

# LIVING

## health&fitness

THE LEAF-CHRONICLE

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Section **D**

**Health and Fitness**  
CranioSacral  
Therapy assists  
body in healing

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Alicia Archuleta/The Leaf-Chronicle



Contributed photo

Shanel Lu, left, a manicurist; Julie Arko, a kindergarten teacher; Lindsey Stokes, a retail assistant; Sigrid Sutter, an administrative assistant; Gina Crisanti, a cafe barista; and Stacy Nadeau, a student; pose in their underwear in ads for Unilever's Dove brand beauty products. The ads feature real women not models.

## Real beauty, no airbrush

Unilever's Dove ad campaign has women looking like themselves

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### Movies

Reynolds revels  
in moonshine,  
monkeyshine

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More television  
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#2005.08A

# CranioSacral Therapy assists body's healing process

**STACY SMITH SEGOVIA**  
The Leaf-Chronicle

When acceptable medical treatments include sawing a person's breastbone in half, or filling their bloodstream with toxic, cancer-killing chemicals, it's hard to fathom that something benign and non-invasive can have profound healing effects. But that's just what CranioSacral Therapy aims to do.

The technique places very light pressure along the path be-

tween a person's skull (cranium) and the tailbone (sacrum), where the body's cerebrospinal fluid circulates.

"Like the pulse of the cardiovascular system, the craniosacral system has a rhythm that can be felt throughout the body," according to the International Alliance of Healthcare Educators. "Using a touch generally no heavier than the weight of a nickel, skilled practitioners can monitor this rhythm at key body

points to pinpoint the source of an obstruction or stress. Once a source has been determined, they can assist the natural movement of the fluid and related soft tissue to help the body self-correct."

Massage therapist Miyo Kachi and holistic nurse Vicki Slater recently completed two days of training in a specialized form of CranioSacral Therapy, called Chinese CranioSacral Therapy. Taught by Wolfgang Luckmann, the technique integrates knowledge of the body's meridians and acupressure points with the gentle release of CranioSacral Therapy.

Debra Welch, who has had lower back pain and shoulder pain for years, is delighted with the results of an hour-long Chinese CranioSacral treatment Slater gave her.

"It seemed to relieve the tension and stress in my spine," she says. "I could stand up better. My sinuses opened up and I

- By complementing the body's natural healing processes, CranioSacral Therapy is increasingly used as a preventive health measure for its ability to bolster resistance to disease, and is effective for a wide range of medical problems associated with pain and dysfunction, including:
- migraine headaches
  - chronic neck and back pain
  - motor-coordination impairments
  - colic
  - autism
  - central nervous system disorders
  - orthopedic problems
  - traumatic brain and spinal cord injuries
  - scoliosis
  - infantile disorders
  - learning disabilities

## Fast Facts

- chronic fatigue
- emotional difficulties
- stress and tension-related problems
- fibromyalgia and other connective-tissue disorders
- temporomandibular joint syndrome (TMJ)
- neurovascular or immune disorders
- post-traumatic stress disorder
- post-surgical dysfunction

—Source: International Health Educators Alliance, [www.iahe.com](http://www.iahe.com)

Holistic nurse Vicki Slater and massage therapist Miyo Kachi are offering free Chinese CranioSacral treatments for the rest of this month while they integrate the new treatment into their practices. To schedule a treatment, call Slater at 645-4717 or Kachi at 216-2851.

Welch says two weeks later, she still feels the effects of the treatment.

"The low back pain is very much reduced," she says. "I'm not having headaches like I was."

Describing the treatment itself, Welch says, she laid on a massage table in a fetal position, clothed, while Slater touched various points along her spine.

"There's no pain whatsoever — no pulling, no twisting," she says about the treatment.

## Treatment for many disorders

Slater says the treatment is as much about clearing emotional trauma as physical trauma.

"For years, I've heard that we store our hurt in our spine," she says.

