

# cra·ni·o·sa·cral ther·a·py

- 1: a light-touch, whole-body treatment technique developed by John E. Upledger, DO, OMM; works with the body's craniosacral system to support and nourish the central nervous system – improving overall health and well-being.
- 2: a complementary method of hands-on bodywork; works with the natural and unique rhythms of the different body systems to pinpoint and address problem sources.
- 3: helps to alleviate the aches, pains and strains of life; improves coping mechanisms to allow for better management of stress.
- 4: improves the body's ability to self-care; can produce profound, positive changes.