

*Discover*

# CranioSacral Therapy

*for*

## Cancer

*Support*

## Treatment



## What is CranioSacral Therapy?

CranioSacral Therapy (CST) is a gentle, hands-on method of evaluating and enhancing the functioning of the body's craniosacral system. The craniosacral system is comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. By freeing the central nervous system to perform at its best, CST naturally reduces pain and stress, strengthens resistance to disease and enhances health and well-being. Because it's so gentle, CST has proven effective for all people of all ages.

## How is CST Performed?

A typical CST session is performed fully clothed on a comfortable padded table, or in a seated position. Through gentle touch, the therapist begins monitoring the rhythm of the fluid flowing around the central nervous system. Delicate manual techniques facilitate the release of restrictions in the body and head thus improving the function of the central nervous system. The sessions are generally deeply relaxing, creating feelings of gentle pulsation, warmth and tissue release. A CST session can last a few minutes to over an hour. It can be used alone or integrated with other therapies to enhance well-being.

*"It is amazing how deeply relaxed I become during a CST treatment, and I stay that way for a long while."*  
– Scott H.

## Cancer Treatment has Evolved to Include CranioSacral and Other Forms of Complementary Care

**CranioSacral Therapy has been reported to help:**

- Reduce pain
- Release stress and tension
- Diminish and ease side effects of medical procedures and treatments
- Provide deep relaxation
- Relieve fatigue
- Enhance overall health and well-being



*"I have used CST with clients who have had many types of cancers in all stages. It imparts renewed strength to heal and a sense of well-being. It is needed for recuperative powers of the human body to take place."*

– S. Aderholt, OTR, MOT, CST-D

## CranioSacral Therapy and Cancer Support Treatment

CranioSacral Therapy is a whole-body approach that is intended to support the process and recovery from medical treatments.

### CranioSacral Therapy has been reported by patients with cancer to help:

- Alleviate side effects from chemotherapy, radiation and other treatments
- Decrease or eliminate nausea
- Increase appetite to assist nutritional needs
- Sense of taste and smell return to normal
- Restore energy, vitality, and strength
- Eliminate swelling and stiffness after long periods of immobilization during radiation treatments
- Strengthen immune system, which may be compromised from the cancer treatments
- Reduce chance of infections
- Improve quality of life
- Decrease Pain

*"Side effects from my radiation and chemotherapy treatments were greatly reduced by CranioSacral Therapy (CST). I recommend CST treatments to any cancer patient."*  
– Sherry H.

### CranioSacral Therapy has been reported to help pre- and post-operative care by:

- Supporting and improving your body's healing abilities
- Helping tissues by improving circulation and oxygenation
- Managing and decreasing pain
- Improving fluid flow to help speed recovery from effects of anesthesia
- Helping to protect against inflammation and infections

*"Like many other complementary therapies, it may promote a feeling of relaxation and help relieve the stress associated with cancer...Many cancer patients who've tried craniosacral therapy have noted a decrease in pain caused by the disease or treatments for the disease. Patients have also seen a reduction in headaches."*

– Mesothelioma Cancer Alliance



*"I do not believe my surgery recovery would have been so easy without my CST treatments to prepare me."*  
– Cary S.

More cancer centers are integrating CranioSacral Therapy and other complementary therapies.

CST is appropriate for all ages and many types of cancer.

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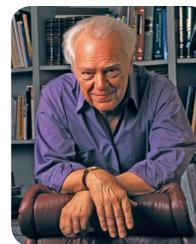
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If you have any questions, please consult your physician or ask your practitioner:



## How Did CranioSacral Therapy Begin?

CranioSacral Therapy was developed by Dr. John E. Upledger, an osteopathic physician and surgeon featured in TIME magazine as one of America's next wave of innovators. From 1975 to 1983, Dr. Upledger was a professor of biomechanics at the Michigan State University College of Osteopathic Medicine. While he was there he led a team of anatomists, physiologists, biophysicists and bioengineers that performed and published the clinical research which formed the basis for the modality he named CranioSacral Therapy.



John E. Upledger  
DO, OMM