

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” might 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 central nervous system. However, the CST treatment can 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)

Appointments on 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)
(Payment by cash or cheque only)

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

Eric Demmon BSc CST
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What can CST Help Me With ?

Here is list of conditions that have responded favourably to CST treatments.

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

It is quite a long list, but please let me make it clear that I always treat you, the person, and not just 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, however, does have a tendency to look at us just in terms of our symptoms. In contrast, I use CST to enable your whole body to find it's own, improved, point of balance. It's an individual and unique treatment for you that 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 need to be made and then just allow the body to make its own adjustments. 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 remain clothed 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 BSc CST

It was early in 1999 when I first started my CranioSacral Therapy (CST) training with the Upledger Institute and I have been practicing it now as a self-employed therapist for over ten years, having also completed the Upledger Certification Programme - which entitles me to the "CST" qualification.



I started my complementary therapy training in 1997 in therapeutic massage. Later in 1998 I trained in sports massage and sports equipment therapy. I also studied Shiatsu for two years and it was around that time that I became interested in CST.

I have also received CST training from Franklyn Sills at the Karuna Institute to experience his teachings on Craniosacral Biodynamics.

Before the year 2000 I had a long career as an IT professional. My BSc comes from Reading University where I studied solid state physics.



I treat exclusively in my own treatment room in Mulbarton, just to the South of Norwich, in Norfolk.