

Chronic Health Issues that
Benefit from
CranioSacral Therapy

Agitation
Allergies
Anxiety
Autoimmune Disorders
Depression
Dry Eye, Dry Mouth
Fatigue
Inflammation
Insomnia
Lack of Energy, Drive
Old Physical Trauma
Pain
Post Traumatic Stress Disorder
Posture Abnormalities
Range of Motion Limitations
Stiffness
Stress

Healing Power of Gentle
Touch

**CRANIOSACRAL
THERAPY**

A form of manual therapy that works with rather than forcing the body is craniosacral therapy (CST). CST enhances the body's natural healing processes. For almost 40 years it has frequently been shown to decrease pain, improve sleep, decrease fatigue, improve posture, improve sensory and motor function, decrease traumatic stress, physical and emotional trauma and improve ease of mental function and focus.

CST relaxes tight connective tissue and improves spinal fluid, blood and lymph flow. With CranioSacral Therapy, you learn to pay attention to and trust sensations and emotion, confront negative generators, release tension and find language and images that help you understand how to increase your inner peace and physical, mental and spiritual health.

**CranioSacral
Therapy**

for

**Chronic Health
Issues**

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If you are healthy, do not have a history of stress and come for craniosacral therapy soon after an injury or recent short term health problem, you will most likely need very little CST as part of your rehabilitation process. Defensive holding patterns, the force of the trauma, and body habits have not set in deeply. Your body easily routes out problems.

CranioSacral Therapy for chronic conditions usually requires more persistence. You will usually not have total recovery immediately. If you do, it might not last long. Layers of work need to be done.

If CST is helping you, you will be aware of change. Temporary improvements in you condition, gaining understanding, feeling less discouraged and more hopeful are signs. You might have a greater ability to delve into aspects of your condition that are less rosy and more difficult to be with. There will be something about the therapy that draws you in and engages you. You should always be evaluating if this is the right approach for you or if there is something else you need to be doing. CST will not help you if you pick it just because nothing else is working.

If CST continues to feel right for you and you stay with it, your body will take you where you need to go. You will take in energy you need to do the work of healing. Layer by layer you will do the work of focusing, relaxing, releasing, transforming, and understanding. You will delve into

those nonconscious parts of yourself that are being held hostage by confusion, trauma, negative thoughts and emotions, or physical dysfunction. This leaves room to recruit restorative processes.

What are restorative processes accessed through CST?

Connective tissue relaxation - Your whole body is made of connective tissue. At a cellular level, your cell walls are connective tissue. The response of connective tissue is protective. It tightens and holds to create a barrier. Wherever you hold stress in your body, you will have connective tissue restrictions influencing fluid flow, cell nutrition, and release of waste products. Stress irritates sensory nerves, including pain nerves, and of the nerves that control breathing, digestion and other physical or mental functions.

Hydration - Tissues that are not hydrated become brittle, less lively, less functional and are more easily injured and less easily repaired. Spinal fluid hydrates the brain and spine. Lymph, interstitial fluid and blood are fluids that hydrate the body. They have increased access to the tissues when tissues relax.

Improved Immune Function - Lymph nodes, the thymus, the spleen, bone marrow, the glial cells of the brain can be held hostage or confused by tension. When tension is released, the immune system can calm down and be less hyperactive, down regulating allergic reactions, inflammation and autoimmune diseases. It will also be less distracted and more available to attack infections and cancer cells.

Hormone and neurotransmitter balancing - Certain hormones and neurotransmitters are produced in excess during stress. Structures that produce calming chemicals in the brain and other organs can be held hostage by stress. Focusing on where your body wants to release stress can allow your body to find a healthier balance of hormones and neurotransmitters.

Awareness of body felt sensations - You will come to understand that you are not your stress. You are also not your body's response to stress. Even with stress felt your entire life, you can find it, name it and let it go. Your tissues will be ready to try something new.

