

# Pippa Middleton Is Treating Her Son With Cranial Osteopathy Therapy To Rebalance His Body

- by [Krissie Mick](#)
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Pippa Middleton, 36, claims that cranial osteopathy therapy has benefited her 1-year-old son, Arthur, in a few different ways.

According to Daily Mail, Middleton wrote in *Waitrose Weekend* magazine that she once heard a group of mothers talking about taking their babies to see cranial osteopaths. The little sister of the Duchess of Cambridge had perked up at the mention of this because she was a new mom herself at the time, having just recently given birth to her son.

Middleton noted that cranial osteopathy therapy is known as a popular alternative therapy for newborns and especially for infants who are having trouble sleeping or who have had a traumatic birth. Cranial osteopathy therapy is a gentle and subtle form of bodywork that uses soft touch to palpate the synarthrodial joints of the skull. The concept behind cranial osteopathy is that the human cranium is available to release a cure-all for a myriad of conditions simply by gentle pressure by those who know what they are doing.

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Cranial osteopaths claim to know how to "tune in" to where the gentle touch needs to be applied. The therapy is supposed to offer various benefits that include healing, relaxing, better sleep, better digestion, and proper body alignment.

But there are those who think that cranial osteopathy therapy is a bunch of nonsense. However, to each

their own. Middleton insists that Arthur has benefited from the therapy and says that she will keep taking her son to the appointments. She began taking him when he turned 7 months old. The cranial osteopath practitioners feel for baby Arthur's craniosacral rhythm and then manipulate his little body to retune it into the proper order.



"I was fascinated to see how calming it was for him, but also how valuable the feedback was," Middleton said of her son's treatment. "The osteopath noticed one side of his neck was tighter than the other, which explained why he favoured one side sleeping." She also saw that his arms were stronger than his legs, so she gave me an exercise to help him.

Apparently, Middleton was so impressed with baby Arthur's treatment that she wants to spread the word to other moms to let them know how well cranial osteopathy therapy is working for her baby. She also

wants moms to know that it can work for moms, too!  
It's important to remember to take care of yourself as well.

<https://www.babygaga.com/pippa-middletons-son-cranial-osteopathy-therapy-rebalance-body/>