

Dreamlife. Tip of the Day for Health & Fitness

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Craniosacral therapy serves as an intriguing -- and for some, very effective -- alternative when other forms of medical treatment have failed to relieve mysterious pains and physical dysfunction.
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Feeling tired? Stressed out? Having trouble thinking efficiently or feeling overall healthy? You've probably heard lots of diagnoses -- from depression to poor nutrition to stress to chronic fatigue syndrome to a host of other maladies.

And maybe one of them is right. But maybe none of them are right. Maybe you're having trouble with your craniosacral system.

The human body has a number of circulatory systems. But perhaps the least known is the "craniosacral." Extending from the skull (or cranium) through the spine down to the tailbone (or sacrum), the system circulates cerebrospinal fluid to help cushion and feed the brain and spine.

That the craniosacral system is largely unrecognized by the general populace does not disqualify its importance to their health. A functioning system insures nourishment and protection for the spine and brain, and regulates appropriate levels of pressure.

According to craniosacral therapists, a person with a compromised cerebrospinal flow may experience low energy, immune deficiencies, and headaches, along with various forms of mental, emotional, and physical dysfunction. As cerebrospinal flow slows down and pressure builds up, symptoms worsen. But they can also improve dramatically when the flow picks up and becomes regular.

The come-and-go nature of problematic symptoms, and the relative anonymity of the craniosacral system overall, lead to regular misdiagnosis of the system's malfunctions. Often, psychological troubles are blamed.

If you have experienced ongoing problems without receiving a logical or satisfying explanation -- much less, a cure -- you may be experiencing difficulties with the flow of cerebrospinal fluid. And you should think seriously about consulting with a craniosacral therapist or chiropractor.

Craniosacral therapy employs light massaging touches in targeted areas along the spine designed to fix the flow within the system. Craniosacral therapists claim they can restore vitality and good humors, as well as diminishing the effects of a wide variety of mental and physical malfunctions.

Medical doctors are divided on the benefits of the therapy. But many patients who have undergone craniosacral treatments for chronic headache, fibromyalgia, and back pain swear by it. So if your search for answers to mysterious health problems has come up short, maybe you should start posing your questions to a craniosacral chiropractor or therapist.

Prepared by Thad Pearson for Dreamlife

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