

# The Gillespie Approach Newsletter

## Fall 2017

by Dr. Barry Gillespie

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

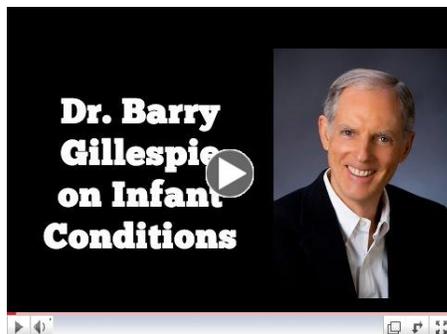
### VIDEO CHANNEL



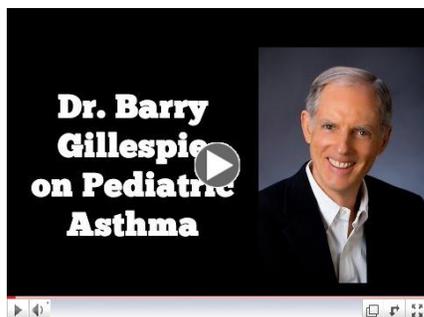
Please visit  
The Gillespie Video Channel

#### NEW VIDEOS

Infant Conditions



Pediatric Asthma



Presenting CFT

### What's Happening in CFT

#### A Pediatrician's Primer to Understanding CFT

Fussy babies are tight. The answer to many age-old infant conditions like colic and reflux cannot be this simple, but it is.

They are tight because physical and emotional birth traumas have restricted the function of their soft-tissue fascia. No one has really studied that concept.

I remember in gross anatomy dissection lab in 1969 the instructor told me to cut away the fascia so I could get to the organs. That was my "studying" fascia. Maybe you had a similar experience.

In histology, I memorized and quickly forgot some fancy fascial terms to ace the exam. The endomysium covers every muscle cell of the body. The perimysium bundles muscle cells. The epimysium wraps the entire muscle. Does this bring back memories?

Histology also tells us that the fascial web connects every structural cell of the body. For example, the fascia connects every bone cell (as clinically shown in the bilateral clubfoot baby post of 6-24-17) and every organ cell (as clinically described in the hydronephrosis of the CHARGE baby's right kidney on the homepage video).

We grounded this seemingly insignificant science into an effective manual application. We found a great way to loosen newborn/infant craniosacral fascial webs so they can function better.

We further believe that some common childhood conditions like asthma are the direct result of fascial tightness. We have seen since the early 80s that trauma can tighten the respiratory fascia down to the smooth muscle cells. They cover the ducts of the air sacs to create a breathing problem. CFT can help to release that strain for the asthma to slowly dissipate.



## SEMINAR INFORMATION

**October 3 -6, 2017**

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

[Click Here for More Information](#)

**November 9-11, 2017**

CFT Foundation for  
Adults and Children  
Boston, MA

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**January 19 - 21, 2018**

CFT Foundation for  
Adults and Children  
Santa Cruz, CA

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**February 9 - 11, 2018**

CFT Foundation for  
Adults and Children  
Chapel Hill, NC

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**April 28 - 30 , 2018**

CFT Foundation for  
Adults and Children  
Bozman, MT

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**May 1 -4, 2018**

CFT for Infants and Toddlers  
Bozman, MT

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[Gillespie Courses](#)

A POSSIBLE CFT UNIFIED  
HEALTH THEORY  
KRISSEY MYERS AND ME

Einstein attempted to create a Unified Field Theory where the physics of quantum particles and large masses could be explained as one. He failed and to date no one has created a successful model.

Please be aware that some of your patients may be just tight. CFT can help to normalize their physiology.



IF I WERE ENTERING THE WORLD TODAY

BY DR. BARRY GILLESPIE

I definitely want my mother to have had CFT before she got pregnant with me. I want her uterus and other abdominal structures loose so I can grow with minimal pressure against me. I want her to have a great brain cycle so that her pituitary birth hormones have the best chance to work well.

If possible, I want a vaginal delivery with its many benefits. If via c-section, I still may need to release in utero emotional and physical trauma (s). I want CFT for my mom too before she goes home.

Please wait to cut the umbilical cord until I have an optimal amount of blood from the placenta to start my life. Please do the one minute and five minute APGAR scores to get me into the world alive.

