



The Gillespie Approach Newsletter

July 2021

STORY HIGHLIGHTS



Possible Causes for Adult Depression, Anxiety, Fatigue, and Sleep Issues

"The pediatric profession must wake up to the critical importance of soft tissue birth trauma. It is my sincere wish that all newborns on the planet are checked so that millions of people do not have to suffer needlessly."

—Dr. Barry Gillespie

I often see perplexed adults who have clean diets and lifestyles, but still suffer with depression, anxiety, fatigue, and sleep issues. This story may uncover some possible causes.

A forty-five-year-old woman presents with these issues. I noted nothing unusual in her history. She had the expected zero-second brain cycle and tight body.

In therapy she immediately went into a deep extension or arching position where the fascia was pulling hard from her pelvis into her head.

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TOPICAL HEALTH NEWS

Celebrate the Start of Your and Your Family's Health Freedom This Independence Day



At the Gillespie Approach, we believe that everyone deserves health freedom.

If you and/or your child or baby is suffering from health conditions—from migraines to ADHD and breastfeeding difficulty—you can make this Independence Day a reason to celebrate an additional kind of freedom: health freedom.

If you're new to the Gillespie Approach and exploring craniosacral fascial therapy for health improvement, this could be the month you make strides on your health journey.

The Gillespie Approach's Health Conditions page is a digital index to Dr. Gillespie's decades of work. You can call up stories on asthma, colic, nursing difficulty, seizures and so much more, all just a button press away!

Celebrate health freedom for you and your family with the Gillespie Approach!

[➤ View The Gillespie Approach's A-To-Z Health Conditions Directory](#)

SPOTLIGHTED VIDEO

Helping Fussy Babies Heal With Gillespie Approach—Craniosacral Fascial Therapy



Enjoy this spirited video honoring and celebrating the journey mothers face with their fussy babies in embracing Gillespie Approach—Craniosacral Fascial Therapy—a game-changer for the whole family.

Your likes, comments and shares of this YouTube video will help get this video seen by mothers and fathers looking for a solution to their babies' fussiness issues.

[➤ Watch The Video](#)

COURSE SCHEDULE

Learn Gillespie Approach—Craniosacral Fascial Therapy To Treat Loved Ones Or Patients Professionally

3-Day Child—Adult Training
July 2021 | Redding, CA

3-Day Infant Training
July 2021 | Redding, CA

3-Day Infant Training
August 2021 | Dallas, TX

3-Day Child—Adult Training
October 2021 | Fallbrook, CA

3-Day Child—Adult Training
December 2021 | Newtown Square, PA

[➤ Sign Up For Courses](#)

Q&A WITH DR. LOOSE

Have a Burning Question for Dr. Loose?

Have you been reading Dr. Gillespie's stories but wonder about something connected to the Gillespie Approach?

We'd love to feature your question with Dr. Loose's answer in the next monthly Gillespie Approach Newsletter.

Just hit reply to ask Dr. Gillespie your question—and mention it's for the newsletter.

CALL FOR VIDEO TESTIMONIALS

Share Your Story

Do you have a Gillespie Approach testimonial you'd like to share with the world so others can find healing?

We're looking to feature more Gillespie Approach video testimonials on our YouTube channel and on our Testimonials website page.

If you'd like to use your voice to help others suffering from similar health conditions, please tap the button below and share your story.

[➤ Submit My Testimonial](#)

Help Gillespie Approach—Craniosacral Fascial Therapy reach as many babies, children and adults who need healing as possible! Share this email with family and friends! ☺

