

# CranioSacral Therapy

Through gentle touch, craniosacral therapy evaluates and treats the natural rhythms in the whole body, releases restrictions in the tissues, aids in reduction of stress and restoration of balance, alignment, and integration.



## Mara Gilbert, RN MTS

Mara graduated with a Bachelor's in Nursing in 2007, a Master's in Biotechnology and Ethics in 2012, and completed a year of doctoral studies in Nursing in 2017. As a nurse, she has worked in a number of

areas including critical care, geriatrics, oncology, and spent two years teaching nursing. Meanwhile, struggles with Lyme disease and autoimmune diseases early in her career led her to pursue and study nutrition and alternative therapies, which, along with water fasting, radically changed her health. She found CranioSacral Therapy to be one of the most effective and fascinating treatments, so she trained with the Upledger Institute and began providing Craniosacral therapy for patients in 2010.

## What is CranioSacral Therapy?

As an offshoot of Osteopathy, CranioSacral Therapy was developed by Dr. John Upledger, DO, in the 1970s and 1980s following extensive research at Michigan State University. CST is a non-invasive, gentle, hands-on technique that evaluates the natural rhythms in the whole body and uses light touch to release restrictions in the fascia, thereby gently restoring balance and alignment in the nervous and musculoskeletal systems. Because it enhances and works with the body's natural healing capacity, the effect can be profound and is excellent by itself or as an adjunct to many other therapies and medical treatments, including chiropractic care. It is not psychotherapy, but research has shown it to be highly effective for PTSD and emotional difficulties, as well as for physical dysfunction. Because emotions and memories are also stored in the body, these can also heal while physical restrictions are released and mind-body-spirit become more integrated. Whether for maintenance, stress reduction, acute or chronic issues, general support or something specific, nearly everyone can benefit.

What to expect? It is a full body, light touch evaluation and treatment. Patients are fully clothed, and lie quietly on the massage table for the session. Most people fall asleep as the body sinks into a healing, restorative state. It is safe during fasting.

## What are the Benefits of CranioSacral Therapy?

### General effects found include:

- Increasing blood flow
- Decreasing pain and stress
- Increasing health and boosting immune system
- Reducing inflammation
- Integration across body systems and mind-body-spirit connection

### Research and clinical practice have found that many conditions can benefit from CST, including:

- Migraines and headaches
- Chronic musculoskeletal pain
- Stress disorders
- Motor coordination
- Post-concussion
- Chronic fatigue
- Fibromyalgia
- Scoliosis
- Central nervous system disorders
- Learning Disabilities/ADD/ADHD
- Post-Traumatic Stress Disorder
- Orthopedic problems
- Recovery from injury, whether recent or distant past
- Alzheimer's and dementia
- Sleep difficulties
- And many more!

Session \$115/hr