

Activating Health Holistic Centre

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Being in the Zone For Healing And Rejuvenation

By Grettal Fryszberg, Homeopathic Practitioner and Craniosacral Therapist

Craniosacral Therapy is a wonderful balancing and calming therapy, designed to address many of your health requirements. It puts you in the Healing Zone for releasing pent-up pressure and even deep-seated chronic ailments. Your relaxation response is being developed through specific contact points along the body. Relaxed brain waves can actually be measured as a slower frequency than the active mental waves you use in various daily activities. The zone achieved through Craniosacral Therapy is comparable to that state you would achieve with years of meditation.

Why Put your Brain in Neutral?

When a car is in drive it is using up fuel and there will be wear and tear to all parts, but when it is in park or neutral, it has a chance to refuel and check out different systems that might need repair. When the mind is in neutral it is not sending reactive signals to the body that tighten the muscles, especially the heart muscles.

The body can let go of pressure and can take in deeper breaths, bringing more oxygen and cleansing to the cells.

Alarm mode messengers such as adrenaline, prostaglandin, cortisol and histamine can be released. Many symptoms such as swelling, infections, inflammation, skin rashes, headaches, hair loss, weak bones, high blood pressure, nerve pain, fatigue and low immune systems can be traced back to an abundance of these reactive chemical messengers. **Premature Aging is simply the outcome when a body cannot recuperate and rebalance after stress or shock.**

The Beauty of Nature's Design

The cranium is designed to free up pressures. The bones of the cranium work in pairs and have a gentle rhythm that unlatches tension much like the hinges on a door. That is why many people get relief from Temporomandibular problems, where the jaw meets the ears. A trained Craniosacral Therapist has learned how to gently place the hands on appropriate areas and listen to the readiness and direction that the bones and tissues want to move. The sacrum is at the tip of the spine and works with the motion of your hips and legs. Craniosacral therapy can loosen up a tight sacrum and mobilize your spine and legs. The spinal fluid moves rhythmically around the brain and spinal cord bringing proper nerve communication and cleansing to every cell. The therapist will check all areas of the spine to free up restrictions.

Bottom Line –It Feels Good –You have More Energy

Your pain and tension pattern is the result of shock, trauma, or anything that overwhelmed the system physically, emotionally, chemically or microbially. As a result, this unresolved shock is bound up inside your body and continues to activate the fight-flight behaviour of your nervous system. Old injuries can take in further healing and the mind can connect with the suppressed emotions that can peacefully be released. Quieting the mental mind invites the natural, healing intelligence in your brain to come forth. Instead of struggle, fear and suppression there is a deep peace and a surrender to the natural wisdom in you to heal.