



CranioSacral Touch Background

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.



Anthony and Mary are both highly experienced CrainoSacral Therapists having treated literally thousands of clients in both the USA, Europe, Asia and Africa. Both have received extensive training in CST. Both hold many qualifications in this field.

What is CST or CrainoSacral Touch?

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 spinal cord.

Using a soft touch generally no greater than 5 grams, or about the weight of a nickel, practitioners release restrictions in the Craniosacral system to improve the functioning of the central nervous system.

What Conditions is CrainoSacral Touch suitable for?

Conditions

* Autism
* Central Nervous System Disorders
* Chronic Fatigue
* Chronic Neck and Back Pain
* Colic
* Concussion
* Emotional Difficulties
* Fibromyalgia and other Connective-Tissue Disorders
* Infantile Disorders
*Infertility
* Learning Disabilities
* Motor-Coordination Impairments
* Neurovascular or Immune Disorders
*Orthopedic Problems
* Post-Traumatic Stress Disorder Post-Surgical Dysfunction
* Scoliosis
* Stress and Tension-Related Problems
* Traumatic Brain and Spinal Cord Injuries
*Temporomandibular Joint Syndrome (TMJ)

By complementing the body's natural healing processes, CST is increasingly used as a preventive health measure for its ability to bolster resistance to disease, and is effective for a wide range of medical problems associated with pain and dysfunction, including but not limited to:

What can I expect?

Each clients situation, symptoms and conditions are unique. We honor this and we work with you to harness the natural healing power of the body.

Each session is once again unique but in general the first session lasts about 90 minutes and follow up sessions should they be required last about 60 minutes.

Dress in comfortable clothing which allows for ease movement each session is conducted fully clothed unless working in the water, when a swimsuit is best.

How many sessions will be required?

As each client and condition is unique we will advise you on this as we progress:

In general, the longer the condition has not been addressed or treated, the more chronic it has become, the more sessions will be required.

Our aim is to help facilitate relief in as few sessions as possible.

How does a session cost?

Please see our prices page.