



# The Gillespie Approach Newsletter

## Summer 2015

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

### SEMINAR INFORMATION

**September 18-20, 2015**

Basic CFT Seminar for Children and  
Adults  
Los Angeles, CA  
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**October 2-4, 2015**

Basic CFT Seminar for Children and  
Adults  
King of Prussia, PA  
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## What's Happening in CFT

### The Craniosacral Fascial System

One might ask why craniosacral fascial therapy (CFT) can be effective for many conditions in different age groups? The answer lies in that many common diseases are rooted in the function of the craniosacral fascial system. This system centers on the brain expanding and contracting optimally with the cerebrospinal fluid flowing well out into the full-body unrestricted fascial web.

When I started in this field in the 1970s, the cranial osteopaths and chiropractors focused solely on the craniosacral system. When I worked with John Barnes P.T. in the 1980s, the fascial web appeared to be a separate system. Barnes described three layers of fascia: the superficial fascia under the skin, the deeper muscular fascia, and the deepest meningeal fascia. One day I found a true hidden gem in Job's Body by Deane Juhan. Electron microscopic research from 1979 showed that cerebrospinal fluid existed in the collagen fiber tubes.

That finding was totally unexpected. This fluid had to flow directly out of the central nervous system via the twenty-four cranial and sixty-two spinal nerve sheaths to fill the collagen fiber tubes of the fascial web. The unity of the craniosacral and fascial systems explained my outstanding clinical results. Physical and emotional traumas of this system can cause headache and neckache for adults, pediatric conditions like asthma and earaches, and colic and reflux for infants.

Since the brain rules the entire nervous system and

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)

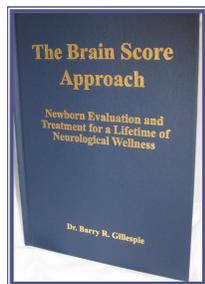
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### The Brain Score Approach

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

Based on Dr. Gillespie's professional clinical experience 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

fascia touches every structural cell of the body, the craniosacral fascial system is an integral part of the function of every medical system. Whether an adult has asthma in her/his respiratory system, a child has a bed-wetting problem in her/his urogenital system, a toddler has strabismus in her/his sensory system, or an infant has colic in her/his gastrointestinal system, the craniosacral fascial system plays a significant role.

Trauma causing restriction in a strategic area, like the brain with a zero-second cycle or the pituitary gland with fascia compressing the infundibulum affecting hormonal function, can impact the entire body. All of the systems have to also work well together for optimal health. An adult with cardiovascular disease can have a more compromised CFT result than an infant with a clear cardiovascular system. Adults with more restriction and toxicity can require more CFT sessions, which can explain why infants/children can heal more quickly.

A working knowledge of the craniosacral fascial system is necessary for the newborn work. The importance of the identification aspect of the Baby Brain Score (BBS) and the corrective and preventative aspects of craniosacral fascial therapy/infant driven movement (CFT/IDM) evolved from our six years of research with 800 babies in North America. When a fetus experiences emotional/physical trauma during the forty birth weeks, s(he) falls through the cracks of the current health care system. We concluded that a newborn does not have to suffer her/his entire lifetime just because s(he) had a difficult birth. We believe that this BBS/CFT/IDM platform will change the lives of millions of newborns and help to transform the global health care system.



THOUGHTS FROM A CFT PRACTITIONER

**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. "*

In my practice, I have been doing more and more TMJ work on babies, children, and severe adult cases. What I am finding is a huge correlation between major strain in the TMJ, in direct relation to their womb or child birth experience, any emotional/physical trauma or abuse they have endured in their lives. The symptoms showed up in nursing/thriving issues, neurological and immune system issues in newborns, then morphing into developmental, behavioral, learning, or socialization issues in children and young adults, and solidifying into chronic illnesses and autoimmune dis-eases in my adult population.

I am finding that the TMJ holds concentrated emotional energy. With my adult clients, big emotional releases tend to occur within hours or days of their TMJ treatments. In my toddler and children clients, we tend to see continual emotional releases or recalibrations sometimes over a whole week's time in between sessions. With the newborns however, the emotional releases are instantaneous...

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#### VIDEO CHANNEL

Jana's Journey from Birth to Recovery - Pending  
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CFT on a 21 Month Old Baby

Roman's Craniosacral Fascial Therapy

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To learn more about The Gillespie Approach for babies, children and adults, contact Dr. Gillespie's office:

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