

## **Craniosacral Therapy Owen Sound**

Craniosacral Therapy Owen Sound - The only system which supports the spinal cord and brain is called the craniosacral system. Moving down the spinal column flows the cerebral spinal fluid starting from the cranium's base up to the sacrum. The cranial fluid cleanses the nerve fibers, which enables the nervous system to maintain proper performance. The craniosacral structure has a direct affect on each and every part of the central nervous system and supports proper performance. The craniosacral system really has a huge effect on the body and not many systems compare.

Treatments involving craniosacral therapy work precisely with the craniosacral system. The treatment works to be able to gently release fascia restrictions in the body which can have a restrictive effect on some other systems of the body including the central nervous system, tissue spaces, the visceral organs, and the musculoskeletal system. By unwinding the aches and dysfunction could help eliminate tension, which can improve the overall health of the patient and may also improve the immune system.