

## Craniosacral Therapy Winnipeg

Craniosacral Therapy Winnipeg - The only system that assists the brain and spinal cord is known as the craniosacral system. Going down the backbone flows the cerebral spinal fluid from the skull's base up to the sacrum. The cranial fluid cleanses the nerve fibers, which allows the nervous system to maintain right functioning. The craniosacral structure has a direct affect on each part of the central nervous system and helps with proper performance. The craniosacral system actually has a huge influence over the body and only some systems compare.

Craniosacral therapy is a therapy which works with the craniosacral system. The therapy works in order to gently release fascia restrictions within the body that can have a restrictive effect on some other systems of the body including the visceral organs, musculoskeletal system, central nervous system and tissue spaces. Stress can be removed by unwinding dysfunction and pain, therefore enhancing the patient's general physical condition and potentially improving the immune system.