



# Wholistic Healing

Wholistic: treating the whole person—body, mind and spirit— not just the symptoms of a disease.

Issue 1, Fall 2010

A newsletter from Dr. Keith Barbour



*Hello,*

*For nearly thirty years I have used wholistic medicine to help people achieve productive, pleasurable, pain-free living, often after traditional medical techniques had failed and the condition was considered incurable. It is remarkable the results you can achieve when you know how to do a proper evaluation and apply the correct pressures.*

*In 1991, I started teaching physical therapists and massage therapists how to incorporate manual medicine in their own practices. Hundreds have taken the courses since then and used what they learned to great success.*

*In this newsletter, we give an introduction to wholistic manual medicine, the results that can be obtained and how to learn the principles and techniques.*

*I hope you find the data interesting and helpful.*

***Keith Barbour, D.O.***

## How to Obtain Permanent, Positive Change

Like most health care professionals, you probably entered the field with a clear goal in mind: to help your fellow man achieve healthy, active, pain-free living. And, if you are like most practitioners, you have obtained spectacular results but also had more than one patient who never seemed to improve or who promptly relapsed.

Typically the cause of failure lies not with the therapist's technique, but with an education that taught only technique and omitted teaching the underlying principles that are necessary for correct evaluation and treatment.

### Body Knows Best

Wholistic Manual Medicine is a living science that incorporates the latest advancements in the fields of anatomy, physiology, chemistry and physics. What differentiates it from other types of manual practice, however, is that it is based on certain underlying principles. The two most important of these are:

1. The body heals itself (given half a chance). Given proper nutrition, hydration and activity, it can make any substance that it needs to defend,

repair and remodel itself. The physician or therapist is a facilitator of health, not the creator or giver of health.

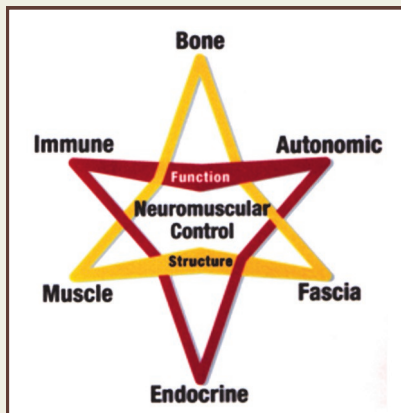
2. Structure and function are inter-dependent. The end result of an organism's functional history up to this point in time is represented in its current structure. That structure determines the organism's functional capacity. This inter-relationship applies both to the species as a whole, as well as to an individual.

This is a humbling viewpoint for a doctor. Instead of the usual idea that the body is flawed and the doctor is there to

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Wholistic Manual Medicine (WMM) is taught in either five weekend sessions or in two four-day sessions. Throughout the course, the student is provided direct and simple data that is understandable and immediately applied in lab for concrete results and reinforcement of principles.

Graduates of the course are confident in their understanding of body work in general and are able to apply all of their skills in any situation. The ability to communicate with patients/clients and the medical and legal professions is enhanced and kept to a common ground—*anatomy*.

**WMM I – Muscle and Emotion** – The first class introduces students to the relationship between the parts of the body, and the interrelationship between the mind and body. In this class, students learn how muscle behaves as it tightens, holds and releases. When a muscle does not release on its own, the practitioner may facilitate the release by applying the five steps of release. These five steps (from the physics of chaos) apply to any tissue or system. When the muscle releases, there will also be an emotion that releases, whether the patient is aware of this or not.

## Learning Manual Medicine

**WMM II – Fascia and Thought** – Class two is all about learning to perceive and release restrictions in fascia. This occurs in the exact same way as muscle, but more complex and more subtle. While muscles contract in a single direction, fascia contracts in both length and width. Tension in the fascia can be released by applying the same five steps of release taught in class one. When fascia releases, so does the thought that was causing the muscle and fascia to tighten.

**WMM III – Viscera and Feelings** – The third class builds upon the lessons taught the first two weekends. The internal organs release much like muscles as both are under the control of the autonomic nervous system. In addition, the viscera are wrapped in thick fascia, just as emotion is wrapped in thought. All release together when properly evaluated and treated.

**WMM IV – Bone and Spirit** – Bones are three dimensional structures that exist

at a higher energy state than the muscles or fascia. Correct alignment of bone is a good indicator of health but is in no way the most important factor. Release of pressure around and within boney structures is what allows them to “align” on their own and function as a vibrant living structure, creating an environment of health. This allows a being’s ‘spirit’ to fully animate the body.

**WMM V – Cranium and Life Force** – The cranium is a set of bones that float on the cerebral spinal fluid. The brain does contain some portion of contractile tissue and creates a continuous pressure wave (called the Cranial Rhythmic Impulse or CRI) in this fluid which penetrates all the tissues. This wave can be measured in the finger, the same way that blood pressure can. Learning to assess and release the CRI are the final skills taught in the course.

