

Autumnal Equinox  
2009

### Upcoming Events

- ✓ Spiritual Balance Retreat in Glenwood Springs, CO, Oct 18-23<sup>rd</sup>

### Paula's Update

I picked up a great new book at the library called [Nurture Shock: New Thinking about Children](#) by Po Bronson & Ashley Merryman. It's a must read for all of you parents out there.

Did you know that around the world, kids get an hour less sleep than they did thirty years ago? More importantly, did you know that this costs IQ points, emotional well-being, ADHD and obesity?

To parents of teenagers, I recommend chapters "Why Kids Lie" and the "Science of Teen Rebellion". Maybe arguing with my 16-year old is really *constructive* rather than destructive...

### News on Health & Wellness

I'm excited to report on the results of our pilot study that looked at the effects of craniosacral therapy (CST) on migraine patients. We gave four CST treatments to twelve patients. According to Dr. Tamara Miller, the neurologist who referred them to us, "these were tough cases."

We found that CST clearly reduced the number and/or severity of the patients' migraines. In some cases, daily headaches disappeared after the first treatment! In other cases, the improvements were more gradual, enabling people to be pain free for several days at a time - a new experience for some.

We also found that CST significantly improved patients' sleep. Two patients, who had been taking sleep medication, stopped taking it and slept great without it. Comparing their sleep before and after, everyone said they slept better.

Most rewarding for me was the improvement in emotional well-being. Patients rated themselves significantly *less* depressed after the treatments. Their comments really tell the story:

*"The treatments helped with my mood and stress level. It feels like everything bad in my life just went away."*

*"I had made an appointment with my regular doctor to get antidepressants. I am going to see her tomorrow and tell her that I don't need them now."*

*"I was able to feel more like myself without pain. Having that feeling back of who I was before the car accident. Being stable and centered and whole"*



*Autumn is a second spring  
when every leaf is a flower.  
~Albert Camus*

*again even if it is only for a couple of days. It was worth it to have that peace again."*

To read the report, go to my [home page](#) and click on Migraine Study Report.

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