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Craniosacral Therapy gently releases aches and tension

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Manual massage technique of CST helps the body to enhance natural healing

That popular song of a few decades ago, "You're an Old Smoothie" today could be referring to Craniosacral Therapy. According to Dave Lemke, co-owner of Kings Head Hair Institute, 1246 N. Van Buren, Milwaukee, his full-service personal care organization now provides this light touch manual massage to its clients.

CST is a special massage that works gently with the human body, enhancing its natural healing processes. This technique has been shown to be effective in a wide range of medical problems associated with pain and loss of function, he said.

Karla Mueller, Kings Head's CST practitioner, generally exerts only a soft, five grams of pressure — about the weight of a nickel — to evaluate the body's Craniosacral system. A well functioning Craniosacral system is important to a healthy central nervous system.

Powerful influence

The Craniosacral system consists of the membranes and fluid that surround and protect the brain and spinal cord as well as the attached bones which make up the cranium. It also includes the tailbone area or sacrum.

Since the brain and spinal cord are contained within the central nervous system, the Craniosacral system seems to have powerful influence over a wide variety of bodily functions, according to Mueller.

"CST essentially helps the body release restrictions — which it has been unable to overcome on its own — that inhibit the body's normal self-correcting tendencies," she explains. "Rather than deciding how these changes should be made, I follow cues from the body on how to proceed."

According to Lemke, CST has, over a 30-year period, been shown to alleviate a wide range of conditions. These include infantile disorders, colic, traumatic brain and spinal cord injuries, migraine headaches, chronic fatigue, emotional difficulties, learning disabilities and a variety of stress and tension-related problems.

Source of problem

"CST attempts to uncover the source of a problem, but in doing so, symptoms are often relieved," he said. "The length of time and number of sessions needed varies and depends on the degree of injury and trauma experienced by an individual."

Mueller said a CST massage is normally performed on a fully clothed client on a massage table, while the practitioner stands or sits. "The therapist moves at various times throughout the session to the

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client's head, middle torso or feet.

"During the session, the client may fall asleep or become deeply relaxed and may talk a great deal, express emotions or recall memories. Some just remain quiet through the entire experience.

"Individuals react to CST therapy sessions differently and the immediate results

can be diverse. The relaxed state it evokes may be conducive to sleep, or it can increase energy, and reduce pain.

"It's common for bodily improvements to continue weeks after a session," she explained.

Mueller said that many people utilize CST as a component in their personal wellness programs because of its gentleness and effectiveness. "They report having more energy, sleeping better and being sick less often."

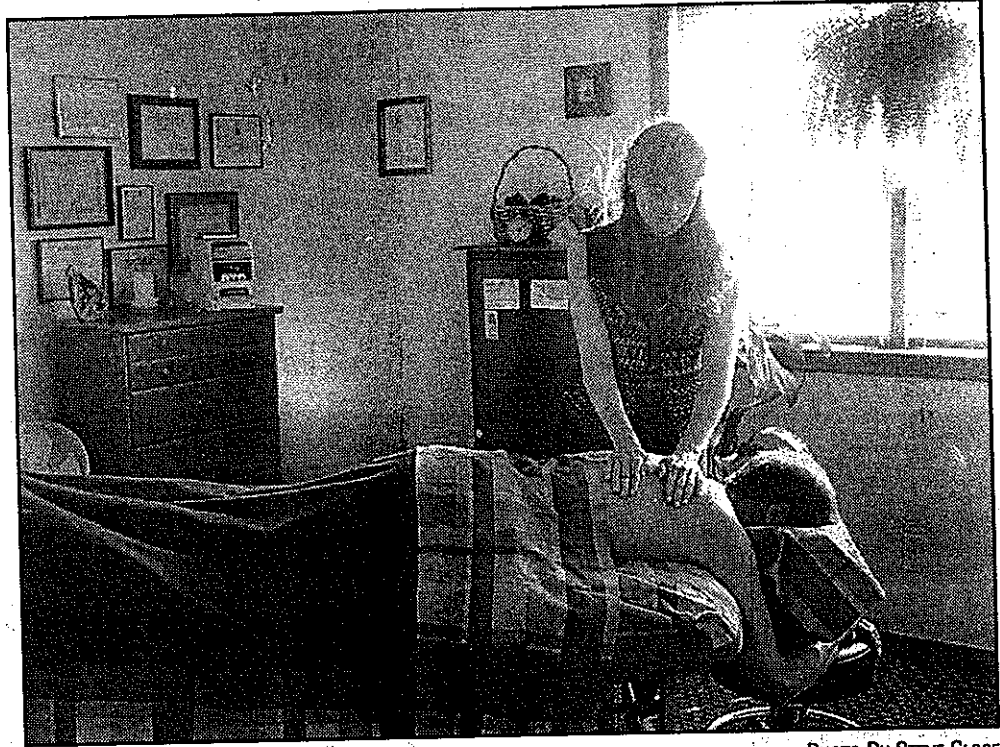


PHOTO BY STEVE CLOSE

Karla Mueller, Kings Head's practitioner of Craniosacral Therapy (CST), provides a light touch, manual massage to a client. She suggests CST as part of an individual's personal wellness program because "it's gentle and effective and can enhance energy levels, better sleep and better health."