

## Poor Digestion and CranioSacral Therapy

**By: Herbert M. Carty, MT,CST**

**Personal Information:** Female, 46 yrs old

**Other Information:** She is mother of 2 kids, one boy of 8yrs old and a girl of 6yrs old. She divorced 1 year ago and she finds the relationship with her daughter to be very difficult. She suffers from eating disorders although she did not mentioned it during our first interview, she just mentioned having had an operation in which a band was placed in her stomach in February 2007, but she was not satisfied with the results and had her stomach cut in march 2008 with another surgeon. Nowadays she finds practically impossible to digest common food therefore she lives eating a special diet. She finds herself neither pretty nor attractive and although she has already lost 44 pounds she is still on a strict diet. She also mentioned to be in psychotherapy since her divorce.

**Symptoms:** She has not had a good night sleep for the last 4 years yet still she takes sleeping pills Zanax daily before going to bed. The patient reports pain in the left sacro-iliac region, headaches 3 or 4 times a week, poor digestion, intolerance with her children and bad humor.

**Pertinent medical history:** The patient has been in psychotherapy treatment 2 years ago; she also visited a chiropractor and received 12 sessions with no apparent improvement.

### Evaluation

**Findings:** The cranio sacral rhythm in the whole body evaluation showed to be asymmetric with narrow amplitude and hardly perceptible. In the abdominal region the whole anterior part of the rib cage felt immobile and breathing movement completely absent; her breathing was taking place in the upper portion of the lungs and chest. The sacrum seemed to be stuck in an extension face and there was lots of tension in base of the cranium and around the jaw.

**Tools used:** Besides the CSR, Arching, fascia1 glide among others, I used muscle testing as well.

**Objective results:** Headaches stopped abruptly after the second session, her breathing changed dramatically after the first session. Pain in the sacro-iliac region moved to pain in the lumbar region but after the fourth session disappeared completely. By the sixth session she reported a general improvement in her character and feeling more tolerant with the relationship with her kids.

**Subjective results:** I believe she is more open now to accept and work with her eating disorder behavior, she seems to breathe more peacefully and I think she is building a better relationship with her body and appearance.

**Average length of sessions:** 45 minutes to one hour each session.

**Number of sessions:** 6 sessions and she still visits my practice once in while.