

Craniosacral Therapy Kitchener

Craniosacral Therapy Kitchener - The Craniosacral system nourishes as well as protects the brain and spinal column. Cerebral spinal fluid goes down the spine starting from the base of the cranium to the sacrum and then bathes the nerve fibers with cranial fluid which allows the nervous system to be able to maintain proper function. Every part of the central nervous system is directly affected by the craniosacral structure that assists with its right functioning. Only some systems of the body compare to the effect which the craniosacral system has on the body.

Craniosacral therapy is a treatment that works with the craniosacral system. The treatment works so as to gently release fascia restrictions inside the body that may have a restrictive effect on other systems of the body which includes the central nervous system, tissue spaces, the visceral organs, and the musculoskeletal system. By unwinding the aches and dysfunction may help get rid of stress, that may improve the whole health condition of the patient and could likewise enhance the immune system.