

## About CranioSacral Treatment Sessions

**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. Please call for rates and availability.

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—i.e., whether you want to relieve acute symptoms; release the effects of physical or emotional trauma trapped within the body and restore balance & mobility to the whole structure; or improve your overall well-being on an ongoing basis. Acute injury, for example, can benefit enormously from five to 10 sessions. With chronic, debilitating disease or severe injury, more sessions would probably be required.

## Other Types of Holistic Bodywork Available

- **Advanced Lymphatic Drainage**
- **Rehabilitative and Prenatal Massage**
- **Infant Massage Classes**
- **Visceral (internal organ) Manipulation**

Gift certificates are available too.

Your body's craniosacral system influences the development and function of the brain and spinal cord. Imbalances or tension here can influence all systems affected by the central nervous system: the musculoskeletal, vascular, lymphatic, respiratory and endocrine systems. CranioSacral Therapy is particularly effective in helping to alleviate such sensory, physical, motor, or intellectual dysfunctions as:

\* Allergies \* Autism \* Arthritis \* Central Nervous System Disorders \* Chronic Fatigue \* Chronic Neck and Back Pain \* Depression \* Ear Infections \* Fibromyalgia \* Eye Problems \* Hearing Disturbances \* Hyperactivity \* Immune System Disorders \* Infant Disorders (colic, reflux, excessive crying, difficulty breastfeeding) \* Learning Disabilities \* Migraines and Headaches \* Orthopedic Problems \* Post-Traumatic Stress Disorder \* Sciatica \* Stress and Tension-Related Problems \* Temporomandibular Joint Dysfunction (TMJ) \* Traumatic Brain and Spinal Cord Injuries



### Karen Axelrod, BA, CST, NCTMB Certified Somatic Therapist

Karen is a certified somatic therapist specializing in CranioSacral Therapy, and 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.

*Certified by the National Certification Board for  
Therapeutic Massage & Bodywork.  
Member ABMP, IAHP, ACSTA*

For appointments:  
310.376.0113

# CranioSacral Therapy

Subtle in its approach.

Powerful in its effect.



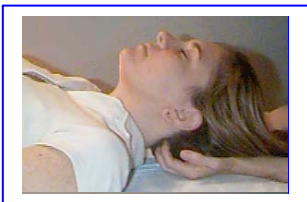
**Karen Axelrod, BA, CST, NCTMB**  
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## What is CranioSacral?

CranioSacral Therapy is a gentle, hands-on method of evaluating and enhancing the function of your craniosacral system—i.e., the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord.

CranioSacral Therapy enhances the body's natural healing processes to improve the operation of the central nervous system, dissipate the negative effects of stress, enhance health and well-being, and strengthen resistance to disease.

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.

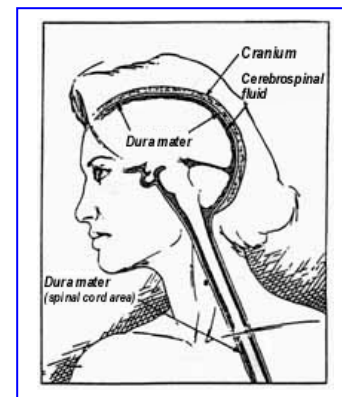


## How CST Works

The **intrinsic movements of the skull bones** enable the therapist to manipulate the rhythmic, hydraulic force inherent in the cerebrospinal fluid surrounding the brain and spinal cord. Called the craniosacral rhythm, this tide-like motion is a direct expression of your physical, mental, and emotional health.

**Injuries, traumatic events, muscle strain, and everyday stress** can cause irregularities in the craniosacral rhythm, which in turn blocks the free flow of cerebrospinal fluid in and out of the brain's dura mater membrane. Such restrictions greatly inhibit the body's ability for self-healing and may result in physical aches and pains, acute and chronic disease, and emotional or psychological disturbances.

Palpation of this hydraulic motion, soft tissue release work, and gentle manipulation of the cranium, spine, and sacrum enable craniosacral therapists to remove restrictions, thus increasing the body's vitality and jumpstarting the self-healing process. Because of the gentle nature of this work, craniosacral therapy is **ideal for babies, children, the elderly, and adults in fragile or acutely painful conditions.**



*"I recognized a 90 percent improvement in movement and pain. This was possibly the best money I've ever spent on bodywork—and I've had a lot of bodywork. I'm in shock and awe over the whole thing! At this rate I don't think there will be surgery."*—M.M., Redondo Beach, CA, 56-year-old facing knee surgery

*"I was really moved by my son's session with Karen. It exceeded my expectations. He was absolutely blissful for the rest of the day. He seems more balanced. It's subtle, but I can see the difference."*—A.P., Palos Verdes, CA, mother of a three-year-old with sleep, allergy, and digestive disorders

*"Words cannot express the overwhelming joy I experienced during our session. **I found my heart!** My body is lighter. I walk around with relaxed facial muscles ready to yield to a smile any time. I am still in a state of wonderment. To look forward to the rest of my life with joy is absolutely incredible."*—V.M., Redondo Beach, CA, chronic pain sufferer

*"I am so blessed to have found you and your healing hands. Thanks for all the miracles you have performed on this body."*—C.W., Lomita, CA, hit by car in 2001, broken pelvis, facial bones, and internal organ damage

*"CranioSacral Therapy can offer a dramatic improvement in quality of life for patients who have found nothing else that works."*—Paul J. Steier, D.O., Cedars-Sinai Medical Center, *USA Today*, August 2, 2000