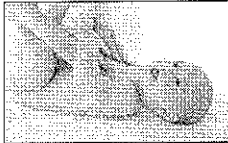


CranioSacral Therapy

by Catherine Schneider, MA, CST, LMT

After my son, Matthew Drake, suffered a severe traumatic brain injury in the war in Iraq, he could not move, walk, or talk. Cathy worked on Matthew several times (during several visits) at Walter Reed Army Medical Center, and each time significant progress was noted, even by his physical and occupational therapists who had no idea that he was receiving CranioSacral Therapy until I told them. By her last visit, several nurses, who had also reaped the benefits of her touch, teased me that it was okay for Matthew and me to move on, but Cathy had to stay! What a blessing Cathy and CranioSacral Therapy has been to Matthew, me (a long-time client), and my family. I highly recommend Cathy and CST for relief from pain, increased function, and simply feeling better.

—Lisa Schuster (Sylvania, OH)



effect is similar when there is a restriction or twist in the connective tissue in our body, so don't be surprised if you report shoulder pain and your CS therapist heads for your wrist!

One of my clients, a man suffering from migraines for the past 17 years, found instant relief (and was able to return to work) with the release of a restriction found in his left big toe! I'm not sure what he was thinking, but even I had to remind myself to trust his body's lead!



CranioSacral Therapy (CST) is a type of bodywork that uses very light touch to release restrictions that may inhibit the central nervous system, causing pain and/or loss of function. By using gentle touch, the CranioSacral Therapist reduces tension in the connective tissues in the body, facilitating healing throughout the body.

Because the work is so gentle and safe, CST can be helpful when other types of therapy might be too uncomfortable or ill-advised. Our bodies want to get better, and the most effective path to healing can be found by "tuning in" to the body. The trained hands of a CranioSacral therapist can feel subtle disturbances in your body, and by releasing these, healing begins. Your body is the guide, and a good therapist listens and follows.

I would welcome the opportunity to let your body tell me what it needs to heal.

Many clients come to me when their doctors have not been able to help them or they've been told that tests show "there is nothing wrong." Often this is simply because the source of the pain is not the same as the area where the pain is felt. An experienced CranioSacral therapist can locate restrictions that may be at a distance from the symptom. To illustrate this, pull or twist firmly the fabric of a long-sleeve shirt near the cuff. Note that the creases in the fabric fan out from the wrist area and end up tugging at the shoulder seam. The

fatigue, fibromyalgia, TMJ syndrome, spinal cord injuries, and many other conditions.

Catherine Schneider, MA, LMT, is currently the only Certified Upledger CranioSacral Therapist practicing in Northwest Ohio. Cathy mentors beginning CS therapists, leads a monthly

study group, and teaches introductory classes. Contact her at 419-841-4079 or GentleHealing@bex.net. Website: www.craniosacral.massagetherapy.com. For further information on CranioSacral Therapy, go to www.upledger.com.

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