

Healing Intentions

Healing Starts When Intentions Begin

CranioSacral Therapy (CST)

CST is a gentle, hands on method of evaluating and enhancing the functioning of a physiological body system called the craniosacral system - comprised of the membranes and cerebrospinal fluid that surround and protect the brain and the spinal cord.

Using a soft touch, about the weight of a nickel (5 grams), restrictions in the craniosacral system are released to improve the functioning of the central nervous system.

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CST was pioneered and developed by osteopathic physician John E. Upledger following extensive scientific studies from 1975 to 1983 at Michigan State University, where he served as a clinical researcher and professor of Biomechanics.

By complementing the body's natural healing processes, CST is increasingly used as a preventative health measure for it's ability to bolster resistance to disease. It is effective for a wide range of medical problems associated with pain and dysfunction.

Conditions that CST can help:

- Migraines & Headaches
 - Chronic Neck & Back Pain
 - Whiplash
 - Traumatic Brain & Spinal Cord Injuries
 - Chronic Fatigue
 - Motor-Coordination Impairments
 - Scoliosis
 - Learning Disabilities
 - Post-Traumatic Stress Disorder
 - (TMJ) Temporomandibular Joint Syndrome
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- CranioSacral Therapy
 - 60 minute appointment, \$90.00
 - CranioSacral Therapy works especially well with Reiki