

## About CranioSacral Treatment Sessions

Sessions are available for 60, 75, or 90 minutes. I also offer *intensives*, in which clients are seen from one to two hours each day for three to five consecutive days. Please call for rates and availability.

You will lay 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.

CranioSacral Therapy is **absolutely safe** during all phases of pregnancy when performed by a specially trained professional. It is also perfectly safe for women on bedrest. I have helped hundreds of women through successful, healthy pregnancies. I look forward to working with you!

*Gift certificates are available too.*

## CranioSacral Therapy

*Subtle in its approach. Powerful in its effect.*

Your body's craniosacral system influences the development and function of the brain and spinal cord. Restrictions, imbalances, or strains within it can influence all systems affected by the central nervous system: the reproductive, musculoskeletal, vascular, lymphatic, and endocrine systems. CranioSacral Therapy is particularly effective in helping to alleviate such sensory, physical, motor, or intellectual dysfunctions as:

- \* Autism \* Arthritis \* Central Nervous System Disorders
- \* Chronic Fatigue \* Chronic Neck and Back Pain
- \* Depression \* Ear Infections \* Fibromyalgia
- \* Eye Problems \* Hearing Disturbances \* Hyperactivity
- \* Infant Disorders (colic, reflux, excessive crying, difficulty breastfeeding) \* Infertility \* Learning Disabilities \* Migraines and Headaches \* Orthopedic Problems \* Pain Syndromes \* Post-Traumatic Stress Disorder \* Sciatica \* Stress and Tension \* TMJ disorders
- \* Traumatic Brain & Spinal Cord Injuries



**Karen Axelrod, MA, CST-D, CMT**

**Certified Somatic Therapist**

Karen is a certified somatic therapist specializing in CranioSacral Therapy. She also is an Upledger Institute-certified CranioSacral Therapy instructor. Her treatments integrate body, mind, and spirit to help clients recognize and reconnect to inner resources necessary for deep healing at a core level.

Certified by the  
California Massage Therapy Council #7399  
Member ABMP, IAHP, ACSTA

310.376.0113

# CranioSacral Therapy

## For Fertility, Pregnancy, Infants & Children



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## What is CranioSacral Therapy?

CranioSacral Therapy (CST) is a gentle, hands-on method of enhancing the function of your craniosacral system — i.e., the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord.

CST enhances the body's natural healing processes to improve operation of the central nervous system, dissipate negative effects of stress, enhance health and well-being, and strengthen resistance to disease for people of all ages.

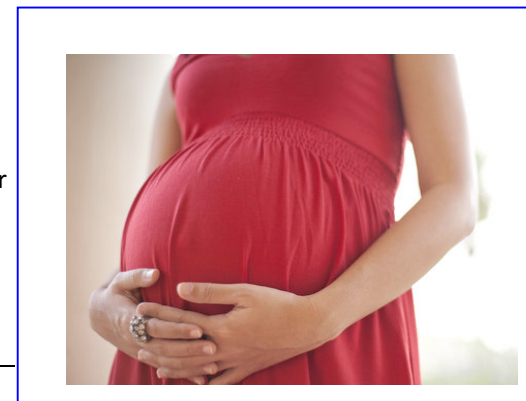
The work can be profoundly relaxing, exhilarating, deeply moving, or involve resolution of old "issues." Through gentle cranial manipulation, tissue unwinding, dialoging, imagery, Somato-Emotional



Release, and *CellTalk*, CST can effect not only profound structural change within the body, but also mental and emotional change.

### **CST for Fertility**

CST can boost fertility in a number of ways. If a woman is highly stressed and living in the "fight-or-flight" state, the body is not prepared for reproduction. Because of its inherently relaxing nature, CST can help women attain proper *parasympathetic* function, which readies the body for conception and fertility. Additionally, a misaligned pelvic structure or chronic muscle tension in the low back or pelvic floor can adversely affect nerves that supply the reproductive organs as well as the organs themselves. CST can help alleviate such tension so all the bones, muscles, organs, and nerves of the pelvis can regain optimal function to support conception and a healthy pregnancy.



### **CST for Pregnancy**

CST helps relieve aches, pains, and general stress to provide an overall sense of calming to mom and baby. It aids the body – and the pelvis in particular – in adapting to the growth of the baby so baby can more easily assume an ideal birth position. This ultimately promotes a timely, easier birthing process. CST can also address any negative emotions (such as fear or worry) associated with pregnancy, and help rid the body of residual tissue memory of past emotional or physical trauma – some of which may relate to previous pregnancies, births, or a complicated conception process. This clears the way for mom and baby to develop the healthiest relationship possible – on physical, emotional, mental, and even energetic levels.



### **CST for Infants and Children**

Because of its gentle nature, CST is ideal for newborns, infants, and children of all ages. Parents typically bring their newborns for a post-partum CranioSacral checkup within the first two weeks to assess for structural or other issues that may have developed in utero or during the delivery. I work with infants who have colic, digestive disturbances, torticollis, problems nursing or latching on, tongue ties, plagiocephaly, or developmental delays. My work with older children includes those with learning challenges, autism/Asperger's, post-concussive syndromes, chronic pain, and more.



*"Before I had my youngest son, I had three miscarriages. I'm convinced that CranioSacral Therapy helped me get through my pregnancy with him."*—A.F., two-time Manhattan Beach mom

*"Our son is doing really well – no symptoms of headaches and having a fun high school life. We all know for a fact that CranioSacral Therapy was the most effective treatment for his concussion."*—J.M., whose son had a skateboarding accident