



A Brain Is Born: Exploring the Birth and Development of the Central Nervous System

John E. Upledger

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Witness the dramatic unfolding of the human form in all its potential. Join John E. Upledger, D.O., O.M.M., as he takes you from the first union of sperm and egg through the development of the complex circuitry that makes up the human brain.

You'll learn about birth, growth, function and dysfunction, and how all these aspects influence physical, mental, and emotional well-being. You'll discover problems that can alter brain and spinal cord development in each of the first eight weeks of pregnancy, and then monthly right through delivery.

Perhaps most importantly, Dr. Upledger outlines a series of simple physical tests that can help determine the status of a baby's central nervous system and, to some extent, the peripheral nervous system. Then he shows you, step-by-step, how potential problems might be treated using CranioSacral Therapy and related therapeutic approaches.

This breakthrough book empowers parents with knowledge to help them make practical decisions concerning the health of their children. And it crosses the boundaries of many disciplines, including embryology, obstetrics, pediatrics, neurology, and CranioSacral Therapy. *A Brain Is Born* is as valuable to expectant parents as it is to those who work with children every day.

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