

MIND OVER MATTER:

IT IS SAID, A THERAPEUTIC TOUCH IS ALL YOU NEED TO HEAL FROM ILLNESS. AT LEAST, THAT'S WHAT FOLLOWERS OF CRANIOSACRAL THERAPY BELIEVE.



This relatively new type of technique has been widely used in the US and London and works to resolve a range of issues that even doctors are puzzled by. If you have a reoccurring health issue that traditional medicine has failed to cure, this could be your best medicine...



Priti Coles is far from your ordinary therapist: not only does she have a thriving waxing business built over many years, but she is also a holistic therapist, qualified in several types of massage, reflexology and Angelic Reiki. With a passion for working with the body and soul holistically, she's also an intuitive healer, channeling into the power of the mind to bring change and heal where it's needed most. It may sound very New Age, but

its roots are steeped in medical fact, and it's only now catching on in Leicestershire, as the desire to find alternative solutions where traditional medicine has failed.

We caught up with Priti Coles in her home studio in Whetstone to find out more...

What is Craniosacral therapy, and how does it work?

Craniosacral therapy works for the whole person, so, you're not just treating one part. You tune into the person, and you treat the person as a whole. Pressures, occurrences and trauma in your life leave imprints on you, so your cells, your bones, your muscles all hold onto that stress and trauma (a kind of muscle and bone memory, as it were). When you see a Craniosacral therapist, they help to release these things. In simple terms, when you go for a massage, the therapist helps you relieve pressure from the outside, whereas, when you see a Craniosacral therapist they tune into your craniosacral system, which is a part of your central nervous system, and help you release and heal yourself from the inside out, tapping into your body's own inherent ability to heal. It's non-invasive, exceptionally gentle but extremely powerful.

But there's a definite science to it, isn't there?

Of course. Craniosacral Therapy was recognized over 100 years ago through the research of an American Osteopath, Dr William Sutherland. He discovered that every cell in the body expresses its own rhythmic motion, that the cranial (skull) bones have their own intrinsic movement and that the cerebral-spinal fluid that serves to cushion and support the brain and spine also has its own rhythmic motion. This is known as the Cranio-Sacral Motion and is expressed throughout the whole body.

Everyday physical knocks, bumps, trauma, shock and emotional stress cause the body's tissues to contract and tighten up, manifesting in further tensions and restrictions in the body. These long-term dysfunctions accumulate and affect

the flow and rhythmic motion of the bones and cells. With a gentle (and highly trained) touch, the practitioner can detect this motion and assess its strength and health. Cranio-Sacral rhythm is also known as "The Breath of Life".

Who benefits from Craniosacral Therapy?

Craniosacral Therapy is suitable for every age – from newborns to the elderly helping countless conditions such as headaches, arthritis, sciatica, RSI, digestive problems, menstrual disorders, anxiety, stress, insomnia right through to head injuries, neck and back pain, sinusitis, autism and cerebral palsy. Equally, it can be for underlying issues causing you stress, such as family or relationship issues.

How did you personally get into Cranio?

I went to see a craniosacral therapist myself about 5 years ago after I suffered with a health issue myself. I didn't even have to tell him what was happening in words. He knew. And I healed. The craniosacral therapist I went to see had a gift and told me that I would end up in London 'doing something else'. Anyway, I ended up doing a craniosacral therapy course in London and I realised that is where I was meant to be. I trained for two years and qualified as a Craniosacral Therapist three years ago.

Talk us through what happens during each treatment?

My treatment room is incredibly peaceful and quiet, to ensure you feel totally relaxed. It's important for me to be able to quietly assess and 'tune' into you, so you'll be asked to lay on the massage couch (or sit, if necessary) – fully clothed – where I will gently lay my hands on certain parts of the body: the feet, the diaphragm, the Sacral area and, of course, the head – hence the term Craniosacral – to release membranes and encourage cerebral flow to affected areas.

How do people usually react during the treatment?

Sometimes emotions come up and I always say 'it's best to voice, even if you feel angry. If you acknowledge the anger it can't get any worse; once you've acknowledged it it's got to dissipate'. Sometimes people cry. Sometimes when you're working on the heart and there are heart issues, and they haven't been able to feel safe in an environment before, they may cry or laugh. Every reaction is valid and deeply personal. Internally you're able to feel pulses or gentle waves, or they may sigh deeply, fall asleep or feel very relaxed physically, mentally or emotionally, as this is a 'safe' space where they can release and off-load previous emotions and trauma.

How should people come in for treatments?

I would normally say every 3 to 4 weeks. I can also do hospital visits if the client is very unwell.

For more information, contact Priti on 07795 361 288 or check out www.priticoles.co.uk. She is also on Facebook as Priti Coles Craniosacral Therapy