



# Resonance Acupuncture

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## What Is Craniosacral Therapy?

CranioSacral Therapy originated in the osteopathic community in the early 1900's as a way to feel restrictions in the cranial bones and connective tissue of the body, also called fascia. As a CranioSacral practitioner, I am able to assist your body in regaining normal function in the nervous, lymph, hormonal, myofascial, and gastrointestinal systems through freeing your cranial bones and fascia of restrictions.

CranioSacral Therapy is a whole person therapy focusing on physical, mental, emotional, and spiritual health.

My role as your practitioner is to help you to heal yourself by facilitating the healing process. The primary goal in CranioSacral session is not only to treat your condition, but to maximize your health overall. CranioSacral Therapy works by helping the body's natural healing mechanisms dissipate the negative effects of stress on the central nervous system.

### What is fascia

Fascia is an uninterrupted, three-dimensional web of connective tissue that interpenetrates and surrounds virtually every functional unit of the body. It is responsible for maintaining structural integrity; for providing support and protection; and acts as a shock absorber. Fascia functions as the body's first line of defense against pathogenic agents and infections. Subtle electrical signals are transported along these tissues throughout the body without losing signal strength, an activity called semi-conduction allowing for intracellular communication. The eastern European researcher Szent-Gyorgyi was the first to point out that the human body semi-conducts bioelectricity by passing information along chains of protein molecules. The fascial network, which interconnects all parts of the body, has strong semi-conductive properties, and is likely the way Qi moves in the acupuncture meridian system.

### What are adhesions and how do they restrict the fascia

Many different processes create adhesions, internal scar tissue, in fascia. Trauma, surgery and injuries as well as fevers, chemicals, and hormones can all restrict the fascia. When scar tissue forms it tends to be shorter and less flexible than original fascia altering the balance of the fascial network, leading to disharmony.

### What happens in a CranioSacral Session

CranioSacral Therapy is a gentle, non-invasive hands-on-therapy that assesses and addresses the fascia in order to free areas of the body, which have restricted motion. Treatment often involves cradling the head or the sacrum while using gentle pressure on the areas of restriction to facilitate the body to gently release fixations. By working with the spine, the skull and its cranial sutures, diaphragms, and fascia, the restrictions of nerve passages are eased, the movement of CSF through the spinal cord can be optimized, and misaligned bones can be restored to their proper position. During the session you are fully clothed while I evaluate restrictions in movement from different parts of your body. A session usually lasts one hour but that can vary depending on the condition.

### What would I experience with CranioSacral Therapy

Most people describe the experience as an improved sense of well-being and health, with increased energy and a decreased stress response. Many people can feel the movement inside their bodies and describe it like they are floating on water. Tingling and heat are also commonly felt as fixations are released. Because CST is so relaxing, most people can tap into their subconscious and identify blocks to healing and belief patterns that are preventing total health. This dialog represents the most powerful and deep healing that can take place. This relaxed state may cause some to sleep for many hours after a session. Others may experience an increase in energy. Reduction of pain or an increase in function may occur immediately after the session, or may develop gradually over the next few days. Because CST helps the body resume its natural healing processes, it isn't unusual for improvement to continue weeks after the session.

### Are there any harmful effects from CranioSacral Therapy

Since CST puts your body in charge of healing there are no harmful effects. As a well-trained CranioSacral therapist I will always follow your body and work with you to heal safely. Feel free to contact me to discuss any concerns that you may have.

### Is CranioSacral Therapy scientific? Is it effective

Yes, CranioSacral Therapy has more research behind it than any other hands on therapy. CST started in the 1900's in osteopathic medicine (DO) with doctors working with the head-cranium and the tailbone-sacrum. Since then it has evolved to treat the entire body. Many controlled studies as well as retrospective studies have proven the effectiveness of CST.



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## What is CranioSacral Therapy especially good at treating

Because of its influence on the functioning of the central nervous system, CranioSacral Therapy can benefit the body in a number of ways by bolstering overall health, resistance to disease, and alleviating a wide range of specific medical conditions.

### Chronic and Acute Pain Management.

Among CST's largest patient groups are those suffering chronic symptoms that have not seen relief from other approaches. In particular, CST is beneficial to those with head, neck or back injuries resulting from an accident.

### CranioSacral and Children

The extremely light touch involved in the application of CST makes it a safe approach as well for children, infants and newborns with early traumas, including birth trauma. Children especially can benefit from the timely identification and release of restrictions in the craniosacral system, thereby preventing future difficulties (such as learning disabilities or hyperactivity).

### Stress related disorders

Insomnia, fatigue, headaches, poor digestion, anxiety and temporomandibular joint dysfunction (TMJ) are just a few examples. CranioSacral Therapy works to reverse the debilitating effects of stress by providing the conditions in which the nervous system can rest and rejuvenate. In fact, it's this capacity to reduce stress that's leading an increasing number of people to include CST as part of their wellness routines.

### CranioSacral may help with these common conditions

My goal is to maximize your health and quality of life. Some of the most common conditions I help patients overcome include:

Anxiety, Depression, Stress, Insomnia & Fatigue

Gastrointestinal: Ulcers, IBS, Chron's, Poor Digestion & Esophageal Reflux (GERD)

Fibromyalgia, Musculoskeletal Pain and Spasm, Injuries, Disk Herniation & Chronic Low Back Pain

Arthritis, Gout & other Rheumatic diseases

Allergies, Chronic Infections, Immune System Disorders & Autoimmune Disease

Migraines & Headache

Central Nervous System Disorders, Traumatic Brain & Spinal Cord Injuries

Common pediatric conditions like Infections, Allergies, Otitis (ear infections), Autism & Colic

Post Surgical Recovery

PMS, Endometriosis, Menopause, & other Hormonal Imbalances

Addictions (smoking cessation)

Eye-Motor coordination problems, Autism, Tinnitus, Vertigo & Neuralgias such as Sciatica

General wellness

### Should I stop other therapies once I begin CranioSacral Therapy

No. Many other therapies such as Acupuncture, Massage, Naturopathy, Physical Therapy and Homeopathy are complementary to Craniosacral Therapy and will facilitate your body in regaining health. Talk with your health care practitioner about guiding you to the therapies that will work best for you.

### How can I find out if CranioSacral Therapy can help me

You can call for a free consult. Although specifically tailored recommendations cannot be given without evaluating you fully, I will be able to tell you if I can help you with your health goals. For more information call! Angela Cara Linamen LAc LMP, 206.290.2850.