

Discover CranioSacral Therapy - Why is CranioSacral Therapy so Important?

CranioSacral Therapy is a light-touch approach that can create dramatic improvements in your life. It releases tensions deep in the body to relieve pain and dysfunction and improve whole-body health and performance.

Few body structures have more influence over your health and well-being than your central nervous system. And few body systems have more impact on your central nervous system than the craniosacral system - the soft tissues and fluid that protect your brain and spinal cord.

Every day you endure stresses and strains and your body absorbs them. But your body can only handle so much tension before the tissues begin to tighten and potentially affect the brain and spinal cord.

Unfortunately, this can compromise the function of the central nervous system - and the performance of nearly every other system in your body.

CranioSacral Therapy releases those tensions to allow the entire body to relax and self-correct. Using a gentle touch - starting with about the weight of a nickel - practitioners evaluate your internal environment. Then they use distinctive light-touch techniques to release any restrictions they find.

By freeing the central nervous system to perform at its best, CranioSacral Therapy naturally eliminates pain and stress, strengthens your resistance to disease, and enhances your health and well-being.

And because it's so gentle, CranioSacral Therapy can be effective for all ages, from newborns to elders.

For further information please visit: www.upledger.com