

## C - Section and Systemic Shutdown: Blake



### O V E R V I E W :

Blake was a 52 year-old man that I treated for life-threatening complications from his birth, specifically from his emergency C-Section and from his umbilical shock affect. Blake responded beautifully to the treatments. It took several years, because of the severity of his condition, but Blake has made a full recovery and has resumed his active, healthy lifestyle. Personally, I will be thrilled to be anywhere near his level of fitness and vitality when I'm in my mid fifties. Wow! Way to go Blake!

### T H E D E T A I L S :

Blake was doing extremely poorly when I saw him for the first time. He was able to eat only four (yes, 4) foods without having an allergic response. Blake was extraordinarily depleted. Because he was so ill, he had been getting a variety of different types of care; several months before he saw me, everything that had been helping, had suddenly stopped working. The acupuncture wasn't helping anymore, the chiropractic wasn't helping anymore, the Vega machine and the supplements weren't helping anymore, etc. Blake was really stuck in a very bad place, and, if anything, he was getting worse.

*I had been seeing a half dozen practitioners before I saw Doug. After a while, their treatments stopped working. I was really sick. After I recovered, one of my practitioners admitted that before I saw Doug, he thought that I was "circling the drain." I think that working with Doug saved my life.*

This was a very interesting case for me. There were a couple of clear indicators that came up during the intake process. For example, he had a lot of heat and warmth from the waist down, but he was cold from the waist up. His upper body and his arms and head were very cold and had been his whole life. I also learned that he was an emergency C-section baby which was extremely relevant in terms of consequences and clinical impact. So I treated him right away for this condition. Blake was in his early 50s and, oddly enough, I treated him for complications from his birth. There were two particular aspects of this that were significant.

The first was cranial fluid shock. In layman's terms that means that his head bones were not moving much at all and that the fluid in his brain and spinal cord were not circulating well and thus were not having an impact on his cranial bones. When the cranial bones and the cranial fluids aren't moving, it creates a very unhealthy situation. Quite amazingly his body had accommodated for over 50 years and he'd had a pretty healthy, active life. Blake's a very strong man, and he'd done very well. But about three years before I saw him his system had run out of compensations. Things had started to fall apart and his health had begun to decay. No one really had an idea of what was going on or how to help him.

The second aspect that he clearly presented was umbilical shock affect. When the umbilical cord is cut immediately upon childbirth, one of the major energy centers in the body [the fire chakra is one term for it] tends to implode. Instead of energetically expanding outward through the lower abdomen and the lower back, the energy tends to collapse inward upon itself. This often leads to poor digestion, difficulty with elimination, abdominal irritation, lower back pain, etc. When the lifeforce doesn't move well in this area,

the structures in this part of the body are essentially starved of energy and cannot function well. One of the hallmarks of this situation is that the belly will be quite cold. Blake's whole torso, arms, and head were very cold even though he had a lot of energy, warmth, and strength from the waist down.

*Over the couple of years that we worked together, Doug never once met one of my questions that he didn't like, or at least that he didn't give his best shot to answering. I desperately needed information; I needed someone who had an explanation for what was happening to me and what we could do to fix it. If I didn't understand something, Doug would just reload and try explaining it a different way. I really needed to "get it," and he really wanted me to "get it." It was a good combination, a good fit.*

So I treated him appropriately and within three sessions he got feedback from his nutritionist, his acupuncturist, his chiropractor, et al, that something had shifted and that their treatments were working again. This was a wonderful turn of events for Blake and it led to his ultimate recovery. This recovery took a long time because he was deeply depleted. I saw him steadily for about a year and a half and since then with less and less frequency. At this point we're working about once every three months. He's back to skiing double black diamond runs in the winter and hiking solo throughout the Continental Divide in the summer. Blake is remarkably fit and very active. He's able to eat most foods; he has good vitality and good energy flow. It was very gratifying that he reported to me after this last ski season that his body had changed. His trunk was very, very warm and cozy, his arms were warm, and that his hands weren't always cold and were actually starting to warm up a bit. Both of us thought this was a very good sign.

*I worked with some very good practitioners who were skilled at assisting and manipulating human energy. I think of my energy like it's water; they were able to increase its flow, move it from here to there, etc. However, when I got worse, they couldn't do that any more. Doug was the one who could see that there wasn't any more water in my system. He saw that I was bone dry, that there wasn't any energy in my system for these healers to work with. Once Doug opened the floodgates, a little bit at a time, all these other practitioners were once again able to help me. Doug is the cornerstone of the arch of my health support network.*

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