**Discover CranioSacral Therapy**

CST was pioneered and developed by osteopathic physician [John E. Upledger](http://demo.upledger.com/content.asp?id=5) following extensive scientific studies from 1975 to 1983 at Michigan State University, where he served as a clinical researcher and Professor of Biomechanics.   
  
CST is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the craniosacral system - comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord.   
  
Using a soft touch generally no greater than 5 grams, or about the weight of a nickel, practitioners release restrictions in the craniosacral system to improve the functioning of the central nervous system.  
  
By complementing the body's natural healing processes, CST is increasingly used as a preventive health measure for its ability to bolster resistance to disease, and is effective for a wide range of medical problems associated with pain and dysfunction, including:

* Migraine Headaches
* Chronic Neck and Back Pain
* Motor-Coordination Impairments
* Colic
* Autism
* Central Nervous System Disorders
* Orthopedic Problems
* Traumatic Brain and Spinal Cord Injuries
* Scoliosis
* Infantile Disorders
* Learning Disabilities
* Chronic Fatigue
* Emotional Difficulties
* Stress and Tension-Related Problems
* Fibromyalgia and other Connective-Tissue Disorders
* Temporomandibular Joint Syndrome (TMJ)
* Neurovascular or Immune Disorders
* Post-Traumatic Stress Disorder
* Post-Surgical Dysfunction