

INNER DESIRE: A DAILY PLAN TO GET WHAT YOU REALLY WANT

# Body & Soul

BALANCED LIVING IN A BUSY WORLD

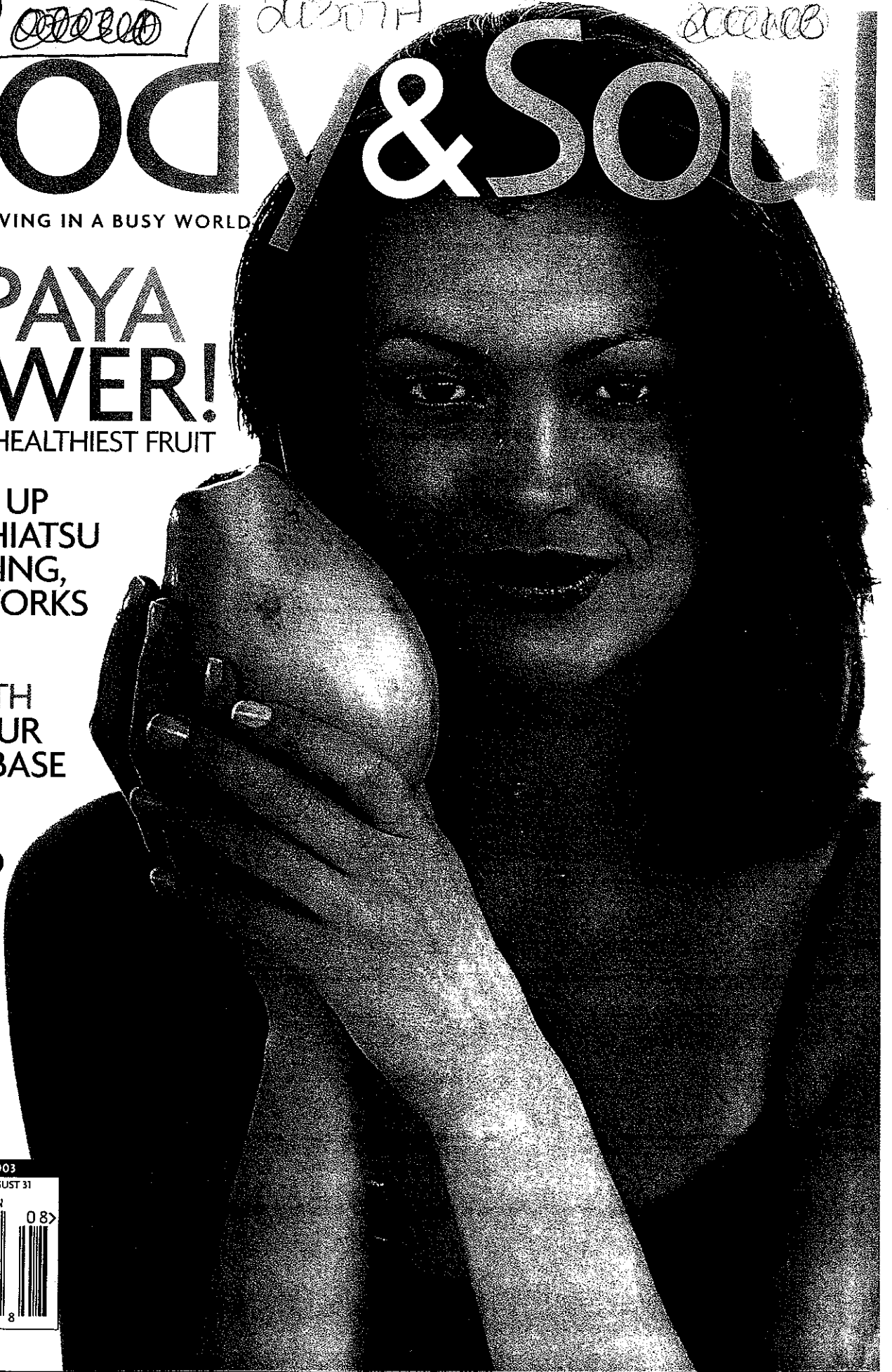
## PAPAYA POWER!

NATURE'S HEALTHIEST FRUIT

LOOSEN UP  
FROM SHIATSU  
TO ROLFING,  
WHAT WORKS

CORE  
STRENGTH  
FIND YOUR  
POWER BASE

FLAX  
THE SEED  
YOU  
NEED



JULY/AUGUST 2003

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handful of Feldenkrais sessions, the man started walking, resumed playing, and soon thereafter played 7 concerts in 10 days. "This is a classic example [of Feldenkrais at work]," says DellaGrotte.

