

## Hyperhidrosis and CranioSacral Therapy

**By: Pam Kapoor**

**Personal:** F **Age:** 34 years **Sex:** F

### **History:**

**Symptoms:** Cold hands and feet all year round, excessive sweating underarms, hands, and feet. She complained of excessive tiredness.

**Pertinent medical history:** At age 10 F sustained severe burns over her left leg. She had enlarged thyroid, kidney stones in the past, severe headaches, hyperhidrosis and enlarged thyroid gland. She was treated successfully for the kidney stones and unsuccessfully for hyperhidrosis and thyroid gland in the past with traditional medicine. She was not taking any medication currently.

### **Evaluation:**

**Findings:** CS system extremely restricted overall, severe fascia1 restrictions on the left side of the body, RAS set very high

**Tools Used:** SER, CST, BS, CSIR, LDT

**Objective Results:** During the first session, F had generally low functioning CS system. She had very good and successful SER session during which she brought up the connection between her burn on the leg and her cold hands and feet. Her overall CS system also improved. F's CS system generally improved about 60% within the 7 treatments she had. **Subjective Results:** F reported that her body felt very different at the end of the first treatment. She had less energy and felt sad for the first 2 days after treatment but felt cheerful more energetic after that and her hands and feet were not as cold as they used to be. Her hands and feet were not at all cold after the 2nd treatment. F felt much better overall with each treatment with only slight improvement in her under arms sweating.

**Average Length of Session:** 1.5 hours

**Number of Sessions:** 7 (average 1/wk.)