

Craniosacral Therapy Regina

Craniosacral Therapy Regina - The very system which assists the spinal cord and brain is called the craniosacral system. Going down the spine flows the cerebral spinal fluid from the head's base all the way to the sacrum. The cranial fluid bathes the nerve fibers, which enables the nervous system to be able to sustain correct functioning. The craniosacral structure has a direct affect on every part of the central nervous system and supports correct functioning. The craniosacral system actually has a huge influence over the body and few systems compare.

Craniosacral therapy is a therapy that works with the craniosacral system. Working to release fascia restrictions within the body, this therapy 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 eliminated by unwinding dysfunction and pain, hence enhancing the patient's overall health condition and possibly improving the immune system.