

## Office Hours

I see clients Monday through Friday in my Redondo Beach office. Morning, afternoon, and evening appointments are available on different days of the week.

## Appointment Times & Fees

**Full sessions** (75 minutes) or **extended sessions** (90 minutes) are available. I also offer **intensives**, in which clients are seen from one to two hours each day for five consecutive days.

Fees: Full session \$110; extended session \$130. Discounts are available when you prepay for a series of five or more sessions.

## About CranioSacral Treatments

You will lay **fully clothed** on the treatment table while the therapist applies **very light pressure** to help your body begin making the needed self-corrections.

**Length of treatment** depends on your goals for healing and the nature of the disorder being addressed. Acute injury, for example, can benefit enormously from three to five sessions. With chronic, debilitating disease or severe injury, more sessions may be required.

## What is CranioSacral Therapy?

CranioSacral Therapy (CST) is a gentle, hands-on method of enhancing the function of your central nervous system, relaxing the musculature throughout your body, and facilitating mobility of the entire skeletal system.

As such, CranioSacral Therapy greatly enhances the body's ability to dissipate negative effects of stress, reduce pain, improve range of motion, and boost overall health and well-being.

The work can be profoundly relaxing, exhilarating, deeply moving, or involve resolution of old "issues." Through such techniques as cranial manipulation, tissue unwinding, dialoging, Somato-Emotional Release, and CellTalk, CranioSacral Therapy can effect not only profound structural change within the body, but also mental and emotional change.



### Karen Axelrod, BA, CST-D, CMT Certified Somatic Therapist

Karen is a certified somatic therapist specializing in CranioSacral Therapy. She is an Upledger Institute-certified CranioSacral Therapy instructor. Her treatments encompass integration of body, mind, and spirit while helping clients recognize and reconnect to inner resources necessary for deep healing at a core level.

Member ABMP, IAHP, ACSTA

For appointments:  
310.376.0113

# CranioSacral Therapy

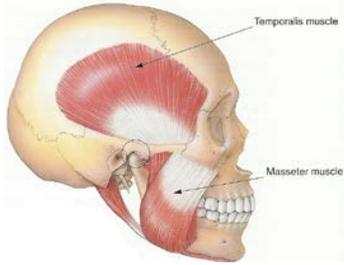
For TMJ disorders,  
sleep apnea, and snoring



**Karen Axelrod, BA, CST-D, CMT**  
Certified Somatic Therapist  
310.376.0113  
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## About TMJ Disorders

Humans are hard-wired to respond to stress by clenching the jaw. This sends a message through the muscles of mastication (masseter, temporalis, and pterygoids) into the amygdala, that of the brain responsible for our *fight-or-flight* response.



This response manifests in numerous ways. Accidents and injuries activate it. Perceived danger, such as “Can I pay my rent!?,” can set it off. Physical stress, like continuing to work despite your aching back, causes the

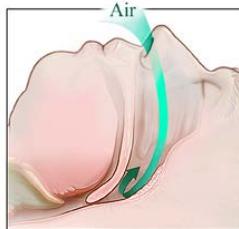
jaw to clench as you deal with the pain. Mental stress certainly activates this response too.

Prolonged stress can lead to chronic jaw clenching and, ultimately, temporomandibular joint dysfunction (TMJD). If left untreated, you may develop neck or facial pain, headaches, or other TMJ-related problems. If your jaw remains clenched over time, the muscles of mastication keep your fight-or-flight switched *on* constantly, which in turn causes those muscles to clench even more as your body braces for the next wave of *perceived* danger.

## Sleep Apnea and Snoring

Sleep apnea is an abnormal pause in breathing or instances of very shallow breathing during sleep. Due to the lack of oxygen and lack of deep sleep your body and brain receive at night, apnea can result in daytime sleepiness, constant fatigue, impaired alertness, or brain fog. Left untreated, long-term apnea may lead to such life-threatening conditions as high blood pressure, heart disease, heart attacks, or strokes.

We all know about snoring . . . which may be associated with apnea, or may be caused by blocked nasal passages, sinuses, or air-flow obstruction within the throat.



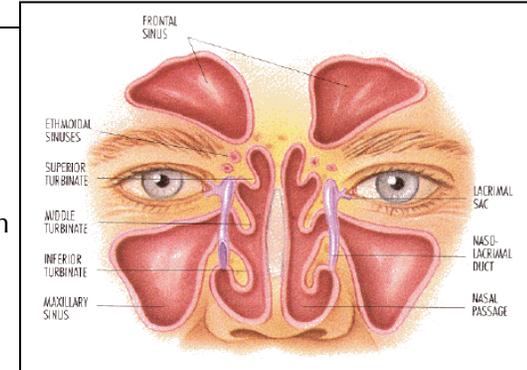
Airway is blocked and air does not move through

## CranioSacral Therapy Breaks the TMJD Cycle

CranioSacral Therapy can help break the fight-or-flight cycle activated by chronic TMJ dysfunction. CST’s light-touch techniques are ideal for TMJD because they won’t re-traumatize sensitive areas. We gently work with your jaw, neck, and facial muscles to help them relax and release their grip on your TMJ. We will look at other muscle groups bodywide and see how they might relate to TMJ issues.

## CranioSacral Therapy Assists Sleep Apnea and Snoring

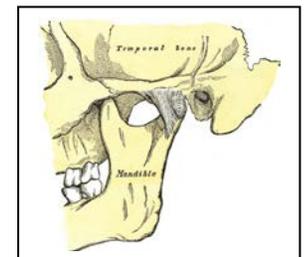
CranioSacral Therapy can help open blocked nasal passages, sinuses, and the throat by gently mobilizing bones within your cranium and helping muscles in your neck and throat to relax. Because sleep apnea may be caused by a central nervous system (CNS) dysfunction in which your brain cannot properly trigger the muscles used in breathing, we may also explore whether these signals are interrupted.



## CranioSacral Therapy Supports Your Orthodontic Treatment Plan

CranioSacral Therapy enhances any orthodontic treatment you are currently receiving. Dental appliances works to better align your mandible with the associated temporal bone to support the most physiologically correct position for your jaw. By “retraining” your jaw and neck muscles, reeducating your CNS, and realigning key bones and joints within your head, neck, and spine, CranioSacral Therapy along with your orthotic helps to destress the jaw joint, reduce muscle spasms, and maintain proper positioning of the jaw along with the most orthopedically correct body posture attainable.

To support this structural work, CranioSacral Therapy helps you become aware of what events, activities, or people cause your jaw to clench. Then, we’ll release your body’s hard-wired responses to those stressors. We will help you identify changes you can make in your daily routines to keep your TMJD from flaring up. Finally, since your body stores emotional responses to physical trauma, there may be an underlying emotional issue that requires resolution before your TMJD subsides. We can explore this avenue as well to help your jaw relax once and for all!



*“The healing CranioSacral work we have done has been powerful and permanent. I feel stronger, more resilient, and my health is improving since we have been working together.”—G.L., Manhattan Beach, CA*