,

My name is Katrina Watt. I brought my son Corban to The Basic Craniosacral Fascial Therapy (CFT) and Baby seminar in Missoula, Montana August 17 – 22, 2012. I was so impressed with the results of Dr. Gillespie's approach that I wanted to share Corban's story in hopes that other parents might offer their babies the same opportunity to better their precious little lives.

To fully understand Corban's situation, I must go into his personal story. My husband and I have never been able to have children of our own. So it was just so surreal when my husband's brother expressed last summer how he and his wife wanted to have a child for us. He had a deep love for us, and that as a father of three children, he so badly wanted us to experience parenthood. After much thought, discussion, and prayer, we accepted this "bigger than life itself" gift.

Not only did my husband's brother and his wife offer their son to us, but also she insisted on having an all-natural home birth. The delivery went smoothly, except at one point where his head and foot became stuck. But this beautiful 8 lb., 9 oz. boy entered into our lives, our hearts, and my arms at 3:07 AM on March 15th, 2012.

Because of this unique family situation, emotions were very high. It's my belief that Corban was harboring a lot of emotion that may have led to inner tension in his body. Not only did our visit to Dr. Gillespie show dramatic physical changes, but also I believe that CFT unlocked a great amount of his emotional trauma.

Corban was 5 months old when I took him to the CFT seminar. He was not close to crawling or rolling over and always had a stiff neck. He favored sleeping on one side, moving his head to one side, and only looked up with his eyes and not his head. His foot had a grinding noise when I dressed him every day. But more than all of that, his head shape was so crooked that a nurse told me that he would probably need to wear a helmet to straighten it out.

Blame was everywhere. If only I could have nursed him and not had to bottle-feed him. If only I had bottle-fed him on both arms and not just the one arm all the time. If only I didn't hold him so much, and gave him more floor time. But I released that guilt quickly and realized that this little precious angel had given so much to me already. I wanted to help him in whatever way I could.

When I heard about the Gillespie approach seminar through a friend and professional massage therapist, Vicki Allsop, I was immediately interested. She had initially worked with Corban, so I trusted her high opinion and recommendation of Dr. Gillespie. I thought if there was a possibility Dr. Gillespie could help Corban, I wanted to take that chance.

The first day of CFT was an emotional one. Corban had been so incredibly perfect that I had heard him cry only once or twice in his life. So as Dr. Gillespie began to work and the crying increased, I broke down completely. It was so hard to see my baby crying as strangers were touching and moving him around. But everyone was so understanding and good to me. Someone was there to wrap an arm around me and ask if I was ok. After a treatment, they

would place Corban back into my arms so that he could rest. I had to be strong and get through it to see if his head shape would improve. I wanted what was best for my son and trusted these doctors more than I trusted the invasive option of wearing a helmet for 6 months.

As I bravely stood by and watched this first day's experience, I witnessed something extraordinary that contributed to my emotional breakdown. As Dr. Gillespie was working on Corban, his eyes changed color and his cries were unusual. It was as if you could actually see Corban releasing an incredible amount of emotional baggage that he had been carrying. I know, it sounds crazy, especially for a baby to have so much emotional baggage, but I could actually see my son releasing harboring emotions from his traumatic birth. I immediately felt that Corban had also taken on and needed to release a lot of emotion from his biological mother.

But more than that, as I was walking out to the car after the visit, I noticed my baby's head had already changed shape. I had to stop and just examine him for 15 minutes before I climbed into the car. I couldn't believe it! How could his head already look so different? I thought that it would take several weeks, if not months before I would see any noticeable change. I thought I must just be imagining things, and so I drove to my mom's house and asked her if she noticed anything different with Corban. She immediately said his head looked different and asked what I had done. After an emotional day, I went home, climbed into bed with my little boy, and cried myself to sleep. I woke up the next morning determined to see through his next two days of CFT.

After Dr. Gillespie, Kim Sherlock, and the rest of the seminar attendees finished working on Corban, the changes were remarkable. His head looked significantly straighter and not so slanted. His foot stopped grinding, and after I brought him home on the third day, he rolled over! I was so excited that I called Kim right away and left her a message. I couldn't believe that in three days, he could go from not moving his hips at all to rolling over! Corban also started looking up with his head and turning it to both sides instead of just the one side. He was now whipping his head around at every little sound and movement. And boy was he wiggly! In fact, that was my only complaint; I could not keep up with the sudden changes in my little boy's movement. Corban had also started making new sounds; it was as if his stiff neck had made it so difficult to move his mouth properly.

I am just so glad I took the opportunity to take my most precious gift to see these wonderful miracle workers. I am so happy that I was able to better his life and that I could give back with this story. Thank you to Dr. Gillespie, Kim Sherlock, and all of the other seminar attendees who worked on my sweet Corban. Thank you for all you did for my little man. My gratitude can only extend as far as my recommendation for all mothers to give this rare gift to their newborns.

With sincere thanks,

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