

## Chronic Headaches and CranioSacral Therapy

**By: Gloria Flores**

**47 Year Old Female**

**Treatment Start Date - June, 2006**

**History:** The client came to me on the advice of her massage therapist who recommended CranioSacral Therapy because the client had been suffering from headaches and low or no mental clarity for the past six months. She noticed the headaches began after she had her house painted. The client was no longer able to work although she was only 47 years old. She said it was difficult to string together sentences. Previous to experiencing her symptoms she said she had a wonderful sense of humor and worked as a high-powered booking agent for celebrities. The client suspected that the painter she hired to work on her house 7 months earlier had carelessly introduced lead paint dust into her living space when he sanded the window frames inside the house. She felt this was the cause of her lack of mental clarity since she noticed her dog's health had also been affected. She sees a massage therapist but no other practitioners on a regular basis.

**Evaluation:** Evaluation and treatment revealed multiple sphenoid lesions and dural tube restrictions in the Respiratory Diaphragm area. The liver area felt hot.

**Treatment:** I treated the client with a series of 4 one-hour sessions, once a week, for a month. The sessions consisted of 10 step protocol treatments, correction of sphenoid lesions and cranial pumping to increase production of cerebrospinal fluid and circulation of fluids to the brain. I paid special attention to repeating the dural tube rock and glide techniques many times. The patient commented that she felt like she was 'sinking into the table' as I did this.

I used Direction of Energy and removal of Energy Cysts on the client's liver since it felt hot. The liver is the major organ of detoxification in the body. I used the cranial pump technique during each visit to increase the production and distribution of cerebrospinal fluid and improve the client's overall vitality.

**Outcome:** A few days after her first session I spoke to the client who said she noticed improvement in her memory lasting a few days after the session. When the client came in for her third session I no longer detected any sphenoid lesions. The client said she felt that her mental clarity was improving and that she felt her normal personality emerging. After 4 sessions the client was confident enough in her mental clarity that she was able to fill out a job application and was optimistic about going back to work.

**Conclusion:** Since the client felt that the symptoms she experienced were of toxic origin after the interior of her house was painted, CranioSacral Therapy was helpful because it was able to address this problem. There are chelating elements in cerebrospinal fluid which bind to toxins and remove them from the system. To increase the production and circulation of CSR, the dural tube rock and glide along with the cranial pump technique was used each time the client came for a session. Each time the client left my office she commented that she felt more and more like her old self. This was a result of CranioSacral Therapy aiding the client's body to rid itself of the toxins and improve the client's mental clarity and overall health and vitality. Direction of Energy and Energy Cyst Removal helped the liver function better to aid in the removal of toxins.