



## GILLESPIE APPROACH CRANIOSACRAL FASCIAL THERAPY

BABIES · CHILDREN · ADULTS

The Gillespie Approach Newsletter  
May 2022

### STORY HIGHLIGHTS



## With Gillespie Approach Treatment, “An Entirely Different Child”

“When she opened up again to a 150-second brain cycle on that visit, I later noticed the resolution of all of her concussion symptoms. By the end of all of our sessions with Dr. Gillespie, she had a brain cycle of over 200 seconds and was an entirely different child.”

—Tara Allen

By Tara Allen

My daughter (first-born child) was born at 42 weeks after an unmedicated, uncomplicated, but extremely precipitous and grueling labor that lasted a mere six hours. She came out with her fists clenched, and though I didn't know what it meant at the time, I knew it signified something deeper.

The first three days of breastfeeding were grueling. I pushed past the pain and it resolved, but she nursed what felt like 24/7, choked a lot on breastmilk, and spit up or projectile vomited frequently. We endured moderate colic in her newborn phase—she screamed and seemed to be in pain with benign tasks like laying on her back for diaper changes or sitting in her car seat and wanted to be held constantly.

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### GILLESPIE APPROACH SPOTLIGHTED VIDEO



Get a look at Gillespie Approach Course participants learning Gillespie Approach—Craniosacral Fascial Therapy and hear from instructors Kim Sherlock and Holly Steflik.

### TOPICAL HEALTH NEWS

## National Asthma and Allergy Awareness Month



May is National Asthma and Allergy Awareness Month, and the Gillespie Approach is showcasing how our gentle therapy may help improve asthma and allergy symptoms. Asthma is spotlighted in 66 stories and allergies is spotlighted in 19 stories by Dr. Barry Gillespie on the Gillespie Approach website.

[➤ View All Asthma Stories](#)

[➤ View All Allergies Stories](#)

### COURSE SCHEDULE

## Learn Gillespie Approach—Craniosacral Fascial Therapy to Treat Loved Ones or Patients Professionally

#### CHILD—ADULT COURSES

- June 2022 | Kansas City, MO
- August 2022 | Maple Grove, MN
- September 2022 | Albuquerque, NM
- October 2022 | Salt Lake City, UT
- November 2022 | Philadelphia, PA

#### INFANT COURSES

- June 2022 | Kansas City, MO
- August 2022 | Maple Grove, MN

[➤ Sign Up For Courses](#)

### Q&A WITH DR. LOOSE

## Share Your Burning Question for Dr. Loose to Answer in the Next Newsletter

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

## Shine to Help Others Find 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 video or text story.

[➤ Submit A 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!

