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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 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. For easy reference, he also maps out the central nervous system and the functions of all its parts. 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. *A Brain Is Born* details some of the insults and injuries that can affect the newborn and commonsense ways to avoid them. Perhaps most importantly, he provides an outline of simple physical tests that can help determine the status of a baby's nervous system, including a step-by-step process for treating potential problems through the use of 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.

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