

## Craniosacral Therapy Brandon

Craniosacral Therapy Brandon - The Craniosacral system feeds as well as protects the brain and spinal column. Cerebral spinal fluid travels down the spine right from the base of the cranium to the sacrum and cleanses the nerve fibers with cranial fluid which allows the nervous system to maintain the correct performance. The craniosacral structure directly affects each and every part of the central nervous system and helps with right performance. The craniosacral system actually has a huge influence over the body and only some systems compare.

Craniosacral therapy is a treatment which works with the craniosacral system. Working to release fascia restrictions inside the body, this therapy may have a restrictive effect on other body systems including the musculoskeletal system, tissue spaces, other visceral organs, and the central nervous system. By unwinding the aches and dysfunction can help get rid of anxiety, which could improve the overall health of the patient and may even improve the immune system.