



## The Gillespie Approach Newsletter

August 2021

### STORY HIGHLIGHTS



## Discover How Aging Is Connected to the Fascial Web

"In a perfect world every newborn would be cleared of birth strain and checked periodically during life. Maybe someday health care providers will embrace that concept."

—Dr. Barry Gillespie

An older patient presented with difficulty in walking. She was shuffling more, and the tightness in her chest and neck caused breathing and throat issues. The medical model was baffled.

In my clinical examination her fascial web was extremely tight. She and her husband agreed that she was tight. There is no medical testing, medication, or surgery for tightness. Sometimes stretching and exercise are recommended, but neither releases the fascial web.

Fascial restriction is much more than muscle function. Since the web connects every cell, body systems can be adversely affected too. Key organs like the liver, pancreas, stomach, intestines, kidneys, and heart can become tighter, possibly affecting their function.

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### TOPICAL HEALTH NEWS

## Break Free of Breastfeeding Difficulty So Your Baby Can Thrive



Millions of babies around the world struggle with breastfeeding difficulty every day.

And these babies' mothers struggle as well, feeling frustration, stress, anxiety and fear.

August is National Breastfeeding Month, and Dr. Barry Gillespie has helped uncover one of the greatest health secrets over his 40-plus-year career: a solution to breastfeeding difficulty.

If your baby is struggling with breastfeeding difficulty, look to Dr. Gillespie's 80-and-counting stories involving breastfeeding difficulty.

If you know a mother whose child is impacted by this health condition, please share this unique resource with them.

We at the Gillespie Approach believe that babies everywhere deserve to be free of breastfeeding difficulty and underlying birth trauma and craniosacral fascial strain so they can start life with ease and grow strong and healthy!

[> View Dr. Gillespie's Favorite Breastfeeding Story](#)

[> View All Breastfeeding Difficulty Stories](#)

### 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 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 on this email to ask Dr. Gillespie your question—and mention it's for the newsletter.

### CALL FOR VIDEO TESTIMONIALS

## Be a Star, Be the Light

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! ☺

