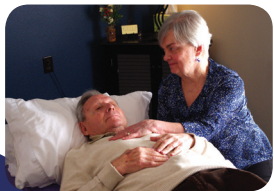


Discover  
**CranioSacral Therapy**  
for  
*Longevity*  
and  
*Seniors*



## CranioSacral Therapy and the Diseases of Aging

A variety of conditions that are inflammatory in nature may begin to develop in adults from their 30s onward. What may seem like minor issues at first, can gain momentum and cause more severe problems and complications as we age.

Conditions that may be avoided or reduced include the following:

Osteoporosis • Cardiac Symptoms • Diabetes  
Headaches and Migraines • Arthritis • Scoliosis  
Autoimmune Disease • Alzheimer's and Dementia

*"CST has proven to be very beneficial for my senior clients in reducing their experience of pain in a gentle and comfortable manner."*

*—D.M., BSc, PT*



## What is CranioSacral Therapy?

CranioSacral Therapy (CST) is a gentle, hands-on method of evaluating and enhancing the functioning of the physiological body system called the craniosacral system. The craniosacral system is comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord.

By freeing the central nervous system to perform at its best, CranioSacral Therapy naturally reduces pain and stress, strengthens your resistance to disease, and enhances your health and well-being. And because it's so gentle, CranioSacral Therapy has proven effective for all ages, from newborns to elders.

## How is CST Performed?

A typical CranioSacral Therapy session takes place in a quiet setting. You remain fully clothed as you relax on a comfortable padded table, or in a seated position. Through touch, your therapist begins monitoring the rhythm of the fluid that is flowing around your central nervous system. Delicate manual techniques are then used to release restrictions in your body and head thus improving the function of your central nervous system. The sessions are generally deeply relaxing, creating feelings of warmth or gentle pulsing in the areas the therapist is working.

*"My mother is 80 years old with fairly advanced stage dementia. I have found that regular craniosacral treatments have improved her mood. She is much happier with daily life and her tendency to get stuck in repetitive thought loops has decreased, making it possible to conduct conversations with her."*

*—M.S., LMT*

## CranioSacral Therapy and the Aging Process

CranioSacral Therapy has been shown to positively affect the functioning of the body.

**Increasing volume of cerebrospinal fluid, which may help:**

- Clear heavy metals across the blood brain barrier
- Protect the brain from inflammatory processes
- Enhance health of the neuro-skeletal-muscular-vascular system

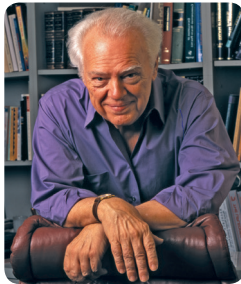
**Enhancing immune and endocrine system function, which may help:**

- Improve the ratio of bone production and reabsorption
- Improve and promote red blood cell health and platelet production factors
- Enhance endocrine and pituitary function

## How Did CranioSacral Therapy Begin?

CranioSacral Therapy was developed by Dr. John E. Upledger, an osteopathic physician featured in TIME magazine as one of America's next wave of innovators.

From 1975 to 1983, Dr. Upledger was a professor of biomechanics at the Michigan State University College of Osteopathic Medicine. While he was there he led a team of anatomists, physiologists, biophysicists and bioengineers that performed and published the clinical research which formed the basis for the modality he named CranioSacral Therapy.



John E. Upledger, DO, OMM

**Increasing fluid flow, which may help:**

- Relax connective tissue
- Positively influence vision and related structures
- Strengthen connective tissue fluid flow and the character of the skin
- Increase oxygen intake and therefore positively impact respiratory function and overall energy
- Support increased muscle elasticity

**Assisting with neurological balance, which may help:**

- Address deep structures within the central nervous system
- Stabilize sleep patterns
- Improve balance and vestibular control



## CranioSacral Therapy and Alzheimer's and Dementia

Research conducted in the past 10 years suggests that an application of CranioSacral Therapy techniques may aid the prevention of Alzheimer's and Dementia. Patients treated by qualified practitioners in the early to mid stages of these diseases show improved health of the central nervous system. CranioSacral Therapy helps to improve the circulation of cerebrospinal fluid and release restrictions in the body and brain that contribute to impairment of cognitive function. The resulting unrestricted flow of cerebrospinal fluid helps reduce inflammation and remove harmful toxicity in the brain.

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If you have any questions, please consult your physician or ask your practitioner: