

Craniosacral Therapy Windsor

Craniosacral Therapy Windsor - The Craniosacral system feeds as well as protects the brain and spinal column. Cerebral spinal fluid goes down the spinal column right from the base of the skull towards the sacrum and then cleanses the nerve fibers with cranial fluid which allows the nervous system to sustain the correct performance. The craniosacral structure directly affects each and every part of the central nervous system and supports correct performance. The craniosacral system actually has an enormous effect on the body and only some systems compare.

Treatments which involves craniosacral therapy work directly with the craniosacral system. The therapy works to gently release fascia restrictions in the body which may have a restrictive impact on some other body systems including the visceral organs, musculoskeletal system, central nervous system and tissue spaces. Anxiety can be removed by means of unwinding dysfunction and pain, thus enhancing the patient's general health condition and potentially improving the immune system.