

## Craniosacral Therapy Charlottetown

Craniosacral Therapy Charlottetown - The system which assists the spinal cord and brain is known as the craniosacral system. Traveling down the spine flows the cerebral spinal fluid starting from the cranium's base up to the sacrum. The cranial fluid bathes the nerve fibers, which enables the nervous system to maintain correct functioning. Every part of the central nervous system has a direct affect on the craniosacral structure which supports its correct functioning. Only some systems of the body compare to the impact that the craniosacral system actually has on the body.

Craniosacral therapy is a treatment that works with the craniosacral system. The treatment works to gently release fascia restrictions inside the body which could have a restrictive impact on some other systems of the body which includes the musculoskeletal system, tissue spaces, other visceral organs, and the central nervous system. By unwinding the pain and dysfunction could help eliminate tension, which could enhance the overall physical condition of the patient and can also enhance the immune system.