

craniosacral therapy for seizures

****Craniosacral Therapy for Seizures: Exploring a Gentle Approach to Seizure Management****

craniosacral therapy for seizures is gaining attention as a complementary approach that some individuals and practitioners explore alongside conventional treatments. While seizures are often managed with medication and medical interventions, alternative therapies like craniosacral therapy offer a gentle, hands-on technique aimed at supporting the body's natural healing processes. If you or a loved one are curious about how craniosacral therapy might fit into seizure management, this article will guide you through the basics, benefits, potential mechanisms, and considerations related to this holistic method.

Understanding Craniosacral Therapy

Craniosacral therapy (CST) is a light-touch, non-invasive manual therapy that focuses on the craniosacral system—the membranes and cerebrospinal fluid surrounding the brain and spinal cord. Developed by osteopathic physician John Upledger in the 1970s, CST uses gentle manipulation of the skull, spine, and sacrum to help improve the flow of cerebrospinal fluid and release tensions held within the nervous system.

Unlike more forceful chiropractic adjustments or massage, craniosacral therapy is subtle, often described as a “listening” technique where the therapist feels for rhythmic movements of the craniosacral system. The goal is to promote relaxation, enhance nervous system function, and support overall well-being.

How Craniosacral Therapy Relates to Seizures

Seizures occur due to abnormal electrical activity in the brain, and they can have many underlying causes ranging from epilepsy to brain injuries or infections. While craniosacral therapy does not claim to cure seizures or replace medical treatments, many practitioners believe it can help by:

- Reducing nervous system stress and tension
- Improving cranial and spinal alignment to support brain function
- Enhancing circulation of cerebrospinal fluid, potentially aiding detoxification
- Promoting a calming effect on the autonomic nervous system

The Role of the Nervous System in Seizure Activity

The autonomic nervous system (ANS) controls involuntary functions like heart rate, digestion, and stress responses. Seizures can sometimes be triggered or worsened by heightened nervous system excitability. Craniosacral therapy aims to balance the ANS by encouraging parasympathetic (rest-and-digest) activity, which might reduce seizure frequency or severity for some individuals.

Supporting Brain Health Through Craniosacral Therapy

By gently releasing restrictions in the craniosacral system, CST may facilitate better communication between the brain and spinal cord. Improved cerebrospinal fluid flow is thought to help clear metabolic waste and support brain cell health, potentially creating a more stable environment less prone to seizure activity.

What to Expect During a Craniosacral Therapy Session

Sessions typically last 30 to 60 minutes. You'll lie fully clothed on a comfortable massage table while the therapist uses light touch—often no more than the weight of a nickel or quarter—to assess and gently manipulate areas of tension. Many people report feelings of deep relaxation or even light sleep during treatment.

The therapist may focus on the skull, neck, and lower back, paying close attention to any areas where the craniosacral rhythm seems restricted or uneven. Over multiple sessions, subtle improvements in nervous system regulation and comfort may be noticed.

Who Can Benefit from Craniosacral Therapy?

While craniosacral therapy is generally considered safe for people of all ages, including children and seniors, its effectiveness in seizure management can vary. Some individuals with epilepsy or other seizure disorders have found CST helpful as part of a broader treatment plan, especially for reducing stress and improving quality of life.

It's important to communicate openly with your healthcare provider before starting CST, especially if you have a history of seizures, to ensure it complements your existing treatment safely.

Scientific Evidence and Research on Craniosacral Therapy for Seizures

Currently, rigorous scientific research specifically examining craniosacral therapy for seizures is limited. Most evidence is anecdotal or comes from small case studies. Some practitioners report that CST helps reduce seizure frequency or intensity, but more controlled clinical trials are needed to better

understand its role and efficacy.

However, studies on craniosacral therapy have shown benefits in reducing stress, anxiety, and improving autonomic nervous system balance—factors which can indirectly impact seizure control. This suggests that while CST may not be a primary treatment, it could serve as a valuable complementary therapy.

Integrating Craniosacral Therapy with Conventional Seizure Management

For those interested in exploring craniosacral therapy for seizures, it's important to do so as part of a comprehensive care approach. Here are some tips to consider:

- **Consult your neurologist or healthcare provider:** Always discuss any complementary therapies to ensure they fit safely with your current medications and treatment plan.
- **Find a qualified CST practitioner:** Look for licensed therapists with experience working with neurological conditions or seizure disorders.
- **Monitor and track your symptoms:** Keep a detailed seizure diary to note any changes after starting craniosacral therapy, helping you and your doctor evaluate its impact.
- **Maintain conventional treatments:** Never discontinue prescribed seizure medications without medical guidance, as this can be dangerous.
- **Consider lifestyle factors:** Craniosacral therapy works best alongside healthy lifestyle habits such as adequate sleep, nutrition, stress management, and regular medical follow-up.