Advanced training courses are also available.

## What Our Students Say

*I experienced treatment from a therapist trained by Dr. Barbour. Since that period, the varicose veins in my left leg are almost gone and I stand an inch taller. I'm excited now to learn Dr. Barbour's techniques myself to help my own clients. I'll be able to go home tonight and start tomorrow with*

*assessment and treatment. It was very clear teaching and great hands-on learning opportunities.—RC*

*WMM I has given me a new perspective on the body and a new way of approaching dysfunction from a more holistic viewpoint. I have been reminded how*

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## Meet Dr. Keith Barbour



“With Wholistic Manual Medicine, I can help almost anyone in any condition at any time without needing anything but my mind and my hands,” he says. “I really enjoy the amazement I feel, as well as my patients’ amazement, when the body begins to heal itself and the patient starts to overcome the obstacles that were holding them back in life.”

While Dr. Barbour was routinely able to cure conditions that had failed to respond to conventional medical treatment, there was a limit to how many patients he could personally treat. To help bring those results to a much wider group, in 1991 he started teaching the Wholistic Manual Medicine Course, training

Dr. Keith Barbour was born in Toronto and moved to Ann Arbor, Mich. at an early age. After receiving a Bachelor of Science degree, *magna cum laude*, from Eastern Michigan University, he attended Michigan State University’s College of Osteopathic Medicine. Upon graduation, he interned at the Michigan Osteopathic Medical Center in Detroit and then did a residency at the Detroit Rehabilitation Institute. He is board certified in Physical Medicine and Rehabilitation, and is a Diplomate of the American Academy of Pain Management and of the Clinical Electromedical Research Academy.



After completing his residency, he moved to Monroe, where he opened his own practice in 1988. Based largely on the word of mouth from patients, the practice has grown to where he now has a 7500 sq. ft. facility that includes manual medicine, physical therapy, aqua therapy and other services.

hundreds of other practitioners to apply manual medicine.

“Physical therapists and massage therapists are always looking for something that will make them better at what they do,” he says. “Once they understand the underlying principles, they can get far better results in their own fields.”

In addition to treating his own patients and teaching manual medicine courses, Dr. Barbour has presented his research at meetings of the American Assn. of Electrodiagnostic Medicine and the Michigan Osteopathic Assn., serves as an assistant clinical professor at Michigan State, and is president of the Southeastern Michigan Osteopathic Assn. He also volunteers as the team physician for the U.S. Disabled Water Ski Team.

*important it is to listen closely to the subtle communication the body provides and how important it is to evaluate an re-evaluate in order to measure change. I am excited about doing the following courses!—ZB*

*After more than 10 years away from body work, I am leaving this workshop inspired to get back into the field. This*

*work has the potential to really change lives in a very positive way. I am going home feeling much more open and excited about life ahead.—AM*

*I feel more confident in my ability; I feel that I “know what I know.” My breathing seems easier and my energy level is up. I will start screening and doing diaphragm work this week.—DZ*

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## Permanent, Positive Change

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improve it, Dr. Barbour operates from the viewpoint that the body is an elegant, self-repairing mechanism, developed over millions of years. When the body fails to heal itself, the goal is simply to locate what barrier is stopping the body from healing itself, removing that barrier, and then let the body get on with its normal function.

### A Hands-On Approach

Manual medicine is quite literally the use of the hands to evaluate and treat any condition. Modern medicine traces the use of the hands in treatment back to Hippocrates. Most, if not all, cultures utilize manual means in their healthcare delivery.



Over the past few decades, the medical value of manual techniques have been repeatedly validated in the scientific literature. Just this fall, for example, doctors from UCLA and the Cedars-Sinai Medical Center in Los Angeles published a paper in the *Journal of Alternative and Complementary Medicine* detailing how blood tests showed that a single session of Swedish massage produced beneficial hormonal changes as well as an increase in the number of lymphocytes—white blood cells that are part of the body's immune system.

Technique alone, however, is not enough. It also takes correct evaluation and an understanding of how the muscles and bones affect, and are affected by, the other body structures and functions. An education in Wholistic Manual Medicine gives physical, occupational and massage therapists the knowledge and experience they need to obtain better results on their patients or clients. This training also helps them to better integrate their own practices in with those of physicians or chiropractors, so they can expand the number of people they treat.

Learning the basic principles and techniques of Wholistic Manual Medicine does not require going back to school and pursuing another degree. For those who want to use it to improve the results they are obtaining in their existing practice, the data can be easily learned in a series of five weekend classes, or two weeks of more intensive training.

From the very first day, students start applying what they are learning, so they can immediately start using it to obtain permanent, positive change on their own patients or clients.



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For information on upcoming classes,  
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