

What is CranioSacral Therapy?

by Ray Mercurio, L.M.T.

exactly, she asked, is this CranioSacral Therapy? How does it work?

CranioSacral Therapy addresses the craniosacral system, which is comprised of the membranes and fluids that surround, nourish and protect the brain and the spinal cord. The membrane lines the cranial vault and extends down the spinal column towards the sacrum. This environment is the body's central core. Its healthy function positively impacts motor facilities, emotions and senses. It encompasses the entire nervous system and is essential for maintaining the health and well-being of the body. This system has a distinct and palpable rhythm of expansion and contraction. By monitoring this rhythm for quality, amplitude, rate and symmetry, a

At a party a few weeks ago, I was speaking with a woman who described gripping migraines, which she didn't know how to manage. Drugs, she said, didn't seem to work—and banishing stress seemed unrealistic. Having heard about the work I do—CranioSacral Therapy—she was intrigued to learn about something that might assist her in managing (if not overcoming) her debilitating headaches. But what

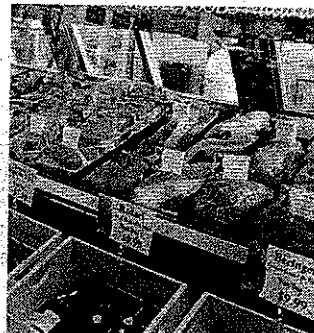
therapist can determine where imbalances exist. As such, CranioSacral Therapy evaluates the craniosacral system for the purpose of its treatment.

The treatment uses a light touch, often less than five grams of pressure (about the weight of a nickel). The therapist encourages the body's self-corrective mechanism to reestablish normal functioning. CranioSacral Therapy relaxes and releases restrictions

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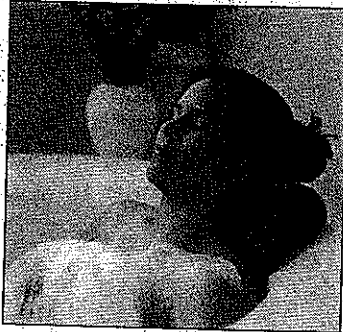
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inhale the aroma of a drop or two of oil on a hankie. When using essential oils to work on the brain, inhale them through the nose. For respiratory problems inhale through the nose and the mouth; for circulation inhaling through the mouth is most effective.

INGESTION

The internal use of essential oils requires intense education. There is a reason for the commonly accepted belief that essential oils should not be used internally. Enormous quantities of raw plant material, containing many different active ingredients, are needed to produce only one kilogram of essential oil; therefore, uninformed, experimental and irresponsible use of these highly concentrated substances is potentially harmful. Not all essential oils can be used internally. You must know the chemotypes.



Part two of *Essential Oils Made Easy* next month presents *Applications - Aromatic Massage and Baths with basic guidelines for essential oil preparations.*

Bibliography: Rose, Jeanne. *The Aromatherapy Book, Applications and Inhalations;* *The Aromatherapy Studies Course;* *The Modern Herbal.* Susskind, Patrick. *Perfume.*

With over 16 books in print as well as classes, workbooks and support materials, **Jeanne Rose** is the Grand Dame of Herbal Aromatherapy. Jeanne is a medical herbalist, educator, author and president emeritus of the National Association of Holistic Aromatherapy (NAHA). With degrees in zoology and marine biology, as well as graduate research in herbs and pesticides, she combines an academic discipline with her hands-on



knowledge of healing plants. Contact Jeanne at 415-564-6785 or visit www.jeannerose.com. See ad page 26.



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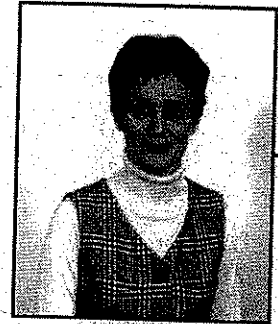
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and tensions in the craniosacral membranes, as well as in the fascia and soft tissues of the body:

This gentle modality successfully addresses:

- ✓ Migraines and Headaches
- ✓ Chronic Pain
- ✓ TMJ Syndrome
- ✓ Neck and Back Pain
- ✓ Digestive Disorders
- ✓ Sleep Disorders
- ✓ Emotional Difficulties
- ✓ Depression
- ✓ Stress/Tension-Related Syndromes
- ✓ Learning Disabilities
- ✓ ADHD
- ✓ Fibromyalgia
- ✓ Brain and Spinal Cord Injuries
- ✓ ...and many other conditions

CranioSacral Therapy promotes the body's natural healing process and, as a result, we clinically observe an overall reduction in stress.

This enables an individual to better cope with day-to-day challenges and to meet situations more effectively. A healthy body makes its own medicine. It produces antibodies, endorphins, hormones and its' systems function optimally. The interrelationship of the Body, Mind and Spirit is a balancing act between internal and external forces. CranioSacral Therapy helps to maintain this delicate balance.

Ray Mercurio, L.M.T. (MA # 21759), is a licensed massage therapist with over 10 years of experience as a holistic practitioner. His scope of practice includes CranioSacral Therapy, Neuromuscular Therapy and Therapeutic Imaging and Dialogue. His practice is located in Palm Beach Gardens. He can be reached at 561-691-1136. See ad page 27.

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