Additional Benefits of Craniosacral Therapy Beyond Seizure Management

Even if craniosacral therapy does not directly reduce seizures, many people find it valuable for improving overall well-being. Some of the broader benefits include:

- Relief from chronic pain and headaches, which are common among people with neurological conditions
- Enhanced relaxation and reduced anxiety levels
- Improved sleep quality, which is crucial for brain health and seizure control
- Support for emotional balance and stress resilience

These effects can contribute positively to the life of someone managing seizures, making CST a worthwhile consideration for holistic care.

Potential Risks and Precautions

Craniosacral therapy is generally gentle and safe, but it may not be suitable for everyone. People with certain conditions, such as recent head trauma, aneurysms, or severe spinal instability, should avoid CST or seek specialized advice first.

Because seizures can be unpredictable, it's essential that CST sessions are conducted in a safe environment where the therapist is prepared to respond appropriately to any medical emergencies.

Final Thoughts on Craniosacral Therapy for Seizures

Exploring craniosacral therapy for seizures opens the door to a holistic, calming approach that complements traditional medical care. While it is not a standalone cure, CST's focus on balancing the nervous system, easing tension, and promoting relaxation may help some individuals better manage their seizure condition and improve their quality of life.

As interest in integrative health grows, craniosacral therapy stands out for its gentle touch and potential to support brain health. If you're considering this therapy, remember that open communication with your healthcare team and a cautious, informed approach are key to making the most of what CST can offer.

Frequently Asked Questions

What is craniosacral therapy and how is it related to treating seizures?

Craniosacral therapy is a gentle, hands-on technique that aims to release tensions in the craniosacral system, which includes the membranes and fluid surrounding the brain and spinal cord. Some practitioners believe it can help reduce the frequency or severity of seizures by promoting relaxation and improving nervous system function, though scientific evidence is limited.

Is craniosacral therapy a proven treatment for seizures?

Currently, there is limited scientific research supporting craniosacral therapy as a proven treatment for seizures. It is considered a complementary therapy and should not replace conventional medical treatments prescribed by a neurologist or epilepsy specialist.

Can craniosacral therapy reduce the frequency of seizures?

Some anecdotal reports suggest that craniosacral therapy may help reduce stress and improve overall nervous system function, which could potentially reduce seizure frequency. However, more rigorous clinical studies are needed to confirm its effectiveness for seizures.

Are there any risks associated with craniosacral therapy for people with seizures?

Craniosacral therapy is generally considered safe when performed by a trained practitioner. However, individuals with seizures should consult their healthcare provider before starting any new therapy to ensure it does not interfere with their existing treatment plan.

How often should someone with seizures undergo craniosacral therapy?

The frequency of craniosacral therapy sessions varies depending on individual needs and practitioner recommendations. Typically, sessions might be scheduled weekly or biweekly. It is important to discuss a personalized plan with both the therapist and medical doctor.

Can craniosacral therapy be used alongside conventional seizure treatments?

Yes, craniosacral therapy can be used as a complementary approach alongside conventional treatments such as medication and lifestyle changes. It is essential to coordinate care with healthcare providers to ensure safety and effectiveness.

What should I expect during a craniosacral therapy session for seizures?

During a session, the therapist will use gentle touch to assess and release restrictions in the craniosacral system. The experience is typically very relaxing and non-invasive, lasting about 30 to 60

minutes.

Are there any scientific studies on craniosacral therapy and seizure management?

There are few scientific studies specifically investigating craniosacral therapy for seizure management. Most available evidence is anecdotal or based on small case studies. More rigorous research is needed to establish its efficacy.

How can I find a qualified craniosacral therapist experienced in working with seizures?

To find a qualified craniosacral therapist, look for practitioners certified by recognized organizations such as the Upledger Institute. It's also helpful to seek therapists who have experience working with neurological conditions and who communicate openly with your medical team.

