

## Craniosacral Therapy Kingston

Craniosacral Therapy Kingston - The Craniosacral system feeds as well as protects the brain and spinal cord. Cerebral spinal fluid moves down the backbone from the base of the skull to the sacrum and bathes the nerve fibers with cranial fluid which allows the nervous system to be able to maintain the right performance. Each part of the central nervous system is directly affected by the craniosacral structure which supports its correct performance. Few systems of the body compare to the effect which the craniosacral system truly has on the body.

Craniosacral therapy is a therapy that works with the craniosacral system. Working to release fascia restrictions inside the body, this therapy could have a restrictive effect on some other body systems which includes the visceral organs, musculoskeletal system, central nervous system and tissue spaces. Through unwinding the aches and dysfunction may help remove tension, that could enhance the general physical condition of the patient and can likewise improve the immune system.