

# CRANIO - SACRAL REFLEXOLOGY FOR BABIES

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## ABSTRACT

*Reflexology is a safe, non-invasive therapy which stimulates the body's own natural healing energies. It works through precise massage of reflex points on the feet and hands. The therapy works on the principle that these reflex points correspond to every organ and all parts of the body. These reflexes are arranged in such a way as to represent a map of the body, the left foot representing the left side of the body and the right foot representing the right side.*

*By having the whole body represented on the feet and hands in this way, reflexology offers a means of treating not only the whole body but also the body as a whole. This allows both the symptoms and the causes of the symptoms to be treated.*

*Reflexology not only treats ill health but also helps maintain optimum health and wellbeing. It is most effective when practised alongside.*

*Reflexology has been around for over 4000 years, originally practised by the ancient Egyptians and Chinese but it was first recognised in the Western world in 1913 when Dr William Fitzgerald noticed that pressure on specific parts of the body could have an anaesthetising effect on corresponding areas in the body. This was further developed in the 1930s by Eunice Ingham, who defined reflexology as it is practised today.*

## WHAT IS REFLEXOLOGY?

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## WHAT IS CRANIO-SACRAL REFLEXOLOGY?

Cranio-sacral is the name given to the approach to osteopathy developed by Dr Sutherland 100 years ago. He saw how the bone structure of the skull permitted slight motion and noted that restriction of normal motion due to injury, trauma or disease could affect health. The cranial osteopath works gently with the bones in the skull and associated bodily system to remedy such conditions. The reflexologist can achieve the same result by combining an understanding of cranio-sacral with conventional reflexology, since the bones of the feet reflect the skull and spine exactly.

The body's inner health is perceived through a gentle pulse called the CSRI. It arises at the core of the body within the brain and spinal cord and the fluid, which surrounds them. It is a tide-like rhythm, which expresses itself throughout all of the body. Areas of congestion and restriction in function of any part of the body can be felt as an imbalance in its motion and treated.

A reflexologist has a highly developed sense of palpation and is trained to detect and assess the dynamic state of the body tissues, both within the feet and the rest of the body. By using the gentle techniques of Cranio-sacral Reflexology the practitioner is able to release the strain patterns found and support the body in its attempt to return to an ideal state of balance and function for healing to progress.

Cranio-Sacral reflexology is suitable for everyone, from newborn babies to the elderly including those with fragile and acute medical conditions. The most common treated conditions are:

- Baby and Infant Conditions
- Colic, sucking difficulties, reflux
- Premature babies
- Recurrent ear and throat infections -Irritability, insomnia, excess crying - development and behavioural delay/ disorders
- Poor eye coordination
- Difficulties in turning the head
- Jaw disorders
- Bronchitis and Asthma
- Autism
- Birth trauma & injuries
- Cerebral palsy
- Colic, sucking difficulties, reflux
- Development and behavioral delay/ disorders
- Difficulties in turning the head
- Dyslexia
- Digestive problems
- Hyperactivity
- Recurrent ear and throat infections

In childbirth compressive forces can cause imbalances in a new born baby's cranio-sacral system, even in the most natural and problem free births. The pressure of the baby's head on the mother's pelvic floor during contractions commonly creates compressions at the base of the babies skull which can result in common infant problems like colic, constipation, sucking problems and respiratory difficulties which can be caused due o these compressions and strains arising from birth traumas. These in turn can become major problems later in life. For example, depression, migraine, sinusitis, spina and pelvic pain can often be traced right back to the birth process. Cranio-Sacral reflexology in young babies and infants can be very beneficial resolving the initial imbalances and symptoms and may also be helpful in preventing further problems manifesting later in life – treatment is highly recommended.

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