Additional Resources

Craniosacral Therapy for Seizures: An Investigative Review

craniosacral therapy for seizures has emerged as a complementary approach that some practitioners and patients explore alongside conventional medical treatments. As seizures continue to affect millions worldwide, with epilepsy being one of the most prevalent neurological disorders, interest in alternative and adjunctive therapies has increased. Craniosacral therapy (CST), a gentle, non-invasive manual technique aimed at improving the function of the craniosacral system, has been proposed by some to potentially alleviate seizure frequency or severity. This article delves into the mechanisms, evidence, and practical considerations surrounding craniosacral therapy for seizures, aiming to provide a balanced, professional perspective.

Understanding Craniosacral Therapy and Its Proposed Mechanisms

Craniosacral therapy is a form of bodywork developed by John Upledger in the 1970s, based on the premise that subtle rhythmic motions of cerebrospinal fluid (CSF) and the craniosacral system impact overall health. The craniosacral system includes the membranes and fluid surrounding the brain and spinal cord. Practitioners use light touch techniques to palpate and manipulate these areas, intending to release restrictions and improve physiological function.

In the context of seizures, proponents suggest that CST can influence nervous system regulation by:

- Enhancing cranial and spinal fluid circulation, potentially affecting neural excitability.
- Reducing tension in the dura mater and other connective tissues that might impact brain function.
- Modulating autonomic nervous system balance, which can influence seizure thresholds.

While these hypotheses are theoretically appealing, it is important to note that the craniosacral system's rhythmic motions are subtle and difficult to measure, and the scientific basis for CST remains controversial within the medical community.

The Clinical Evidence for Craniosacral Therapy in Seizure Management

When evaluating any therapeutic intervention for seizures, rigorous clinical evidence is crucial. The gold standard for assessing efficacy is randomized controlled trials (RCTs) with sufficient sample sizes and objective outcome measures.

Currently, the body of scientific literature specifically addressing craniosacral therapy for seizures is limited and largely anecdotal. Most available studies are small case series, observational reports, or patient testimonials rather than large-scale trials.

Summary of Existing Research

- A handful of small-scale studies and case reports have documented improvements in seizure frequency or intensity following CST sessions, but these lack control groups and standardized methodologies.
- Systematic reviews of complementary therapies for epilepsy rarely include craniosacral therapy due to insufficient data.
- Neurological research has yet to demonstrate consistent physiological changes induced by CST that would directly correlate with seizure reduction.

This lack of robust evidence does not inherently disprove CST's potential benefits but highlights the need for further scientific inquiry.

Comparisons with Conventional Seizure Treatments

Seizures are conventionally managed by antiepileptic drugs (AEDs), surgery, vagus nerve stimulation, and ketogenic diets depending on the etiology and severity. These approaches have undergone extensive clinical testing and remain the mainstays of treatment.

Unlike AEDs, craniosacral therapy is not a pharmacological intervention and carries a low risk of adverse effects when performed by trained therapists. However, it also lacks the demonstrated efficacy

and regulatory approval that conventional treatments have.

Some patients pursue CST as a complementary therapy, aiming to improve quality of life, reduce stress, or achieve better neurological balance alongside prescribed medication. Integrative approaches that combine conventional and complementary methods may offer holistic support but must be guided by healthcare professionals.

Potential Benefits and Limitations of Craniosacral Therapy for Seizures

Pros

- **Non-invasive and gentle:** CST involves light touch, making it generally safe and well-tolerated.
- **Stress reduction:** Many patients report relaxation and decreased anxiety, which can indirectly benefit seizure control.
- **Holistic approach:** CST aims to address body-wide imbalances, potentially improving overall well-being.

Cons

- **Limited scientific validation:** There is a paucity of high-quality evidence supporting its efficacy in

seizure management.

- **Not a substitute for medical treatment:** Relying solely on CST without epilepsy medications or medical supervision can be dangerous.
- **Cost and accessibility:** Sessions may be expensive and not covered by insurance, limiting access for some patients.

Integrating Craniosacral Therapy into Seizure Care

Given the current landscape, craniosacral therapy for seizures is best viewed as a complementary option rather than a standalone treatment. Patients interested in exploring CST should:

1. Consult their neurologist or epilepsy specialist before beginning therapy to ensure safety and avoid interference with prescribed regimens.
2. Seek licensed and experienced craniosacral therapists familiar with neurological conditions.
3. Use CST as part of a broader integrative care plan that includes medication adherence, lifestyle modifications, and regular medical follow-up.
4. Maintain realistic expectations, understanding that benefits may be subjective or supportive rather than curative.

