

## Craniosacral Therapy Timmins

Craniosacral Therapy Timmins - The very system that supports the spinal cord and brain is called the craniosacral system. Going down the spine flows the cerebral spinal fluid from the head's base all the way to the sacrum. The cranial fluid cleanses the nerve fibers, which allows the nervous system to be able to maintain proper functioning. The craniosacral structure has a direct affect on each part of the central nervous system and supports proper functioning. The craniosacral system has an enormous influence over the body and few systems compare.

Treatments which involves craniosacral therapy work directly with the craniosacral system. Working to release fascia restrictions inside the body, this particular therapy can have a restrictive effect on other systems of the body including the visceral organs, musculoskeletal system, central nervous system and tissue spaces. By unwinding the aches and dysfunction may help get rid of tension, which can improve the general health condition of the patient and could also improve the immune system.