



Happy E A L T H Y Babies

BY DR BARRY GILLESPIE

with Craniosacral Fascial Therapy

Imagine a world in which newborns no longer suffer from difficulty in sucking and swallowing as well as colic, esophageal reflux, indigestion, gas and constipation. Imagine a world in which infants' napping issues, strabismus, clubfoot, and other conditions are no more.

Every newborn deserves the opportunity to clean her/his

slate of birth trauma and start a happier and healthier life. To help make this possible, my mission is to teach the world's birth professionals how to administer the Baby Brain Score and craniosacral fascial therapy for every newborn. If the BBS screening detects any neurological compromise at birth, the application of craniosacral fascial therapy in the first minutes of life can help to

mitigate and correct structural effects due to fetal and birth traumas.

Not only can CFT help prevent many health conditions—from allergies, depression, headaches and migraines to back, neck, pelvic and jaw pain—from manifesting later in life but can help optimize brain function for cognitive enhancement. Simply put, the brain needs to

“breathe” by expanding and contracting slowly and smoothly to function correctly.

Additionally, the fascia, the whole-body connective-tissue web that can apply tremendous pressure to the nerves, muscles, organs and bones, must be free for the body to function optimally. Together, the “breathing” brain and the unrestricted fascial web

form the craniosacral fascial system.

My story shines a light on why the Baby Brain Score and craniosacral fascial therapy hold such value for all newborns. While suffering from headaches in the mid-1970s, I unsuccessfully searched the medical establishment for answers. When I discovered osteopathic craniosacral work, I found a partial solution.

Later, John Barnes, P.T., taught me that the fascia was the key missing link. If a patient had an unrestricted fascial system, craniosacral therapy could be much more effective. If the fascial system was severely restricted, however, craniosacral therapy had very limited benefits. This finding helped me link the craniosacral mechanism and fascial web into the craniosacral fascial system. It explained why patients with so many incurable structural conditions showed improvement or complete correction.

I went on to develop a new therapy called craniosacral fascial therapy (CFT), which enables a practitioner to help free up this whole system. While working with children in 1980, I discovered that pediatric diseases such as asthma, earaches, scoliosis, learning disorders and ADHD were based on the function of the craniosacral fascial system. As their bodies normalized function with CFT, their diseases, for the most part, faded away.

During this same year, I also treated my first infant, my secretary's baby. A new world opened in the '80s and '90s, when I noticed that after working on a baby, I almost always never saw him or her again. Their parents would tell me that other than being stricken with a few colds, the child experienced robust health and performed well academically.

I discovered clinically that fetal and birth traumas created craniosacral fascial strain, which can be the root of many mental and physical health

conditions. If CFT could be conducted at birth, I reasoned, then many of these conditions could possibly be prevented. This realization lighted a fire inside me to work with as many babies as possible and train others to practice the BBS-CFT.

I connected the dots for my own situation. I had always been a sick kid with colds, sore throats, allergies, eyeglasses and the like. I later realized that the seeds of my childhood diseases were sown in my fetal and birth trauma. If I had had the BBS-CFT treatment done at my birth, in 1947, my life would have been completely different. I saw the critical importance of every newborn on the planet having the benefits of what I missed to avoid a lifetime of suffering.

An opportunity to work with hundreds of newborns arose in 2006 from the Amish and Mennonite communities of Lancaster County, Pennsylvania. To determine whether an infant needed CFT, my associates and I developed the BBS over a two-year period. We spent years developing the most effective therapeutic CFT techniques for newborns. The BBS and CFT worked well in Pennsylvania from 2007 to 2012, but for scientific proof, we needed results in another culture on an international scale. I traveled to Culiacan, Mexico, with Christine Holfelder, Kristen Myers, and Mike Myers to teach CFT to sixteen medical professionals. The results were astounding. All sixty four babies the student doctors evaluated and treated responded marvelously

to the BBS-CFT approach.

Our work was well-received among babies in Canada and in different areas of the United States, bringing our total to about 800 infants from North America. Students brought our work to Europe and Africa with great results. We determined that traumatized newborns and infants needing structural correction was a global phenomenon.

My students and colleagues at The Family Hope Center, an international clinic for brain-injured children in Norristown, Pennsylvania, discovered that if infants received CFT, they achieved neurological developmental milestones about thirty percent sooner than the average child. We found that CFT was a piece of the health and well-being puzzle for every special-needs child. The brain has to “breathe” for everyone.

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We discovered that craniosacral fascial therapy can be effective in correcting the following conditions in newborns: inability to latch on, difficulty sucking and swallowing, reflux, colic, constipation/gas, napping issues, strabismus, torticollis, pyloric stenosis, stridor and clubfoot.

cral fascial therapy can be effective in correcting the following conditions in newborns: inability to latch on, difficulty sucking and swallowing, reflux, colic, constipation/gas, napping issues, strabismus,

torticollis, pyloric stenosis, stridor and clubfoot. We were excitingly finding answers for conditions that have plagued the human race since the beginning of time.

