

## Craniosacral Therapy Prince George

Craniosacral Therapy Prince George - The Craniosacral system feeds as well as protects the brain and spinal column. Cerebral spinal fluid goes down the spinal column starting from the base of the skull to the sacrum and bathes the nerve fibers with cranial fluid which enables the nervous system to sustain the right function. Each and every part of the central nervous system is directly affected by the craniosacral structure that supports its right functioning. Only some systems of the body compare to the effect that the craniosacral system truly has on the body.

Craniosacral therapy is a treatment that works with the craniosacral system. The therapy works to gently release fascia restrictions inside the body which could have a restrictive impact on some other body systems including the visceral organs, musculoskeletal system, central nervous system and tissue spaces. Anxiety can be eliminated by unwinding dysfunction and aches, therefore improving the patient's overall health condition and potentially enhancing the immune system.