

## Craniosacral Therapy St. John's

Craniosacral Therapy St. John's - The Craniosacral system feeds as well as protects the brain and spinal column. Cerebral spinal fluid travels down the spinal column from the base of the cranium to the sacrum and then cleanses the nerve fibers with cranial fluid which enables the nervous system to maintain the correct performance. The craniosacral structure directly affects each and every part of the central nervous system and supports correct performance. The craniosacral system really has a huge effect on the body and few systems compare.

Treatments involving craniosacral therapy work precisely with the craniosacral system. Working to release fascia restrictions in the body, this particular therapy may have a restrictive impact on some other body systems including the musculoskeletal system, tissue spaces, other visceral organs, and the central nervous system. Anxiety can be removed by means of unwinding dysfunction and aches, hence enhancing the patient's overall health condition and possibly improving the immune system.