Moreover, when parents add love, good nutrition and exercise to the newborn's life, the BBS-CFT possibilities become endless:

- It can create a happy and content baby, resulting in a happy mom, dad, siblings, extended family and friends.
- It can create excellent infant neurological function.
- It can result in parents being sufficiently rested to provide quality care for the infant and other children as well as being able to function well in other aspects of life.
- It can result in structural immunity later as a toddler such that physical trauma has little or no effect on his or her structural health.
- It can prevent childhood diseases such as allergies, anxiety, asthma, headaches, learning disorders, ADHD, sinus conditions and other health challenges.
 - It can create a neurological learning environment in which focus, concentration, memory, thinking and other cognitive functions can be maximized at school and beyond.
 - Finally, it can result in a child who is primed to be the best he or she can be for his or her life.

Neonatal intensive care units (NICUs) are the perfect places for the BBS-CFT healing modality to shine. I believe the medical community will discover that CFT can calm neonatal abstinence syndrome (NAS) infants suffering from





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drug withdrawal effectively and help them recover more quickly. This approach can also possibly prevent the onset of necrotizing enterocolitis (NEC) and bronchopulmonary dysplasia (BPD), two life-threatening NICU diseases.

I foresee mothers-to-be undergoing CFT before conception to ensure better hormonal function, less strain in pregnancy, an easier birth and better overall health for the newborn. These two steps—CFT in mothers-to-be and newborns—can help promote happiness, health and peace on our wonderful planet.

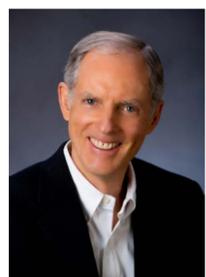
To sum it up, the BBS-CFT model can result in:

- Healthier babies by decreasing the incidence of at least 18 health conditions by 80 percent or more.
- Smarter babies by optimizing the function of the brain and spinal cord (the central nervous system).
- Stronger babies by creating a structural immunity that will keep active, growing children healthier.
- Happier babies by redefining the global standard of care for newborns.

What's not to love about this approach? I am sixty eight and have no plans to retire until every one of the world's 134 million babies have the BBS-CFT treatment at birth. We are looking for innovators to change the world with us. Onward we go!

Recommended Reading List:

- *Healing Your Child* by Dr. Barry Gillespie (1999) [out of print]
- *The Brain Score Approach* by Dr. Barry Gillespie (2010) [out of print]
- "A Study Investigating the Effectiveness and Safety of the Baby Brain Score/Craniosacral Fascial Therapy/Infant Driven Movement (BBS/CFT/IDM) Model for Infants." Kristen Myers, Michael Myers, Priscilla Kercher and Barry Gillespie. Link: <http://gillespieapproach.com/documents/2015/5/Infant%20Research-4.pdf>.
- "A Research Proposal Evaluating the Effectiveness of the Brain Score and Craniosacral Fascial Therapy for Neonates." Carol Newell, Matthew Newell and Barry Gillespie. The Internet Journal of Pediatrics and Neonatology. 2009. Volume 11, Number 2. Link: <http://ispub.com/IJPN/11/2/7794>



Dr. Barry Gillespie

began his professional career as a periodontist. Because of suffering from headaches and sinus infections, which his medical doctors could not help resolve, he began his own healing journey into integrative approaches. His union of craniosacral and fascial therapies with his dental background provided him with an effective therapeutic combination to triumph over his conditions. In his TMJ/periodontal practice, Gillespie successfully applied these modalities to patients suffering from TMJ and headaches. Gillespie's work with babies showed him that many health conditions could not only be prevented but that children could positively thrive with their enhanced cognitive abilities. Gillespie later developed the Baby Brain Score for screening purposes to determine whether craniosacral fascial therapy need be administered at birth. Gillespie and his students have worked with thousands of newborns, children and adults, helping prevent and reverse health conditions such as allergies, asthma, headaches, migraines and physical pain. Gillespie's first book, *Healing Your Child*, about natural-care concepts for lay parents, was published in 1999. He published *The Brain Score Approach* in 2010. Instead of publishing another book as a platform for his leading-edge research, his website is free to the world in 60 languages.

Please click on the "Baby Discovery" section for the latest information. Gillespie, who has enjoyed a vegan diet since 1980, continues to teach his work and make discoveries about newborn/infant health. He plans to spend the rest of his life helping to heal the children of the world.



New Child Montessori A fun way to bring Montessori into the home

A Guide for the Montessori Classroom is a set of four guides for use with ages 3 to 6 and grows and adapts for ages 6 to 9. We begin with a study of the child and his or her immediate environment and expand to the greater picture of our universe and solar system. We return to earth to investigate the four elements and a study of our continent, country, state, and city. The year continues with exploration of each continent's geography, biomes, plants, animals, people, culture, and art.

Practical life, grace and courtesy, Maria Montessori's "Great Lessons" and peace curriculum, math, language, sensorial, geography, science, botany, zoology, music, yoga, and art are integrated into a theme that is based on Maria Montessori's cosmic education.

The guides foster a sense of wonder and self-discovery, cooperation and community, care and compassion for all living things, and responsibility for self and the environment. The child gains a connection with the natural world, an empathy with the earth and it's inhabitants, and a sense of belonging in the cosmos.

The *Supplement to the Guides* was developed in response to home school parents. It gives instructions for all the Montessori materials, for making many of the materials, and an overview of Montessori philosophy which is very suitable for the home school. The guides may be used with as much or as little Montessori materials as one's budget allows, most of which can be hand made.

Email Gini for more information and to ask questions: gini@newchildmontessori.com
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