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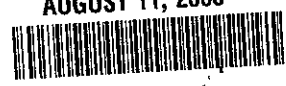
WEEKLY NEWSPAPER

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**Bacon's**

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# Spa highlights craniosacral therapy

Craniosacral therapy (CST) is a specialized form of bodywork that was started by John Upledger, a doctor of osteopathy, in the late 1960s. CST is a light-touch manual therapy that addresses restrictions in the craniosacral system, the membranes and fluid that surround and protect the brain and spinal cord. Like a cardiovascular pulse, the craniosacral system has a rhythm that can be felt throughout the body.

Using a touch generally no heavier than the weight of a nickel, the practitioner monitors the pulse at different points in the body to detect and evaluate obstructions in the body's systems. The therapist then

uses delicate manual techniques to release those problem sites and help the body self-correct.

What conditions can CST help? Because of its influence on the functioning of the central nervous system, CST can benefit the body in a number of ways, including bolstering overall health and resistance to disease and alleviating a wide range of specific medical conditions such as migraines and headaches, chronic neck and back pain, motor-coordination

impairments, infantile disorders, stress and tension-related problems, chronic fatigue, scoliosis, emotional difficulties, brain and spinal cord injuries, fibromyalgia, temporomandibular joint (TMJ) disorder, learning disabilities, post-traumatic stress disorder and orthopedic problems.

CST is available at Westwood Health & Fitness Center, Pewaukee. For more information about CST or to schedule an appointment at the spa at Westwood, call (262) 513-7236.

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11