



The Gillespie Approach Newsletter

Spring 2016

BY DR. BARRY GILLESPIE

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

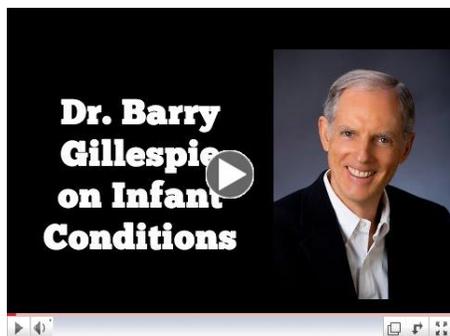
VIDEO CHANNEL



Please visit
The Gillespie Video Channel

NEW VIDEOS

Infant Conditions



Pediatric Asthma

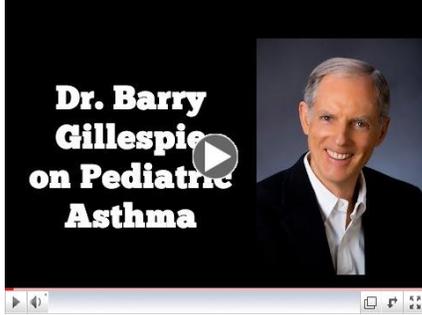
What's Happening in CFT

The Gillespie Approach specifically revolves around the evaluation and treatment of the patient's craniosacral fascial system. This system has three important aspects: craniosacral, fascial, and oropharyngeal.

By 1975 Dr. Gillespie had completed four years of dental and two years of periodontal and TMJ specialty education, which gave him a firm scientific background in the oropharyngeal area. In the late 1970s Dr. Gillespie began his cranial training with Dr. George Goodheart, the creator of applied kinesiology. He then studied the cranial osteopathic principles under Dr. Viola Frymann who learned directly from Dr. William Sutherland, the discoverer of cranial motion.

He continued to be tutored by Dr. Anne Wales and Dr. Brooks Walker, who also studied with Dr. Sutherland. When Dr. Gillespie moved to Philadelphia in 1983, he worked directly with John Barnes P.T., the creator of myofascial release, for about ten years. In the 1980s Dr. Gillespie saw the great value of combining the craniosacral, fascial, and oropharyngeal concepts into one approach. It's greatest value may be the preventative at birth.

Some professionals do great craniosacral work, which treats part of the craniosacral fascial system. Some therapists do effective myofascial therapy, which treats



Presenting CFT



SEMINAR INFORMATION

April 12-15, 2016

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

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May 17-20, 2016

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

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May 20-22, 2016

CFT for Children and Adults
Chapel Hill, NC

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June 25-27, 2016

CFT for Children and Adults
Liverpool, UK

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June 30-July 2, 2016

CFT for Infants and Toddlers
Liverpool, UK

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part of this system. Some dentists do fine TMJ/orthodontic work, which treats part of this system. The Gillespie Approach evaluates and treats the entire system, recognizing the importance of the "breathing" brain, unrestricted fascia, and healthy oropharyngeal physiology.

Since the craniosacral fascial web touches every structural cell, the restriction of this system can play a key role in the function of the entire body. To better understand breastfeeding difficulties as a lactation consultant, communication and swallowing disorders as a speech-language pathologist, a dental malocclusion as an orthodontist, or TMJ dysfunction as a dentist, one must understand all of the aspects of the craniosacral fascial system.



A PATIENT'S VERTIGO STORY

"I am a 23-year-old male. I began suffering from vertigo when I was 22. The symptoms that I experienced were dizziness, nausea, vomiting, lack of coordination, noise and light sensitivity, and fatigue. The symptoms were so severe that I was hospitalized twice. The top doctors in Philadelphia could not decipher the reasons behind my sudden onset of illness and recommended that I take the steroid, prednisone.

This approach did not work for me, and I continued to suffer with vertigo for about 10 months. I could not partake in my daily activities which included school, working out in the gym, and going out with friends on the weekends. It was safe to say that this continuous bout of vertigo was ruining my life.

I met Dr. Barry Gillespie shortly before my 23rd birthday. Within three weeks I would say that my symptoms were diminished by 80% with CFT. After about 5 weeks, I was 100% vertigo free. With CFT I

LEARN MORE

Please visit my
website for more
information.

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

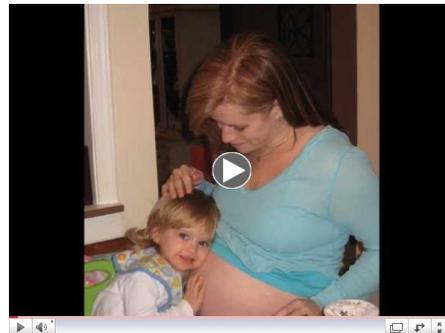
was able to find complete relief without taking
medication or using any invasive medical modalities. I
continued to have CFT for several more months to
maximize my health. Five months later, I continue to
live an active and vertigo-free life."

SUCK, SWALLOW, BREATHE (AND NOW SPEECH AND DENTISTRY) REVISITED

Everyone agrees that the "suck, swallow, and breathe"
skill is paramount for a newborn to thrive. We
discovered in our infant research that CFT/IDM can
optimize this complex function by releasing craniosacral
fascial strain in the oropharyngeal area. We also believe
that CFT/IDM reestablishes normal neonatal
neurophysiology for better cognition, speech, and oral
balance later in life. The following story shows the
difficulties an untreated newborn can have as life
unfolds. His mother emailed this follow-up report after
his second two-day CFT intensive with me:

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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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