

HOW CST HELPED SAVE MY BABY

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Dear Upledger Institute,

I am the mom that submitted this letter:

http://www.mybreastfeeding.com/index_files/CSTsavedmybaby.htm

And since CST has continued to be a part of our life, I thought you'd enjoy an update.

In 2005 we completed 13 sessions of CST in Portland Oregon. My son - who was 3 at the time, had significant improvement in his ability to tolerate life after each session. At the end of 2005, we moved from Oregon to Kansas City, KS. I had a hard time finding a certified CST pediatrician in our area. 6 weeks after our arrival, my 3yo was asking to "get a message" (which is what we called CST.) His behavior digressed, his sensory issues returned, and we started looking for help.

Early in 2006, I took him into a Behavioral Pediatrician who diagnosed him with PDD-NOS (a loosely defined category of high functioning autism.) In Kansas, we were able to get him into early school right away and started addressing his behaviors with ABA (Applied Behavior Analysis). We did find a gal that did CST, but looking back I'm not convinced it was the same quality as we received in Oregon.

In 2008, we moved from KS to Rapid City, SD. Within a year of our arrival, I heard of a new Chiropractor in town that had quality training in CST. (Her own son had severe issues during labor and delivery - CST was so helpful for him, she made it part of her practice.) We started my son (then 7) back into regular CST appointments and immediately saw improvement in his ability to tolerate life. CST and a nap, always helped a hard week.

Fast forward 7 years. CST has been a monthly part of our lives. CST did not stop the Autism behaviors, but it significantly helps his physical comfort level which allows him to be more receptive to other therapies that improve his behaviors: Equine Therapy, Braincore Neurofeedback, Irlen Syndrome Shaded Glasses and the tougher parts of ABA. Since we started CST, he has never needed to sleep on the floor, he no longer grinds his teeth, and he doesn't feel the need to hurt himself.

My son is now 14 yo and a freshman in High School. He participates with the Speech and Debate Team at school (mostly Speech), loves animals and has a bright future - one I never dared dream for him when he was 3 and in the throws of the pain and confusion that was his little life.

*Warmest Regards,
Charalet Dunnigan*