

## Why I recommend Craniosacral Therapy

by Dr. Ralph Wilson



The Short Version:

***There is gentle rhythmic motion of the bones and tissues of the skull and body that corresponds with the ebb and flow of the cerebrospinal fluid. Restrictions can lead to reduced adaptability to the stresses of life.***

***Craniosacral therapy addresses obstacles to motion, freeing the innate healing energies of the body. Craniosacral therapy supports the Autonomic Nervous System as well as the musculoskeletal system and can be an important part of integrative medicine programs for virtually all types of health concerns.***

The Longer Version:

Cranio-Sacral therapy is my favorite therapy. It is energizing and increases the feeling of well-being. A treatment session provides several benefits. The patient gets to relax -- a valuable experience to have when visiting a medical clinic -- and the work serves as a very effective way to remove blocks to the efficient motion of cranial fluid and tissues. This results in enhanced motion of the cranial bones and overall body energy. The deep relaxation has been described by some as like being in a deep sleep. Some people have experienced visual or other kinds of insights during this work. "Somato-Emotional Release" is the name given to the way some people experience a letting-go of being controlled by past negative memories. I believe it is one of the most direct ways of assessing and improving many factors that affect the Autonomic Nervous System. When used in an overall program of Integrative Medicine, Cranio-Sacral therapy is a cost-effective treatment that could benefit almost every patient.

Craniosacral therapy can be thought of as part of the field called Body Psychotherapy; assisting the coordinated movement soft tissues and helping the energy flow of the body can result in improved sense of well-being.

One interesting application that I found for Craniosacral therapy involves head pain due to allergies: Allergy reactions affect the pressures on the skull and the brain due to impeding the flow of the cerebrospinal fluid through the choroid plexus deep within the brain. Treatment with craniosacral therapy is widely known to help with head pain.

Whatever your health concern is, Craniosacral therapy holds great potential for helping you reach your health improvement goal. Whether the focus for your treatment is to learn how to relax and let go of tensions, or to learn to sense the subtle movements of your body that are not under conscious control, or to feel the release of restricted movement in bones and tissues of the skull, spine, sacro-pelvis, or to explore what Somato-Emotional Release may hold for you, I highly recommend that you consider experiencing it for yourself.



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There are excellent books and information available on the Internet. One very helpful site is that of John Upledger, D.O., the developer of Craniosacral Therapy: [www.Upledger.com](http://www.Upledger.com).

Comments by Dr. Upledger give you a glimpse of why I consider this so important.

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According to Dr. Upledger: "CranioSacral Therapy is not osteopathy. Sutherland's approach was bone-oriented and you make bony corrections. This is soft tissue-oriented, fluid-oriented, membrane-oriented, and energy-oriented. It's much more subtle than any other kind of cranial work I know of."

Dr. Upledger says that craniosacral therapy is ideally suited for attention-deficit hyperactivity disorder, headaches, chronic middle ear infection, pain, and general health maintenance. It is recommended for autism, fibromyalgia, heart disease, osteoarthritis, pneumonia, rheumatoid arthritis, chronic sinus infections, and gastroenteritis (inflammation of the lining of the stomach or small intestine). It is also used with other therapies to treat chronic fatigue syndrome, back pain, and menstrual irregularity. In addition, other craniosacral practitioners have reported benefits for eye dysfunction, dyslexia, depression, motor coordination difficulties, temporomandibular joint dysfunction (TMD), hyperactivity, colic, asthma in babies, floppy baby syndrome, whiplash, cerebral palsy, certain birth defects, and other central nervous system disorders.

### **"Giving Patients False Hope?" by Dr. John Upledger**

Someone recently asked me if think CranioSacral Therapists give patients false hope. That's an excellent question that I'd like to address here.

It is my belief that everyone comes to a particular disease process in a unique way. Therefore, people with essentially the same diagnostic label may respond very differently to CST.

Given this variation and highly individual response to therapy, we must always assume that it may be possible to obtain positive results.

While we must remain cautious not to have or to give anyone unrealistic expectations, we should never limit what might be possible.

We simply apply our work to the compensatory mechanisms in the body and observe how the body self-corrects or rebalances. It is the response of the body that informs our subsequent sessions.

So do we give patients false hope? Not at all. We give them hope.