

An interview with Stuart C. Marmorstein

by Barbara Lynn Silberg

Soft-spoken Dr. Stuart C. Marmorstein has been doing BioCranial Therapy for ten years, practicing in the Houston area since 2003. Comfortably seated behind his computer monitor, to Dr. Marmorstein's left sits a Himalayan salt crystal lamp. Various potted plants lend a garden feel to the room, though one can see Reliant Center and the Astrodome from this twelfth-floor office suite.



Barbara: How did you get started in your specialty?

Dr. Marmorstein: "I was a premed medical student, but found myself more drawn to natural methods of healing."

Barbara: Who were your strongest influences in your field?

Dr. Marmorstein: "Early on, I'd say, George Goodheart, Jr. of Applied Kinesiology fame who insisted that the body language never lies. Another was Dr. Robert Boyd, theosteopath. He expanded our understanding of the relationship between the cranial (skull) bones and health. Dr. M. Anthony Smith, a chiropractor whose CranioBiotic Technique uses Muscle Response Testing is another. Dr. Richard VanRumpt, whose emphasis was on nonforce chiropractic techniques was another. Currently, though, Dr. Stephen Stiteler, an acupuncturist, homeopath, and naturopath – whose interest is Korean Hand Energetics – has captured my imagination. This technique uses reflex and acupuncture points to restore balance to the acupuncture meridians. No needles are necessary."

Barbara: You've mentioned that biocranial has more staying power than conventional chiropractic methods. Why is that?

Dr. Marmorstein: "A very good question! Regular chiropractic approaches realign vertebrae. Biocranial methods reach a deeper level, by relaxing the tension in the dura mater within the skull. This causes the spine to realign itself. The soft tissue around the blood vessels relaxes, encouraging better blood circulation, which, in turn, encourages healing in all of the tissues. I find this most effective in dealing with fibromyalgia and chronic fatigue, particularly."

Barbara: How would you describe yourself?

Dr. Marmorstein: "As eternally curious. I never approach things as if I know. There's always something to learn."

Barbara: What are your goals for your business?

Dr. Marmorstein: "I'd like my practice to be more integrated. I'd like to stay busy all the time, and I may want to work closer with other practitioners."

Barbara: What about goals for yourself?

Dr. Marmorstein: "I'm reading about raw-food diets. I'd like to lose weight, live long, enjoy my family, be freer to travel, do more reading. I enjoy teaching my colleagues and writing."

Barbara: What are your favorite hobbies?

Dr. Marmorstein: "I enjoy walking. When I have time I like to bicycle, go to the beach . . . I read widely, and I love working with the Internet – all the technical aspects, its possible uses in the future intrigue me."

Barbara: What are some of your favorite books, writers?

Dr. Marmorstein: "*Be Here Now* by Ram Dass, *Play of Consciousness* by Swami Muktananda."

Barbara: Who are your favorite heroes?

Dr. Marmorstein: "Humm . . . People who founded this nation. Galileo, Sir Isaac Newton – and, of course, all those pioneers of natural healing. Swami Chidvilasananda, my spiritual teacher and Swami Muktananda, her spiritual teacher as well."

Barbara: What achievements are you proudest of?

Dr. Marmorstein: "My BioCranial work, teaching, and working with my website. I play the harmonium and the tamboura – a string instrument from India – and less frequently, the piano. I wrote a chapter in *A Healthier You!* with Deepak Chopra and Billy Blanks, among others."

Barbara: How would you sum up your philosophy?

Dr. Marmorstein: "When you don't know, ask. That mindset helps me in my practice and also in my personal life. It's important to care about and love one another. It's important to find balance in your life."

Barbara: What are some of your favorite memories?

Dr. Marmorstein: "1. My wedding day, 2. Chanting in India, 3. Finishing a 100-mile bicycle race, and 4. Singing in Europe with Penn State Chapel and Concert Choirs, the summer of 1974."

Learn more about Dr. Marmorstein's work at

<http://www.drstuart.net>.

Up Close and Personal: Age 54, married to Gitesha since 1979, 3 kids, 2 grandkids. Pets: A 10-year-old Pug, Janabai, and a Great Dane puppy, Bhima and 16 free-ranging chickens (that Bhima enjoys herding back to the henhouse at night). [Please note that much of this personal info has changed over the last several years.]