

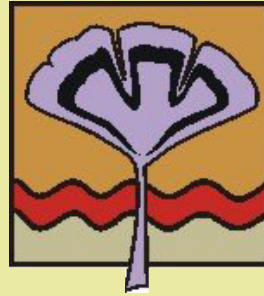
What is involved in a CranioSacral Session?

CranioSacral Therapy is a gentle hands-on therapy that follows the subtle movement of your connective tissue and cranial bones. The physician will lightly place (less than a nickel weight of pressure) his/her hands on areas of restriction that facilitates the body to release fixations. During the session the person is fully clothed and the therapist evaluates restrictions in movement on different parts of the body. A session usually lasts one hour but that can vary depending on the condition.

The body has an innate ability to heal itself. The goal of the physician is to facilitate removal of obstacles to cure and restore freedom in physical, emotional, mental and spiritual health.

“Health is Everything”

Brannick Clinic of Natural Medicine



CranioSacral Therapy
Massage
Counseling
Chiropractic
Acupuncture
Homeopathy
Psychology
Naturopathic Medicine

If for some reason you need to cancel an appointment, a 24 hour notice is required otherwise a charge of \$50.00 will be billed to you.
Payment is expected at time of service.

Wheelchair accessible.
No Medicare/Medicaid accepted.
Payment due at time of service
We accept cash, check, VISA.

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WHAT IS CRANIOSACRAL THERAPY?



CRANIOSACRAL THERAPY

Comprehensive Care

Craniosacral Therapy started in the early 1900's as a way to feel restrictions in the cranial bones and fascia. By freeing the cranial bones and the fascia, the practitioner is able to assist the body in regaining normal function in the nervous, lymph, hormonal, myofascial, and gastrointestinal system. CranioSacral therapy is founded on the belief that the body knows exactly how to heal. The role of the physician is to facilitate the healing process. The primary goal in a CranioSacral session is to not only treat your condition, but maximize your health overall.



What Conditions are Treated by CranioSacral Therapy?

Our goal is to maximize your health and quality of life, (not just treat your symptoms). However, some of the most common conditions we help patients overcome include:

- Anxiety/ Depression/ Hyperactivity & other mood challenges
- Fatigue/ Chronic Fatigue
- Gastrointestinal problems like Ulcers, Irritable bowel, Crohn's, Diarrhea, Constipation, and Esophageal reflux (GERD).
- Fibromyalgia/ Musculoskeletal complaints, Injuries, Scoliosis, Sciatica, Disk Herniation, Chronic Low Back Pain
- Arthritis/ Gout/ other Rheumatic diseases
- Allergies/ Chronic infections/ Immune system disorders/ Autoimmune disease
- Migraines/ Headaches
- Central Nervous System Disorders/ Traumatic Brain and Spinal Cord Injuries
- Common pediatric conditions like Infections/ Allergies/ Otitis (ear infections)/ Autism/Colic
- Post Surgical Recovery
- PMS/ Endometriosis /Menopause, or other hormonal imbalances

Is CranioSacral Therapy scientific and effective?

Yes, CranioSacral Therapy has more research behind it than any other hands on therapy. CranioSacral Therapy 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 proved the effectiveness of CranioSacral Therapy.

