



# The Gillespie Approach Newsletter

## Fall 2014

BY DR. BARRY GILLESPIE

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

### VIDEO CHANNEL



Please visit  
The Gillespie Video Channel  
Here is my Video  
presenting CFT



Dr. Barry Gillespie

### What's Happening in CFT

#### We need your help

With the widening use of prescription and illegal drugs in America, the incidence of neonatal abstinence syndrome (NAS) is sharply increasing. Since all drugs cross the placental barrier directly into the fetus, these babies are born addicted. Since we as the happy baby people know that the BBS/CFT/IDM can relieve the fussiness aspect, we believe that our work can best serve these NAS babies.

The clinical success from our Montana NICU practitioners leads us to believe that these inconsolable NAS babies have severely restricted craniosacral fascial systems from birth trauma. When they can relax with the BBS/CFT/IDM, they can detoxify and heal faster. Taken as a group, we believe their length of NICU stay will be cut by at least 50%. Since the NAS business in America is one billion dollars per year and growing, saving the health care system five hundred million dollars per year should be a big deal.

### SEMINAR INFORMATION

**March 27-29, 2015**

**The Basic CFT Seminar for  
Children and Adults  
King of Prussia, PA**

[Click Here for More Information](#)

This is where you come into the picture. If you know a neonatologist or a NICU nurse, I am sure they would love to hear about having healthier NAS babies and happier extended families. If you know a hospital administrator or a state Medicaid official, I am sure they would love to hear about saving their system significant monies. Our goal is to do a hospital research project to show that our work is safe, beneficial, and cost effective and at the same time teach their staff how to perform the BBS/CFT/IDM. If you know an interested party, please contact me to arrange a meeting. Thank you.

## LEARN MORE

Please visit my 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 [drbarryg@me.com](mailto:drbarryg@me.com)

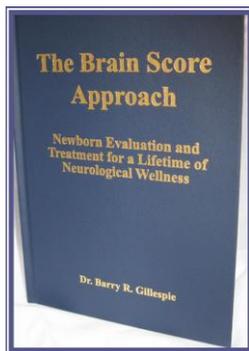
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### The Brain Score Approach

#### Newborn Evaluation and Treatment for a Lifetime of Neurological Wellness

Based on Dr. Gillespie's professional clinical experience



## MEDICAL PROOF OF CFT'S BENEFITS

A 7-year-old boy from the Midwest was consulting Marvin Berman, Ph.D., a biofeedback researcher and President of the Quiet Mind Foundation ([www.quietmindfdn.org](http://www.quietmindfdn.org)) based in Plymouth Meeting, PA, as part of his ongoing treatment for an anoxic brain injury. The evaluation process for this visit included a Quantitative EEG (QEEG) brain mapping which analyzes an individual's electrical brain activity by comparing their activity to established norms to help clinicians develop and guide neurorehabilitative treatment.

When the parents decided to do a CFT intensive with me, Dr. Berman and I decided to run an experiment. After the family got off the plane, he did a pre-CFT QEEG assessment at his office. Then after completing 5.5 hours of CFT at my office, they returned to Dr. Berman's office on the way to the airport to complete another QEEG. No other treatment was provided other than the CFT sessions, and his daily routines were kept as much the same as when he was at home.

### [CLICK HERE TO VIEW BRAIN FUNCTION OPTIMIZATION CHART](#)

The QEEG results are shown above with the pre-CFT brain mapping on the left and the post-CFT brain mapping on the right. Standard automatic EEG signal filtering and data analysis procedures were used to conduct the two brain mappings. The more the upper two rows' color becomes green, the more the brain activity is approaching normal. The less lines there are in the bottom three rows, the more normal the brain activity becomes.

Dr. Berman was particularly interested in the dramatically reduced Alpha brainwave activity shown in the middle of the charts. This change clearly shows that the boy's brain activity had begun functioning much closer to normal after the CFT treatments. Both the parents and Dr. Berman were very excited

since 1977,  
**The Brain Score Approach**  
explains how to optimize brain  
function at birth as part of a  
healthy lifestyle.

**Cost:**

**1-4 books = \$25/book** shipped  
in the United States

**5 + books = \$19/book**  
shipped in the United States



*"In this world babies reach  
their optimal cognitive  
potential to think,  
reason, learn, focus,  
and concentrate  
at birth. "*

to see improvement in the boy's overall attention, stability, and responsiveness.

Clinically, the boy's brain cycle went from zero seconds to 780 seconds. Admittedly one case such as this does not make a scientific proof, but it certainly points out the potential impact of CFT. I knew in 1977 that the work was clinically true while observing patients improve. Now in 2014 I have found a simple and reliable way to generate hard evidence accepted by the medical and legal professions in support of CFT's positive effects.

Quietmind Foundation is preparing to conduct a clinical outcome research study on CFT. Practitioners and families interested in participating should contact Dr. Berman for details.

### THE WEBSITE IS MY "NEXT BOOK"

When Kim Sherlock suggested the creation of our new Gillespie Approach website in 2011, I decided to transfer the FaceBook baby day posts to it and keep all of my Newsletters on it for posterity. Instead of me publishing a fourth book, anyone on the planet with a computer and Internet can read all of our work for free with Google Translate, even after I have passed. Our work will be globally available so that every baby on the planet can someday potentially benefit. My agenda is simple: I don't want people suffering their whole lives with miserable quality of life conditions that should have been prevented at birth.

I am especially fond of the Baby Day post discoveries and am grateful for the contributors of that section. I thank Sue Frantz, the web person, who has over the years carefully placed these articles, one by one, on the website. As this work develops in the newborn world, we will have a significantly lessened role for discovery. In all honesty, I expect our hospital students to become the innovators to take this work to another level. For now, I am happy as one of the Wright Brothers, but I know that jet travel is in the future.

### VIDEO CHANNEL



Jana's Journey from Birth to Recovery - Pending Copyright



CFT on a 21 Month Old Baby



Roman'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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