Monitoring and Outcome Measurement

Tracking seizure frequency, duration, and intensity before and after CST interventions can help evaluate effectiveness. Patient diaries, wearable seizure monitors, and clinical assessments provide objective data to guide decisions about ongoing therapy.

Broader Context: Complementary Therapies in Epilepsy Management

Craniosacral therapy is one among various complementary approaches explored in epilepsy care, including acupuncture, biofeedback, yoga, and dietary modifications. Each carries different levels of evidence and risk profiles.

The appeal of CST lies in its gentle methodology and holistic philosophy, which resonates with patients seeking non-pharmacological support. However, healthcare providers must balance openness to alternative therapies with adherence to evidence-based practice, emphasizing safety and informed consent.

Ongoing research into neurophysiological mechanisms and clinical outcomes is essential to clarify the role of CST and similar modalities in seizure management.

While craniosacral therapy for seizures remains an area of active interest, its application should be cautious and informed by current scientific understanding. For individuals living with epilepsy or seizure disorders, collaboration between neurologists and complementary therapy practitioners can foster comprehensive care tailored to individual needs and preferences.

Craniosacral Therapy For Seizures

craniosacral therapy for seizures: CranioSacral Therapy: Touchstone for Natural Healing John E. Upledger, 2001-05-31 In CranioSacral Therapy: Touchstone for Natural Healing, John E. Upledger, DO, OMM, recounts his development of CranioSacral Therapy. He shares poignant case studies of restored health: a five-year-old autistic boy, a man with Erb's palsy, a woman with a fifteen year history of severe headaches, and numerous others. And he offers simple CranioSacral Therapy techniques you can perform at home on yourself or loved ones.

craniosacral therapy for seizures: Biodynamic Craniosacral Therapy, Volume Three Michael J. Shea, Ph.D., 2010-11-30 Dr. Michael J. Shea's series on Biodynamic Craniosacral Therapy is based on healthcare providers physically sensing love and accessing a deep sense of warmth and stillness in the heart. He begins this third volume by emphasizing the therapeutic application of touch therapy skills. As in the previous two books, he teaches these skills by explaining the importance of practitioners being able to perceive Primary Respiration, a slow rhythmic tidal movement in the fluids of the body. He goes on to discuss the distinctive influence of human embryology on any therapeutic modality. A number of other experts in the field contribute chapters that illuminate the spiritual and psychological dimensions of human embryonic development, especially the heart. Dr. Shea offers valuable new skills for anyone, from midwives to pediatricians, working therapeutically with infants. In addition, he summarizes current thinking on infant brain development, discusses the long-term consequences of attachment issues between the mother and infant, and explores the importance of understanding the similarities of the mother-infant and the therapist/patient relationships.

craniosacral therapy for seizures: Epilepsy: Complementary and Alternative Treatments Sally Baxendale, 2012-06-08 Epilepsy, or seizure disorder, is widespread, affecting more than 350,000 in the UK, and an estimated three million approximately in the US. While anti-epileptic drugs have a major role preventing seizure activity, they may not be totally effective in achieving control, and there is a strong burgeoning interest in lifestyle measures and complementary therapies which may help. This book is intended to be a trusted source to help people with epilepsy make sense of the treatment choices, given that epilepsy is not a single condition and some treatments may work for some but not other forms of the condition. Each chapter includes information about the treatment, evidence, whether it will work for your type of epilepsy, and practical considerations.

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craniosacral therapy for seizures: Epilepsy in Children Erin Conway, Orrin Devinsky, Courtney Schnabel Glick, 2015-12-02 For the parent of a child with epilepsy, an easy-to-read guide to understanding and managing the disorder while helping your child achieve and maintain a high quality of life. From a leading neurologist, experienced nurse practitioner, and registered dietician comes the complete guide to managing your child's life with epilepsy. Epilepsy in Children offers the practical advice and information you need to manage your child's seizures safely and effectively, understand the latest treatment options, and find hope for a seizure-free future. Key Features: Get the right diagnosis for your child and the correct treatment to reduce the frequency of seizures

faster Learn the benefits and risks of pharmaceutical, surgical, and alternative therapies including the ketogenic diet Help your child maintain a normal life at school, with friends, and in sports and other activities Navigate the transitions from infancy and childhood, to puberty, to becoming a young adult