For quality of life issues I want the Baby Brain Score (BBS) and CFT done next. I know that other newborns may bond with mom first, but I want immediate CFT to help release nine months of pent-up emotional and physical trauma (s).

Birth presents a unique window of opportunity for me to release my fresh craniosacral fascial strains. In the medical profession the golden hour states that if my trauma (s) are treated in that first hour or as soon as possible, I will have the best outcome. I WANT THAT BADLY.

I want CFT now because my cranial bones are soft like milk cartons; the smooth edges allow them to easily shift and realign. My dural meninges, the connective tissue covering and possibly compressing my brain and spinal cord, loosen well with CFT. I want my nervous system working well now so I can be healthy and smart when I grow up.

Since I am still transitioning from in utero life to the atmospheric world, I will probably have minimal CFT drama. My first instinct is to free-up my body after forty weeks of confinement. I just want that first big stretch to

CFT at birth/infancy may present a possible unified health theory connecting the emotional and physical events of gestation/birth to the formation of childhood and adult personality/diseases. Krissy, Mike, and I over the years have seen positive clinical signs opening that possible door to a more stable emotional and physical lifetime.

We all understand that the fetus feels everything the mother feels during the gestation period along with physical positional traumas. Additionally, the fetus experiences labor, delivery, and the beginning of life. Can all of these stimuli create a fetal "imprint" determining who we will become emotionally and physically?

This is the short story of CFT clinical research:

1. The first thing we saw in our completed babies is happiness. They smiled and laughed at us; mom said s(he) was happy. We became the happy baby people.
2. These babies did not get as sick as often as the other siblings; they were healthier. I saw this when I worked with babies in the 80s, 90s, and 00s when there was no need for CFT checkup visits.
3. The Family Hope Center found in their wellness research that their treated CFT children reached their developmental milestones 30% faster than the average child.
4. Structurally the CFT children appeared to withstand trauma much better than their siblings. When they fell, they processed the event less dramatically. They needed little or no CFT after trauma where their other siblings did. It was like they were somewhat "bulletproof" to traumatic events.
5. The most telling aspect: the parents said there was something special about that CFT child as compared to the siblings. They describe that child with phrases like a "shining star", "free and peaceful", and "happy go lucky". When those descriptions still ring true now, we believe the possibility of something extraordinary may be happening. We believe that the fetal emotions of mom, as well as physical positioning,

unwind myself as soon as possible; my neck and back are stiff. Thank you CFT provider for helping me.

After my first CFT session, please let me rest for a minute. If I do start screaming, not to worry family. I am just releasing my emotional and physical trauma(s) so I do not have to carry them my whole life. Who knows, I may end up a less rebellious teenager.

Please continue CFT for as long as my body is "talking". When I am finally quiet, please let me process and bond with my mom for an hour. Thereafter, please check me every hour. If I am still stretching, I have more strain to release. If not, please let me rest and process. I want as much CFT as possible in those first 24-48 hospital hours to be as healthy as possible and minimize future office CFT visits.

If everyone is going to let me sit with these craniosacral fascial strains, my body will compensate and adapt over time. I am probably going to have alimentary tract issues like breastfeeding difficulty, colic, reflux, gas, constipation, etc. As a fussy infant/toddler, I am going to be more vocal with CFT. No one wants that outcome.

I want these conditions prevented NOW so my family can enjoy my company in the hospital. When mom and I leave, I want the most important gift of all: For my family to take home a happy baby.

## VIDEO CHANNEL



Jana's Journey from Birth to Recovery - Pending Copyright



CFT on a 21 Month Old Baby

can create a fetal "imprint". Can CFT at birth allow an infant to be free of that fetal emotional and physical baggage? Is a fussy infant during CFT really letting go of life-encumbering emotional and physical traumas to become free?

We believe that allowing the baby to "relive", express, and release this experience from her/his nervous/ fascial systems could potentially shape her/his belief systems, health, wellness, and life expectancy.

We are just bringing this theory to everyone's consciousness. We must acknowledge that it does not take into account family events after birth CFT. This work is just about resetting the in utero "imprint", not if mom held us vs let us cry alone, not about household fighting, not about neglect, not about abuse, etc. Those issues create their own layers of damage.

#### 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

[drbarryrg@me.com](mailto:drbarryrg@me.com)

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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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