

## Mothers & Babies

The process of pregnancy and childbirth is quite simply amazing. Mother and baby share some very sophisticated interacting mechanisms that facilitate and control the progress of the pregnancy and the birthing process. Sometimes circumstances may dictate that these natural processes are hurried along and this can sometimes lead to problems. CST can improve the comfort of both mother and child before and after childbirth. Infantile colic, poor sleep, erratic feeding, anxiety and general restlessness all respond not only very well, but usually quickly, when treated with Cranio-Sacral Therapy.



Oscar has a CST treatment, aged 6 days

## CranioSacral - just a "head treatment" ?

The word 'CranioSacral' does seem to imply a kind of head treatment, and it is certainly true that a CST treatment is often focused around the head neck and back – they are, after all, the main centres of our nervous system. However, the therapy may be applied to *any* part of the body from, quite literally, head to toe.

## Where & When ?

My treatment room is located in:

**Mulbarton (South Norwich)**  
Kestrel Close, Mulbarton, NR14 8BD  
(Phone 01508 571 223)

Thursday, Friday & Saturday

First appointment 10:30am, last appointment 5:00pm

## How much does it cost ?

One hour treatment **£40**  
½ hour treatment (for babies) **£20**  
(½ hr sessions are not suitable for 1st appointments)  
*(Sorry, I do not accept credit or debit cards)*

You can also be treated in your own home or place of work; I use a custom built portable treatment couch for this purpose. Prices depend on the location and the number of treatments required on that day. Further details are on my website, or ring me if this option interests you.

## How many treatments will I need ?

This really is a very tricky question and very difficult to answer definitively. We have all had unique experiences and we have all been through, and seen different things – so our needs are bound to be different.

The grown-ups amongst us might reasonably expect to need somewhere between two and six CST sessions. Some maybe less and some maybe more. Babies, though, react to CST a lot more quickly and so may only need just one or two treatments.

I will help you plan and schedule your appointments - you may book a series of treatments in advance or alternatively just book one treatment at a time.

# How can Cranio Sacral Therapy Help Me ?

Stress  
Headaches & Migraines  
Rheumatism  
Colic  
Depression  
Sciatica  
Arthritis  
Back ache  
IBS  
Neck Pain  
Muscular Aches & Sprains  
Emotional Problems  
Insomnia  
Bone & Joint Disorders  
Hyperactivity  
Frozen Shoulder  
Chronic Fatigue  
Sinusitis  
ME  
TMJ / Jaw Disorders  
Trigeminal Neuralgia  
Exhaustion  
Birth Trauma

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## What can CST Help Me With ?

Here is list of conditions that CST has helped people with in the past.

Allergies	Hyperactivity
Arthritis	Impotence
Asthma	Infertility
Autism	Insomnia
Back pain	Learning difficulties
Birth trauma	ME
Bone/joint disorders	Menstrual pain
Breathing disorders	Migraines
Bronchitis	Muscular aches/sprains
Cerebral palsy	Nervous disorders
Chronic fatigue	Post dental trauma
Colic	Rheumatism
Depression	Sciatica
Digestive problems	Sinusitis
Drug withdrawal	Spinal curvatures
Dyslexia	Stress-related conditions
Emotional problems	Stroke
Exhaustion	TMJ/jaw disorders
Headaches	Trigeminal neuralgia
Hormone imbalances	Visual disturbances

Now that you've looked down the list let me make it clear that I will always treat you, *the person*, and not your symptoms. I do not have a series of "off-the-shelf" treatment plans for dealing with, for instance, back pain, arthritis or migraines.

Conventional medicine does however have a tendency to look at us as an amalgam of symptoms and maladies. In contrast, I use CST to enable your whole body to find it's own, improved, point of balance. CST will bring your nervous system, your endocrine (glands) system, all of your circulatory systems, your muscles and your joints into a better state. And that complete treatment of *you* will enable your body to heal itself much more easily.

## How does CranioSacral Therapy help ?

CranioSacral Therapy is a very gentle, all-over, body treatment that is excellent for soothing away those nagging pains that just seem to hang on. We get these nags from old injuries, illnesses or surgery – sometimes we just don't allow our bodies enough time to heal before we have to get back to saving the world. Our bodies are clever enough to *cope* with these challenges, but eventually pains and discomforts may occur in other parts of our body which ultimately we really should manage.

CST is also very good at dealing with pains that result from recent injuries and illnesses. The overall CST treatment strategy in all cases is to palpate the body and *feel* where the changes should be made and then allow the body to make it's own changes. This is done by applying very small pressures to neutralise the tensions held within the body so that the soft tissues are then able to relax into their own, more *comfortable*, configuration.

CST will give benefits if you are suffering with headaches, migraines, back or neck pains, emotional stress and general feelings of being "out of sorts" - or maybe just a lack of energy, vitality or concentration.

## What does the treatments feel like ?

You are clothed during the treatment and lie on a soft, comfortable couch. It is a gentle non-invasive therapy, the sensations consist mostly of warm, comforting, light pressures. It is not a massage, neither are there any sudden or painful manipulations. Most people find a CST treatment extremely relaxing.



## Eric Demmon

I graduated with a degree in Physics and spent many years in computing - doing all the usual IT stuff - software, hardware, & support. Time came for a change.

I had an interest in body energy from Tai Chi, and this lead me on to body therapies. I trained in Therapeutic Massage, later in Sports Massage and Sports Equipment Therapy. I also studied Shiatsu for two years. It was then, in 1998, that I encountered CranioSacral Therapy. I was impressed by it's gentle but powerful nature, and started to study and practise it.

Since that time, I have attended workshops studying and practising CranioSacral Therapy, mostly with the Upledger Institute UK, and also with the Franklyn Sill's Karuna Institute in Dartmoor, Devon.

I have completed the Upledger certification programme and I am also a registered member of the CSTA - Craniosacral Therapy Association of the U.K.

I'd be delighted to give a brief talk on CST as well as demonstrate it to any groups that have an interest - please contact me.

*Please ring me if you have any questions or would just like to have a general chat about craniosacral therapy.*

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