craniosacral therapy for seizures: Complementary and Alternative Therapies for Epilepsy Orrin Devinsky, Steven V. Pacia, Steven C. Shachter, 2005-05-01 Epilepsy is a difficult illness to control; up to 35% of patients do not respond fully to traditional medical treatments. For this reason, many sufferers choose to rely on or incorporate complementary and alternative medicine (CAM) into their treatment regimens. Written for physicians, knowledgeable laypersons, and other professionals, *Complementary and Alternative Therapies for Epilepsy* bridges the worlds of traditional medicine and CAM to foster a broader perspective of healthcare for patients. The book respects cultural differences that may incorporate alternative medicine into a medical management program, and encourages patients to safely continue receiving necessary medical treatments. Wherever possible, scientific evidence supports the choice of treatment modalities, as well as the effectiveness of a combined traditional and CAM approach. Readers will find incisive discussions in sections on: Learning to Reduce Seizures Asian, Herbal and Homeopathic Therapies Nutritional Therapies Alternative Medical Therapies Oxygen Therapies Manipulation and Osteopathic Therapies Music, Art, and Pet Therapies From stress and epilepsy, to acupuncture, massage, craniosacral therapies, homeopathy, ketogenic diets, aromatherapy, hypnosis, and more, the book is all-inclusive and enlightening. Additional commentary by the editors provides a critical vantage point from which to interpret the data and viewpoints of the contributors, all experts in the therapies presented. This balanced, scientific approach will appeal to even those most skeptical of alternative therapies, making the book essential for every professional who seeks to provide the broadest range of effective patient care.

craniosacral therapy for seizures: Alternative Therapies For Epilepsy Orrin Devinsky, Steven V. Pacia, Steven C. Shachter, 2012-06-19 Written by three distinguished epileptologists with a long-standing interest in alternative therapies, this book provides an evidence-based consideration of the use of complementary and alternative (CAM) therapies in epilepsy care. Organized by problem, the authors review alternative approaches to epilepsy-related conditions to help physicians, healthcare professionals, CAM providers, and patients understand the options and safely integrate treatments that work into their regimens. The book begins with an overview of the therapies themselves, including herbal remedies, nutrition, alternative pharmacological therapies, physical treatments, and neurobehavioral approaches, and also discusses medication-related considerations and caveats. The next group of chapters covers CAM and preventive approaches to mitigating the effects of epilepsy and epilepsy therapies, such as drug toxicity and side effects of anti-epileptic drugs (AEDs), seizures, enhancing cognitive function, issues for women (pregnancy, breast feeding, menopause), and managing anxiety and depression. The final part of the book focuses on quality of life and lifestyle modifications to reduce seizure risk, including techniques for stress reduction, sleep disturbances and aids to normalize, alcohol and recreational drugs, and environmental factors. Features of *Alternative Therapies for Epilepsy* Include: Evidence-based review of CAM therapies for epilepsy Problem-oriented, practical approach to integrating alternative treatments into traditional regimens for healthcare providers Written by distinguished epileptologists with broad clinical experience Addresses all aspects of health for persons with epilepsy (not just seizures) and offers practical suggestions for improving patient care and patient health

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Neurobehavioral Disorders: A Practical Guide discusses at length various nontraditional treatment approaches such as music therapy, art therapy, EEG biofeedback, and others that may provide additional help for the neurobehaviorally disordered TBI patient. This text provides a practical, in-depth overview of a range of nontraditional interventions and therapies. Each treatment is extensively discussed with explanations on how it can be effectively applied in rehabilitation programs. Models, case samples, contacts, and lists of training programs and professional organizations are given for each therapeutic modality. Each chapter has clear, illustrative drawings, tables, and charts, as well as comprehensive references for further research. Alternate Therapies in the Treatment of Brain Injury and Neurobehavioral Disorders: A Practical Guide discusses these alternative treatments: horticulture therapy art therapy music therapy melodic intonation therapy recreational therapy chemical dependency treatment real time EEG feedback craniosacral therapy This book is a comprehensive source for nontraditional therapies essential for physicians; neuropsychologists; psychiatrists; rehabilitation specialists; hospital directors, administrators, and TBI professionals.