The developer of CranioSacral Therapy, Dr. John E. Upledger, studied the technique for 20 years. He recently presented concrete evidence of CranioSacral Therapy's effectiveness.

Using scientific protocol co-designed with the West Palm Beach, Fla., Veterans Administration Medical Center, The Upledger Foundation treated 22 Vietnam veterans, all of whom were significantly handicapped by post-traumatic stress disorder.

"At the program's conclusion, an independent report confirmed that the veterans' experienced fewer symptoms, most notably those related to obsessive/compulsive thoughts and

➤ See Therapy, D5

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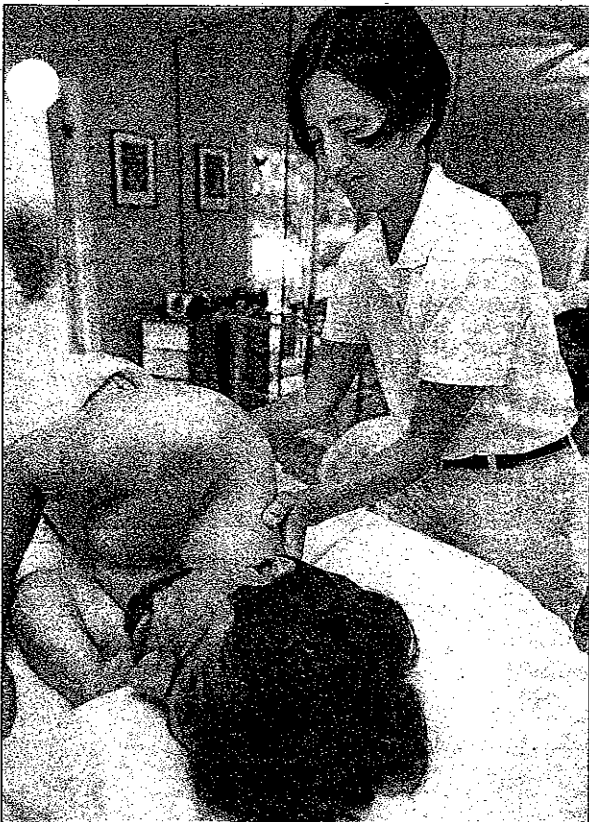
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Alicia Archuleta/The Leaf-Chronicle

Mivo Kachi practices Chinese CranioSacral Therapy on her husband, Rocheleau.

## Therapy

Continued from D4

behaviors, depression, lack of motivation, feelings of alienation and withdrawal, and in the total number and severity of general symptoms," says the International Alliance of Healthcare Educators' Web site, www.iahe.com.

The technique also has demonstrated measurable benefits for children with aggressive behaviors and autism.

"It's really interesting for people with fibromyalgia," Kachi says. "There's something unusual about their electrical system. They're electrically different."

Fibromyalgia causes pain that can make traditional massage therapy impossible. This makes the ultra light touch of CranioSacral Therapy a well-suited alternative.

"It's a very gentle kind of work," says Kachi, whose Well-spring Therapeutic Bodywork integrates her seven years of experience as a massage therapist with other energy and healing touch techniques. "It's less intrusive than deeper work. It's easier to take. It's more respectful of the body's healing system."

both fully trained in Chinese CranioSacral Therapy, they are interested in intensively working with the new technique to hone their skills and observe the treatment's results with various patients and conditions. For that reason, both are offering free Chinese CranioSacral treatments for the month of August. A treatment would ordinarily cost \$60 or more.

Slater says not every form of therapy will work for every pa-

tient. The introduction of this new technique is an opportunity for people to see, for free, if CranioSacral Therapy is helpful for them. Welch says it's an opportunity you shouldn't pass up.

"It's amazing what this can do for you," Welch says. "It's a very different experience from any other thing she (Slater) has done. It definitely helped."

Stacy Smith Segovia is a features writer for The Leaf-Chronicle. She can be reached at 245-0237 or by e-mail at stacyssegovia@theleafchronicle.com.

### Try it for free

Although Kachi and Slater are

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