

Cranio-Sacral Therapy for babies & children



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HOW DOES CRANIO-SACRAL THERAPY WORK?

- This extremely gentle therapy uses no manipulation, but nevertheless is a way of working with the physical structures and physiological systems of the body.

- CST practitioners use their hands to "listen" to tiny movements in the tissues and fluids of the head and body. This is used to identify the source of a problem, and to assist your baby's natural self-repair movements to complete what they are trying to do - that is - return to a position of complete health.

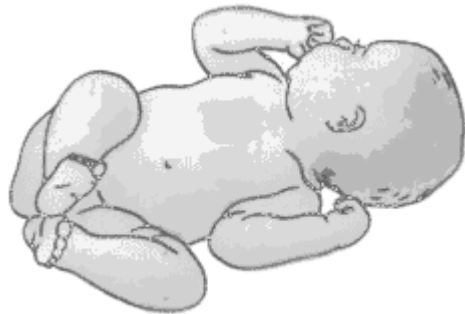
- CST is "Cranio-Sacral" because the most fundamental part of the human body is the head and spine. If movements of tissues and fluid are easy in these two places, the rest is much more able to take care of itself. Often both the mother and baby suffer some effects of birth which can be helped by CST.

The following is a list of *some* of the wide range of conditions which may respond favourably to Cranio-Sacral Therapy in both babies , new mothers and young children :

- ✓ **Allergies**
- ✓ **Autism, Cerebral Palsy**
- ✓ **Back pain, Sciatica**
- ✓ **Birth trauma (for babies)** - e.g. Long birth, forceps, amniocentesis, ventouse, fast cord cutting or early separation from the mother, caesarian, early breaking of waters, scalp blood samples, etc.
- ✓ **Birth trauma (for mothers)** - e.g. Long birth, tearing and episiotomy, caesarian birth, birth complications. Most mothers benefit enormously from a treatment or two, and usually find it far more easy to be available for their babies.
- ✓ Breathing disorders such as Asthma, Bronchitis
- ✓ **Distressed babies (e.g. Colic)**
- ✓ **Digestive problems**
- ✓ Drug withdrawal
- ✓ **Headaches and migraines**
- ✓ **Menstrual pain and Hormonal imbalances**
- ✓ **Insomnia**
- ✓ **Learning difficulties, including Dyslexia, Hyperactivity**
- ✓ Muscular aches and sprains, Frozen shoulder
- ✓ Sinusitis
- ✓ Spinal curvatures (Kyphosis, Scoliosis)
- ✓ Stress-related conditions
- ✓ **Surgical scar tissue problems**, and soft tissue trauma on the face or other parts of the body (from car accidents, etc.)
- ✓ TMJ / jaw disorders, dental trauma (e.g. wisdom tooth extractions) and tooth pain
- ✓ Visual disturbances

HOW WAS CRANIO-SACRAL THERAPY FOR BABIES DEVELOPED?

- CST originated with the pioneering Cranial Osteopathic work of WG Sutherland in the 1930's. It was extended to the whole body and developed as a therapy in its own right by Dr John Upledger through research at Michigan State University in the 1970's.
- Since then, further research by (to name just a few) John Upledger, Franklin Sills, Michel Odent, Peter Levine, Beryl Arbuckle, and Ray Castellino have shown the importance and effectiveness of CST treatment for babies. The Cranial Osteopathic Clinic for children in London has gained a world-wide reputation for its



WHAT CAN CRANIO-SACRAL THERAPY DO FOR MOTHERS AND BABIES?

- CST is now becoming widely known in the UK, and gaining a reputation of being able to safely assist babies and young children. It often helps the baby to become calmer, more peaceful, and more able to adapt to the transition from being inside the womb to being in the world.
- Babies often copy the body and movement patterns of the mother (that's one way it learns how to use its body). Therefore, babies always respond better if mothers (and sometimes fathers!) have a treatment too. This also helps you to recover from the birth, and to be at your best.

FINDING OUT MORE ...

- I am happy to answer any questions you may have (please phone). Some recent magazine articles on CST are available in the Clinic and on my website, or you could read "Your Inner Physician and You" by Dr. John E Upledger

Andrew Cook has been practising Cranio-Sacral Therapy in Norwich since 1994. He is one of the few people in the UK to have trained with both the Upledger Institute and the Cranio-Sacral Therapy Association (UK) schools. He also teaches regular Craniosacral Therapy introductory classes.



Appointments cost £38 for 1 hour, with concessionary fees for babies and children.

CST is very compatible with homoeopathy and baby massage - two complementary approaches which are also both useful and safe for new babies and young children.

You can talk to me directly on **01603 485776** (please leave your name and number on the answer phone), or book a session by contacting :

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