craniosacral therapy for seizures: *CranioSacral Therapy: What It Is, How It Works* , 2008-04-29 With the troubling side effects and surging costs of medications and surgery, Americans are increasingly turning to CranioSacral Therapy as an effective, drug-free, and non-invasive therapy. A gentle, hands-on method of evaluating and enhancing the function of the craniosacral system — the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord — CST boosts the body's natural healing processes and has proven efficacious for a wide range of medical problems from migraines, learning disabilities, and post-traumatic stress disorder to fibromyalgia, chronic neck and back pain, and TMJ. This book provides a broad introduction to this therapy by way of short pieces written by a number of well-known practitioners or experts. In addition to pioneer John E. Upledger, contributors include Richard Grossinger (Planet Medicine), Don Ash (Lessons from the Sessions), Don Cohen (An Introduction to Craniosacral Therapy), and Bill Gottlieb (Alternative Cures). Each selection covers a different aspect of CST: what it is, what it does, how it heals, what the practitioner does during a CST session, CST's relationship to cranial osteopathy and other healing therapies, as well as other topics of interest to the beginner.

craniosacral therapy for seizures: *Pet Lover's Guide to Natural Healing for Cats and Dogs* Barbara Fougere, 2005-08-30 Part of the Pet Lover's Guide series, this volume presents detailed information on alternative therapies for both dogs and cats. Written in a clear, simple manner, the book is divided into three main parts. Part 1, on diet and natural therapies, addresses the importance of diet for pets, and discusses the pros and cons of both commercially available and homemade diets. It also covers the basic explanations of the various alternative therapies widely used by holistic veterinarians and readily available to pet owners (e.g., supplements and herbs, acupuncture, homeopathy, chiropractic and other manual healing). Part 2 makes recommendations for specific health conditions, such as skin problems or digestive tract problems, and describes how various alternative therapies are used alone or in combination with allopathic therapies to treat or relieve the condition. Finally, Part 3 offers an overview of health maintenance and preventive health, and includes information about vaccinations, flea and tick control, weight control, and caring for the aging pet. Full-color line art and photographs illustrate various plants and herbs, and also techniques such as manual therapies, massage, and other hands-on healing techniques in a user-friendly and easily identifiable manner. Special boxes labeled Where We Stand present the author's strong opinions on specific (sometimes controversial) issues in a highlighted, easy-to-find format. Key terms are highlighted, making them easy to locate and reference - these terms are also included in the glossary with clear, simple definitions. Important information is bulleted and placed in a shaded box, bringing the main points to the reader's attention in a quick and useful way. Clear readability makes information easily accessible to pet owners, helping them to better understand natural therapies and their uses in treating pets. It also enables veterinarians to carry the book in their practices and recommend it to clients. Written by established, recognized veterinarians, this book is a reliable source for veterinary professionals.

craniosacral therapy for seizures: Treating Epilepsy Naturally Patricia A. Murphy, 2001-10-17 Hard-to-find information on epilepsy, presented by an author living successfully with the condition. Drugs commonly used to treat epilepsy have some extremely harmful side effects. *Treating Epilepsy Naturally* is an empathetic, practical, empowering look at treatment options, lifestyle choices, and ways of living well. Written by an author who has been successfully living with it herself for most of her adult life, this comprehensive guide offers alternative treatments to replace and to complement traditional therapies and sound advice to find the right health practitioner for you.

craniosacral therapy for seizures: Craniosacral Bioregulation: A Holistic Approach to Healing Pasquale De Marco, 2025-08-10 Craniosacral therapy is a gentle, non-invasive therapy that uses light touch to release tensions in the body and promote healing. It is based on the belief that the body has a natural ability to heal itself, and that by working with the craniosacral system, we can support this process. The craniosacral system is a network of membranes and cerebrospinal fluid that surrounds the brain and spinal cord. It plays a vital role in the body's overall health and well-being, as it protects the brain and spinal cord, helps to regulate the flow of cerebrospinal fluid, and supports the body's natural healing processes. When the craniosacral system is out of balance, it can lead to a variety of health problems, including headaches, neck pain, back pain, TMJ disorders, and stress and anxiety. Craniosacral therapy can help to restore balance to the craniosacral system and relieve these symptoms. This book provides a comprehensive overview of craniosacral therapy, including its history, principles, and techniques. You will learn how to assess the craniosacral system, how to perform craniosacral therapy, and how to use craniosacral therapy to treat a variety of health problems. Whether you are a healthcare professional looking to expand your knowledge of holistic therapies, or an individual seeking natural ways to improve your health and well-being, this book is an invaluable resource. ****About the Author**** Pasquale De Marco is a certified craniosacral therapist with over 10 years of experience. She has helped thousands of people improve their health and well-being through craniosacral therapy. Pasquale De Marco is passionate about sharing her knowledge of this gentle and effective therapy with others. If you like this book, write a review!

