

10 REASONS TO GET CRANIOSACRAL THERAPY

1. *Prevention*-reversal of the ageing process-as we advance in chronological age, CranioSacral Therapy (CST) cultures more flexibility in the Nervous System, resulting in greater mental clarity and ease and relaxation in the body.
2. *Having trouble sleeping?* CST calms the autonomic nervous system and allows us to 'switch off' at night- thereby providing deeper rest and renunciation for the next day.
3. *For those at risk for Alzheimer's*, CST lowers the inflammatory response in the mind and body, resulting in less toxicity, increased CSF flow and removal of unneeded 'plaques' in the brain which are associated with dementia and Alzheimer's
4. *Do you have a 'fussy' baby or newborn?* CST helps gently release the trauma of birth ad improves feeding, sucking, and overall contentment for both baby and mom.
5. *Special Needs kids?* CST has been shown to be often effective in reducing the symptoms of autism and cerebral palsy-decreased agitation, improved speech, better mind body coordination, improved social interaction.
6. *Lower back pain?* CST is complimentary to Chiropractic treatment and often supports and deeper and gently level of release-assisting the body I releasing deep tensions that accompany acute and chronic lower, middle and upper back pain.
7. *Headaches and Migraines?* CST is the 'crowd pleaser' in alleviating these symptoms. Even in patients who have endured years of migraines, very often CST will bring

ongoing relief after years of discomfort after a few treatments.

8. *Hormonal Problems/Menstrual irregularity?* CST often 'smooths out' cycles and assists the immune and endocrine system in achieving greater balance, resulting in greater ease and comfort with menstrual flow.
9. *Car or horse accident?* Whether it be whiplash or a closed head injury, CST seems to 'smooth out' the wrinkles in brain and spinal cord tissue, gently assisting in the repair of the central nervous system that has been traumatized by sudden and abrupt forces acting on the body.
10. *Sexual dysfunction.* Oftentimes a significant factor in Healthy functioning on all levels is adequate oxygenation to the brain. If we are stressed and more 'sympathetic' in our functioning (meaning we are 'on' or 'driven' all the time) it makes it hard to relax. The part of the nervous system that regulates rest, repair and pleasure also affects this functioning. CST assists in blood flow and oxygenation to the brain and, indirectly, influences our ability to function more effectively on all levels.
11. *We feel more relaxed.* Without any specific reason, CST makes our journey through life smoother!