

## Top 5 Reasons to have Cranial Sacral Therapy In Rochester and Brighton, NY

1. *It is profoundly relaxing*
2. *Boost your general well being*
3. *Improve the quality of your sleep*
4. *Increase your energy*
5. *Enhance the functioning of all the body's organs.*

*Cranial Sacral Therapy is a gentle form of therapy that deals with the movement of the fluid surrounding the skull and spine. It helps release restrictions in the body and balance the central nervous system. Restoring misaligned bones to their proper position can help with a variety of things such as:*

- *Migraine Headaches*
- *Chronic neck and back pain*
- *TMJ*
- *Anxiety*
- *Insomnia*
- *Sciatica*
- *Scoliosis*
- *Autism*
- *Fibromyalgia*
- *And many more*

*Pregnant women, babies, and children can all really benefit from cranial sacral work because it is so gentle yet sees such positive results. See if a therapist in your area does Cranial Sacral work by visiting [www.inhomemassage.org](http://www.inhomemassage.org).*