

Craniosacral Therapy Norfolk

Craniosacral Therapy Norfolk - The system that supports the spinal cord and brain is referred to as the craniosacral system. Traveling down the spine flows the cerebral spinal fluid starting from the head's base all the way to the sacrum. The cranial fluid cleanses the nerve fibers, which enables the nervous system to sustain correct functioning. The craniosacral structure has a direct affect on each part of the central nervous system and supports proper performance. The craniosacral system actually has an enormous influence over the body and few systems compare.

Craniosacral therapy is a therapy which works with the craniosacral system. The therapy works to be able to gently release fascia restrictions in the body which may have a restrictive effect on other body systems including the visceral organs, musculoskeletal system, central nervous system and tissue spaces. Tension could be eliminated by means of unwinding dysfunction and pain, hence improving the patient's general health and possibly enhancing the immune system.