**WHAT IS IT GOOD FOR?** Feldenkrais helps with back pain, headaches, TMJ, a host of muscular problems, and repetitive stress syndrome. People with cerebral palsy, multiple sclerosis, and Parkinson's disease have found it helpful, as have those with upper-limb disorders and fibromyalgia.

**AM I NAKED?** You'll wear loose-fitting clothing (a relief, in that the practitioner may want to watch you perform some everyday activities and you may find yourself in a classroom with other students). In a one-on-one session, however, Feldenkrais may be integrated with another modality, such as massage or Rolwing, in which case you would likely wear less clothing.

**DO I HAVE TO TALK?** Feldenkrais is a teaching technique, and students do have to interact with their practitioners. (You don't have to talk about your dreams or fears, though.)

**HOW MUCH DOES IT COST?** Somewhere around \$75 per private session; Feldenkrais is also taught in group settings for about \$15 per class. Both take between 45 and 60 minutes.

**HOW OFTEN DO I GO?** There is no set number of sessions; you will consult with a practitioner to decide what's appropriate. Keep in mind that "it takes the body time to change," says DellaGrotte. You'll leave with useful information about how to move more efficiently and a series of daily exercises designed to reinforce the good habits you learn in class.

**DOES IT HURT?** No; Feldenkrais is exceptionally gentle.

**WHO SHOULDN'T DO IT?** This work is without known contraindications.

**WILL IT FREAK OUT A SKEPTIC?** Feldenkrais is very grounded and practical; it is not a mystical practice.

**I'M SOLD. HOW DO I FIND IT?** You can find a certified Feldenkrais teacher at [www.feldenkrais.com](http://www.feldenkrais.com). Make sure the practitioner has proven clinical experience—it's best to get a referral or check someone's credentials.

# Craniosacral

Light-as-a-feather touch in tune with your body's deepest rhythm can help you heal.

The craniosacral system—made up of the membranes and fluid that surround and protect the brain and spinal cord—has a rhythm that can be felt throughout the body, says Mary Murphy, a certified Craniosacral therapist at the Advocate Medical Groups Center for Complementary Medicine in Park Ridge, Illinois. By manipulating this rhythm, Craniosacral Therapy eases the cumulative effects of stress on the central nervous system—boosting health and immunity and treating conditions ranging from birth trauma to back pain.

In this deeply relaxing work, a client lies on a table while a therapist touches, or "palpates," the client's head, neck, and back (and, possibly, legs and feet), feeling for obstructions in the craniosacral rhythm. The therapist uses this information to help release these obstructions, caused by both physical traumas (from falls or injuries) as well as emotional stress that manifests as tension in the body.

Craniosacral work complements the body's own healing processes, explains Murphy. "The body of the person being worked on is doing the rebalancing and the self-healing—the therapist is more of a facilitator." Accordingly, Craniosacral Therapy uses an incredibly light touch—typically, no greater than the weight of a nickel. While it's hard to believe that something so gentle could be effective, proponents say it's powerful, versatile work.

**WHAT IS IT GOOD FOR?** Chronic pain, headaches, backaches, sinus conditions, allergies, colic, digestive problems; developmental challenges like attention deficit disorder and autism; joint problems, birth trauma, brain and spinal injury, dizziness, eye strain and vision problems, nervous disorders, and depression. It is often used in children to treat hyperactivity, dyslexia, and learning disabilities.

**AM I NAKED?** You keep your clothes on.

**DO I HAVE TO TALK?** For the most part, no; the practitioner is most interested in feeling what your body has to say.

**HOW MUCH DOES IT COST?** \$75–\$125 per 60–90 minute session.

**HOW OFTEN DO I GO?** For specific conditions, Murphy recommends several sessions over a short period of time. But people who are learning to "have a better body/mind connection might come once a month, or once a season," she says.

**DOES IT HURT?** Releasing tension is a tender business, but for the most part, no. In fact, people often experience a deep-relaxation response.

**WHO SHOULDN'T DO IT?** This is very gentle work, but anyone who has had a condition that could be affected by a change in intracranial pressure, such as a cerebral hemorrhage or an aneurysm, should avoid Craniosacral Therapy.

**WILL IT FREAK OUT A SKEPTIC?** Whenever someone talks about your "inner physician"—and it happens in this modality—some people will roll their eyes. This is hands-on work, but it's energy work.

**I'M SOLD. HOW DO I FIND IT?** Contact the Upledger Institute: [www.upledger.com](http://www.upledger.com).

