



### CranioSacral Therapy™

One of CST's principal benefits is its ability to reverse the effects of stress by providing conditions in which the central nervous system can rest and rejuvenate. Examples of such stress-related problems include insomnia, chronic fatigue, migraine headaches, poor digestion, anxiety and TMJ syndrome. CST also helps patients suffering from chronic symptoms that have not been relieved by allopathic approaches. These conditions include traumatic brain and spinal cord injuries, whiplash, motor coordination impairments, chronic neck and back pain, scoliosis, emotional difficulties, learning disabilities, post-traumatic stress disorder, orthopedic problems and many other conditions.

### Lymph Drainage Therapy™

Lymph Drainage Therapy™ (LDT) is an original hands-on method of lymphatic drainage developed by Bruno Chikly, MD, DO. Created out of his award-winning research on the lymphatic system, LDT takes traditional lymph drainage techniques and adds a level of precision consistent with recent scientific discoveries. LDT is a gentle technique that works through the body's lymphatic system to activate the body fluid circulation and stimulate the functioning of the immune and parasympathetic nervous systems. The result of these actions can include reductions in edemas, detoxification of the body, regeneration of tissue as well as many other benefits.

To Prepare For Your Appointment: 24 Hours of Unwinding (Select what you can reasonably do from this list before AND after your session)

- Drink plenty of clean, quality water
- Rest or relax as much as possible and practice deep breathing
- Enjoy a hot Epsom Salts bath or a steamy shower
- Forego any lotion or scents on the day of your treatment
- Wear easy on/off clothing and minimal jewelry
- Nurture a sense of adventure and anticipation
- Allow me to take care of YOU! You deserve it!