craniosacral therapy for seizures: Epilepsy - Jody's Journey Linda Caputi, 2005-08 This is the remarkable true story of a young woman's seven-year struggle and final victory over epilepsy. Jody had been diagnosed with epilepsy when she was a teenager and initially chose the conventional approach of trying various medications to control the seizures. The medications didn't help; Jody was cured by Cayce's remedies.

craniosacral therapy for seizures: Your Inner Physician and You John E. Upledger, 1997-09-04 This lively book describes the discovery and therapeutic value of the craniosacral system in easy, understandable terms healthcare professionals and laypeople alike can understand. Dr. Upledger's colorful case histories explain the path that led to his discovery of this exciting medical modality. The book contains a play-by-play account of the development of CranioSacral Therapy, SomatoEmotional Release, and other concepts and techniques. It's recommended reading for therapists, patients, caregivers, and anyone interested in understanding how therapy performed on the craniosacral system can improve the quality of life.

craniosacral therapy for seizures: Biodynamic Craniosacral Therapy, Volume Five Michael J. Shea, Ph.D., 2013-04-30 In Volume 5 of his innovative series on biodynamic and craniosacral therapy, Michael Shea presents invaluable information about therapeutic approaches to pre- and neonatal babies--in particular, low-birth-weight babies. In addition, more than 50 meditations on stillness are provided for the benefit of the practitioner. The first part of *Biodynamic Craniosacral Therapy, Volume 5* contains multiple photographs and descriptions of the best ways to make physical contact with low-birth-weight babies. Included are several protocols for babies while they are in neonatal intensive-care units, as well as protocols for once they have been discharged and are at home. Shea also offers insights on therapeutic approaches to babies in utero. Using photographs and text descriptions, he explains how to position a woman who is pregnant on a table in order to practice biodynamically, and which hand positions to use during the session. The second part of the volume provides more than fifty meditations and guided visualizations, all of which were

transcribed and edited from the full foundation training in biodynamic craniosacral therapy. These meditations can be used to help the practitioner to establish proper orientation to the body and breath and to balance focused and unfocused attention. Lastly, mindfulness meditation and the research surrounding it is discussed.

craniosacral therapy for seizures: Pellock's Pediatric Epilepsy Douglas R. Nordli, John M. Pellock, Raman Sankar, James W. Wheless, 2016-08-28 Now in its fourth edition, Pellock's Pediatric Epilepsy: Diagnosis and Therapy remains the gold standard for diagnosis, treatment, classification, and management of childhood epilepsies. With over 100 distinguished contributors from world-leading epilepsy programs, the long-awaited new edition maintains the breadth and scope the book is known for while significantly updating the science, practice, and therapeutic strategies that continue to move the field forward. At the center of this new edition is the totally reorganized and expanded section on age-related syndromes. There is a major emphasis on new genetic-based classifications and the clinical implications for identifying and managing the various subtypes. New chapters devoted exclusively to Panayiotopoulos syndrome, myoclonic status epilepticus, and autosomal dominant focal epilepsies, among others, cover even more ground than the last edition. Brand-new chapters in the drug and diet section cover perampanel, ezogabine, and lacosamide, while the existing chapters on major medical treatments have been comprehensively updated to reflect the latest trials and studies. Other sections contain new chapters on genetics, non-invasive functional mapping, sleep issues for pediatric epilepsy patients, and more. With more than 80 chapters, Pellock's Pediatric Epilepsy now contains a full discussion of the spectrum of epilepsy disorders, not just seizures. From basic mechanisms and epidemiology, through diagnosis and therapy, to quality of life issues, the new edition of this established reference covers every aspect of childhood epilepsy and will continue to be the definitive core text for all professionals involved in the field. New to the Fourth Edition: Every chapter thoroughly reviewed, revised, and updated Section on age-related syndromes completely reconfigured to align with new ILAE terminology and organization in classifying seizures and forms of epilepsy Major update on disease mechanisms and all treatments for epilepsy, including drugs Increased attention to special populations, including a heavily-updated chapter on the female epilepsy patient New final section covers the epilepsy spectrum, with new chapters on epilepsy and sleep, co-morbidities of childhood, behavioral influence of AEDs, and transitioning to adulthood

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