

## Craniosacral Therapy Halifax

Craniosacral Therapy Halifax - The Craniosacral system nourishes and protects the brain and spine. Cerebral spinal fluid goes down the spine from the base of the skull to the sacrum and cleanses the nerve fibers with cranial fluid which enables the nervous system to maintain proper function. The craniosacral structure directly affects every part of the central nervous system and assists with right functioning. The craniosacral system truly has an enormous effect on 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 therapy could have a restrictive effect on other systems of the body which includes the central nervous system, tissue spaces, the visceral organs, and the musculoskeletal system. Anxiety can be removed by way of unwinding dysfunction and aches, hence enhancing the patient's general health and potentially enhancing the immune system.