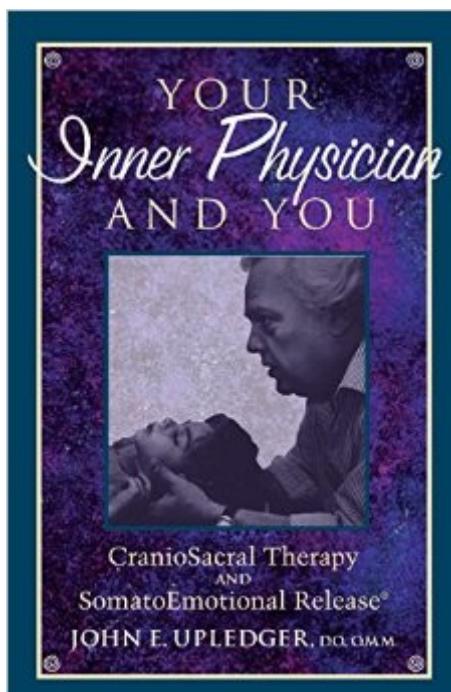


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# Your Inner Physician And You: Craniosacral Therapy And Somatoemotional Release



## Synopsis

This lively book describes the discovery and therapeutic value of the craniosacral system in easy, understandable terms healthcare professionals and laypeople alike can understand. Dr. Upledger's colorful case histories explain the path that led to his discovery of this exciting medical modality. The book contains a play-by-play account of the development of CranioSacral Therapy, SomatoEmotional Release, and other concepts and techniques. It's recommended reading for therapists, patients, caregivers, and anyone interested in understanding how therapy performed on the craniosacral system can improve the quality of life.

## Book Information

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## Customer Reviews

When I was 16 yrs old, I was brutally raped and beaten. I did what I had to do to survive. I repressed all memories of the attack. It did not exist in my mind. My body was another story. It recalled in great detail the abuse I suffered. My body reminded me daily with unexplained pain in all parts of my body. I suffered from chronic strep throat from being choked, countless ear and eye infections trying not to "hear" and "see" the abuse. The pain was still there in my ribs from being kicked. I spent the next 14 years in and out of hospitals where I was diagnosed with everything from leukemia to the standard "it's all in your head". The pain was unbearable at times and I would be rushed to the hospital where the physicians would find nothing wrong. They took out my appendix for the heck of it and eventually I had a total hysterectomy to combat the big"C" (cancer). It took years of counseling, and numerous anti-depressants to heal my mind. Which is great in itself, but the

physical pain was still there and remained a medical mystery. Through somato release and cranial-sacral therapy I was able to become a whole person free of pain. Dr. Upledger's book is well written and easy to understand. Anyone who has unexplained pain owes it to themselves and their families to read this book and put its theory to the test.

This is a captivating book if you can handle some new ideas. Upledger's system of craniosacral therapy is based on his accidental discovery that the pressure of the cranial and spinal fluid fluctuates in a regular rhythm. This cyclical change occurs at a rate of 4 to 10 times a minute, producing what he calls a cranial wave or pulse. If your mind is handicapped by preconceptions instilled by our hidebound system of medical education in this country, you won't have any patience with this idea and you won't want to read this book. But I would encourage you to suspend your disbelief and give Upledger a fair hearing. His book is a fascinating report of his success in treating people that other practitioners have given up on. The book is entertaining and full of surprises, because the man writes without affectation and because he's simply an interesting fellow who has had an interesting life. You may want to hold off on your own final judgment of some of Upledger's ideas but I definitely am giving him the benefit of the doubt. This is because I've had the good fortune to have been introduced to craniosacral therapy in massage school and again in one of the Upledger seminars. Under the guidance of someone who knows what they're doing, you can learn to feel the cranial wave and to manipulate the cranial bones. These bones do move, but the movement is very slight and you have to be infinitely patient and have some peace in your soul to be able to tune in to them. It's an overwhelming, awe-inspiring experience when you finally do. One day Upledger will be recognized as one of the pioneers of medicine and the people of that day will wonder why it took us so long to catch on.

being a freelance writer i need to keep up with health issues and i found this book not only readable but also helpful in explaining the link between the brain and physical/emotional health. my nephew who has attention deficit disorder is being treated using CST (craniosacral therapy) and has improved immensely, so the book helped his mother and i to apply and understand some of the techniques. i recommend this book especially for mothers with autistic children or children with learning disabilities.

This book was recommended reading prior to taking the CranioSacral Therapy - 1 class taught by the Upledger Institute. As I passed through the first couple chapters, I was in total disbelief that any

of what I just had read was plausible. After the next couple chapters - I could not put it down. I found the more I read, the more hooked I became. Although I was skeptical, I became more and more interested. Not having studied anything of this nature previously, it was hard to accept that such dramatic results were possible. What I had the hardest time with was the idea that (it seemed) NO ONE had previously observed nor noted the existance of the craniosacral rhythm. In any case - the book is written with great enthusiasm for the subject matter. I suggest that when you have completed this book you read the book "CranioSacral Therapy" by Upledger and Vredevoogd. It explains the principals and concepts upon which THIS book is founded.

I have been in chronic pain for 1 1/2 years following a twisting fall down a flight of 8 concrete steps. I tried traditional medicine and medication, chiropractic, traditional swedish massage and nothing seemed to completely relieve the pain, although the chiropractic therapy did help to some degree. My family physician suggested I try myo-facial massage. It happened that the therapeutic massage therapist she recommended also was a practitioner of cranio-sacral therapy. I had never heard of cranio-sacral therapy and was doubtful. However, the therapist loaned me a copy of Dr. John Upledger's book and began this therapy method on me as an adjunct to the myo-facial massage . This combination of therapy has produced tremendous results. The book has also opened my eyes to a non-invasive, holistic type of therapy, cranio-sacral therapy, which can be extremely useful for a lot of problems people experience for which traditional medicine has failed or not provided complete results. The book is an easy read of a truly technical topic. It will provide much in the way of insight to anyone who reads it. I urge others to read it and to discuss its merits with your family physician and other medical practitioners. This is a book about a little known therapy which can produce astounding results! Well worth the time and money!

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