



## Craniosacral Therapy: What it is, How it Works

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By John E. Upledger

North Atlantic Books, U.S. Paperback. Book Condition: new. BRAND NEW, Craniosacral Therapy: What it is, How it Works, John E. Upledger, CranioSacral Therapy (CST) is a gentle, hands-on method of evaluating and enhancing the function of a physiological body system called the craniosacral system - comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. CST enhances the body's natural healing processes and has been effective for a wide range of medical problems associated with pain and dysfunction, including: migraine headaches, traumatic brain and spinal cord injuries, chronic neck and back pain, emotional difficulties, motor-coordination impairments, stress and tension-related problems, central nervous system disorders, temporomandibular joint syndrome (TMJ), orthopedic problems, chronic fatigue, scoliosis, neurovascular or immune disorders, infantile disorders, post-traumatic stress disorder, colic, post-surgical dysfunction, learning disabilities, autism, fibromyalgia and other connective-tissue disorders. This book provides a broad introduction to this therapy by way of short pieces written by a number of people who either practice CST or otherwise have a personal, profound understanding of it. In addition to John E. Upledger, contributors include Don Ash (author of "Lessons from the Sessions"), Don Cohen (author of "An Introduction to Craniosacral Therapy"), and Bill Gottlieb (author of...



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