

Reduce Pain & Anxiety, Naturally

A Holistic Approach to Wellness and Healing

Today many people recognize the immeasurable benefits associated with holistic and natural therapies for healing purposes. There are many different hands-on modalities to choose from, each offering a natural way to wellness.

Craniosacral Therapy is a gentle, hands-on therapy which does not involve obvious musculoskeletal manipulation or massage oil but rather involves working with the body's energies to heal and release physical and emotional blocks.

Therapists are trained to "listen with their hands" for a subtle motion in the body known as the craniosacral rhythm, which is believed to emanate from the movement of the cerebral spinal fluid, and through an evaluation process, the therapist can identify pains or tensions held in the body. It is fairly easy to recognize that

stress affects the body when we encounter a nerve-racking situation and then suffer the consequences of poor digestion or a migraine. Regardless of how well we manage our lives or how well we overcome challenges, the body tends to hold emotional and physical traumas. In response to any injury and emotional stress suffered, the body's tissues contract. Sometimes, particularly when the shock is severe or occurs within an emotional situation, the tissues stay contracted.

Any stresses, strains, tensions or traumas which have been "stored" in the body in this way will restrict the body's functioning and may give rise to problems over the years. The effects may be both physical (such as back pain, migraines, or digestive disorders) and emotional (such as anxiety or depression).

Craniosacral therapy was devel-

oped in the late 1930s by an osteopath, Dr. William Sutherland, who developed the theories and techniques. Dr. John Upledger continued his work in the late 1970's and continues to advance the therapeutic approach and develop research to support a scientific basis.

Much of the therapeutic work happens on an unconscious level where the client's body (not their mind) leads the session. The therapist will evaluate and bring attention to the areas where blockage is felt. The client's body will usually respond to the therapist's touch, which will be reflecting back to the body its holding pattern. The body often will let go of its restrictive patterns and return to an easier mode of functioning, which in turn results in the client feeling more relaxed and less constricted. This generally does not happen in one session. Depending on each individual situation, a series of treatments may be recommended to gain the full benefit and experience

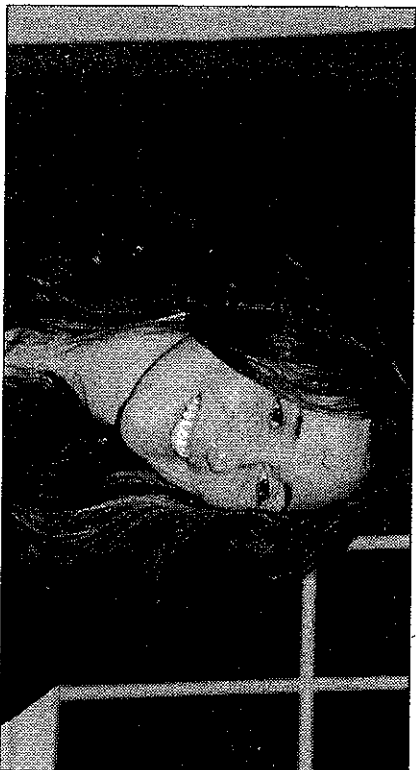
the cumulative therapeutic effects.

Craniosacral therapy may be especially helpful with anxiety, asthma, chronic fatigue, depression, digestive disorders, fibromyalgia, headaches, insomnia, learning difficulties, Lyme disease, pain, post-traumatic stress disorder, and stress. To a limited degree, as the body releases, symptoms associated with physiological disorders often improve.

Craniosacral is gentle and safe for almost any condition and is effective for adults, children and infants. You do not have to be ill or

have any particular symptoms to benefit from the therapy as it supports overall wellness.

Valerie Candela is a craniosacral therapist in New Canaan working independently and with medical practitioners to offer support for wellness and healing. Valerie has completed over ten years of extensive bodymind training (including Upledger training), is an ordained minister, and has developed a blended method. Valerie treats adults, children and infants. For more information, call Valerie Candela at 966-5509.



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