

About CranioSacral Treatments

I see clients Tuesday through Friday in my Redondo Beach office. Morning, afternoon, and early evening appointments are available on different days of the week.

Regular (60 minutes), full (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 four consecutive days.

You will lay fully clothed on the treatment table while the therapist assesses and then 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; restore balance and mobility to the whole structure; or improve your overall well-being on an ongoing basis. Acute issues, for example, can benefit enormously from five to 10 sessions. With chronic, debilitating disease or severe injury, additional or ongoing sessions would probably be required.

What is CranioSacral Therapy?

CranioSacral Therapy (CST) is a gentle, manual therapy that enhances the function of your central nervous system, relaxes musculature throughout your body, and facilitates mobility of the entire skeletal system.

As such, CranioSacral Therapy greatly enhances the body's ability to dissipate negative effects of stress, reduce pain, improve range of motion, and boost overall health and well-being.

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.



Karen Axelrod, MA, CST-D, CMT **Certified Somatic Therapist**

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

Member ABMP, IAHP, ACSTA

For appointments:
310.376.0113

CranioSacral Therapy

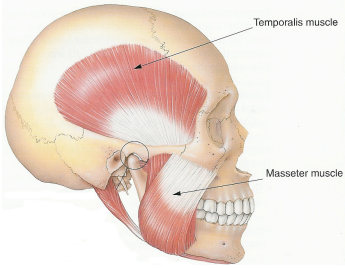
For TMJ disorders,
sleep apnea, and snoring



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About TMJ Disorders

Humans are hardwired to respond to stress by clenching the jaw. This sends a message through the muscles of mastication (masseter, temporalis, and pterygoids) into the amygdala, that of the brain responsible for our *fight-or-flight* response.



This response manifests in numerous ways. Accidents and injuries activate it. Perceived danger, such as “Can I pay my rent!?” can set it off. Physical stress, like continuing to work

despite your aching back, causes the jaw to clench as you deal with the pain. Mental stress certainly activates this response too.

Prolonged stress can lead to chronic jaw clenching and, ultimately, temporomandibular joint dysfunction (TMJD). If left untreated, you may develop neck or facial pain, headaches, or other TMJ-related problems. If your jaw remains clenched over time, the muscles of mastication keep your fight-or-flight switched *on* constantly, which in turn causes those muscles to clench even more as your body braces for the next wave of *perceived* danger.

Sleep Apnea and Snoring

Sleep apnea is an abnormal pause in breathing or instances of very shallow breathing during sleep. Due to the lack of oxygen and lack of deep sleep your body and brain receive at night, apnea can result in daytime sleepiness, constant fatigue, impaired alertness, or brain fog. Left untreated, long-term apnea may lead to such life-threatening conditions as high blood pressure, heart disease, heart attacks, or strokes.

We all know about snoring -- which may be associated with apnea, or may be caused by blocked nasal passages, sinuses, or air-flow obstruction within the throat.



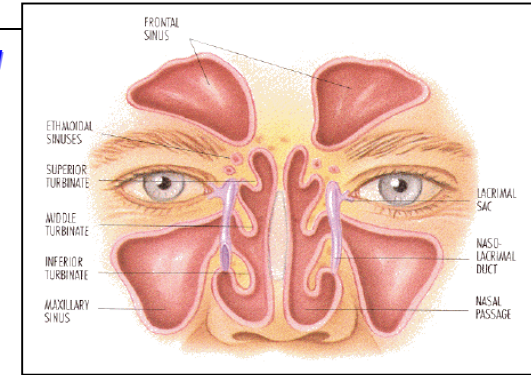
Airway is blocked and air does not move through

CranioSacral Therapy Breaks the TMJD Cycle

CranioSacral Therapy can help break the fight-or-flight cycle activated by chronic TMJ dysfunction. CST’s light-touch techniques are ideal for TMJD because they won’t re-traumatize sensitive areas. We gently work with your jaw, neck, and facial muscles to help them relax and release their grip on your TMJ. We will look at other muscle groups bodywide and see how they might relate to TMJ issues.

CranioSacral Therapy Assists Sleep Apnea & Snoring

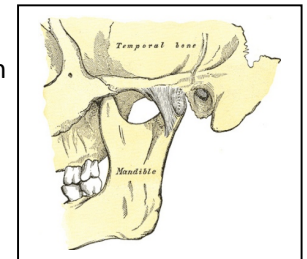
CranioSacral Therapy can help open blocked nasal passages, sinuses, and the throat by gently mobilizing bones within your cranium and helping muscles in your neck and throat to relax. Because sleep apnea may be caused by a central nervous system (CNS) dysfunction in which your brain cannot properly trigger the muscles used in breathing, we may also explore whether these signals are interrupted.



CranioSacral Therapy Supports Your Orthodontic Treatment Plan

CranioSacral Therapy enhances any orthodontic treatment you are currently receiving. Dental appliances work to better align your mandible with the associated temporal bone to support the most physiologically correct position for your jaw. By “retraining” your jaw and neck muscles, reeducating your central nervous system, and realigning key bones and joints within your head, neck, and spine, CranioSacral Therapy along with your braces or orthotic helps to destress the jaw joint, reduce muscle spasms, and maintain proper positioning of the jaw along with the most orthopedically correct body posture attainable.

To support this structural work, CranioSacral Therapy helps you become aware of what events, activities, or people cause your jaw to clench. Then, we’ll release your body’s hardwired responses to those stressors. We will help you identify changes you can make in your daily routines to keep your TMJD from flaring up. Finally, since your body stores emotional responses to physical trauma, there may be an underlying emotional issue that requires resolution before your TMJD subsides. We can



“The healing CranioSacral work we have done has been powerful and permanent. I feel stronger, more resilient, and my health is improving since we have been working together.”—G.L., Manhattan Beach, CA