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Wellness Waves

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Craniosacral Therapy and the Mind-Body Connection

Considering the number of people walking around with restricted cranial bones and sticky dural membranes as a result of sports injuries, I initially thought I would write an article singing the praises of Craniosacral Therapy (CST) as the primary therapy for this type of injury. However, as luck would have it I have been having so much fun exploring the body- mind connection with clients this past month, I have decided to postpone the topic of sports injuries for another issue of Wellness Waves.

For those of you that don't know, Biodynamic Craniosacral therapy (BDCST) is



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especially effective in restoring the heart-brain connection, normalizing trauma and supporting the body's ability to regener-

ate. This approach posits that we are, in a sense, all perpetual embryos, and that our bodies are far more fluid and capable of self-repair and reorganization than appears obvious. When BCST is combined with its sister therapies magic can happen.

One of the tools a well-schooled Craniosacral therapist uses is Self Regulating Therapy (SRT). SRT is a leading edge method of dealing with trauma (www.cftre.com). How does it work? Well, you know how you feel better when

Vitamin B for Nerve Pain and Memory

Have you ever heard of B Vitamins? I have heard some people refer to them as Vitamin B while others correctly call them Vitamin B Complex. There are actually 11 vitamins which compose a B complex. These Vitamin B-1 (Thiamin), B-2 (Riboflavin), B-3 (Niacin), B-5 (Panthenol), B-6 (Pyridoxine), B-12 (Cobalamin),

Choline, Inositol, PABA, Folic Acid and Biotin.

I will refrain from describing the complex biochemistry in which B vitamins are required but I will mention that B vitamins are extremely important for carbohydrate, protein, and fat metabolism, and energy production. B vita-

mins are often depleted in those who take certain pharmaceuticals (ex: birth control and antacids), the elderly, alcoholics, some vegetarians and vegans, and those under stress.

B Vitamins are water soluble which means that they leave the body when (continued p.3)

Craniocervical Therapy cont'd..

you are relaxed? What is the first priority in order to relax? If you said SAFETY, you are spot on. After establishing rapport, your therapist will encourage you to identify places and situations where you have felt safe or where you could imagine yourself feeling safe as an initial step. Activities that help you feel joyful and happy are a good place to start.

These resources are essential to allow the body to process past trauma. Einstein said that knowledge is great, but imagination is greater and I am inclined to agree with him. Even if you have rarely felt safe in your life, it is quite possible to create a safe place in your mind. And do you know what? When you have that safe place imagined and firmly ensconced, miracles can happen.

Through tracking sensation we are able locate and release trauma that may even be from an in-utero or pre-verbal time. Moving between the sensation of the trauma and the sensation of the resource; fear, anxiety and depression begin to transform in a way never before possible.

Therapeutic Imagery and

Dialogue may be part of the SRT process and in addition it is an effective tool in its own right.

Therapeutic Imagery and Dialogue often includes role playing. Role playing, when used to explore the conflicted aspects of our physical bodies, is a sophisticated, highly effective, playful, creative way to access subconscious material.

Say you have chronic back pain and it just isn't getting better. You have had massage, chiropractic and physiotherapy and acupuncture. All of these therapies help but aren't quite getting to the root of the problem. A role playing approach would invite a conversation with the area that is troublesome. You might choose to call it "Bob" or "Ouchie".

After the client has given a name to the area, I would begin a conversation with "Bob" asking the client to use his/her own voice to speak with me.

I might ask "Bob", "How are you doing today?" or, "What shape are

you?" "If you were a colour, what colour would you be?" Or, "Do you remember a time when you weren't around?"

I might ask "Bob", "What helps you feel better?"

These questions are asked with a curiosity and openness that will allow the subconscious an opportunity to express the root cause of the pain. After all, our bodies are very good at managing overwhelming situations and packing pain, frustration and fear into our tissues to be dealt with at a later date. The later date usually comes along when further trauma breaks the proverbial camel's back. By this time, our conscious recall has usually faded and we are left with, "This hurts!" and "I don't understand what is going on!"

My job is to be curious and provide a safety net for the client, so that whatever comes up we are able to elegantly hold that space for healing, tracking sensation, noticing the breathing and referring to that safe place when appropriate. As the

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Craniocervical Therapy cont'd..

client, you do all the work! Being empowered is a good thing. Tracking sensation is the critical piece that opens the door to change.

Once the subconscious has an opportunity to show us the scope of the problem, we need only negotiate a resolution. There may be a disconnection where "Bob" is not aware that holding tight in the low back is causing the

rest of the body excruciating difficulty. We might negotiate with "Bob" to find a new job. "Bob" may be tired of keeping the back tight. Maybe "Bob" would prefer to remind the body to improve it's posture? I just ask and reflect back the responses to the client until they have found their way through the maze.

Craniocervical therapy and its

adjunct therapies offer a sophisticated process to resolve body pain and discomfort. We have the resources to change our lives and the change begins right here inside our minds. We just have to make the decision to start.

Next time I will talk about sports injuries! Promise!

~Brenda Pulvermacher, CST

Vitamin B cont'd..

taken in excess and are not required. The absorption of B vitamins in the digestive system is limited and thus taking excess levels orally may not be therapeutically effective. Your naturopathic doctor will often suggest the administration of B vitamins through injection into veins or muscles to achieve blood Now let's focus on Vitamin B-12. Numerous case studies and controlled trials on levels which are therapeutic. www.pubmed.com indicate that the rate of progression of dementia may be slowed or reversed in cases of B-12 deficiency when B-12 is administered regularly. Cobalamin, which is the chemical name for vita-

min B-12, is also exfunctioning from a sensory perspective. If a patient is experiencing neurological tremely important in healthy nerve pain, which can include stinging, shooting and sharp pain, or numbness and tingling in their extremities, they may request that their Vitamin B12 status be assessed through a blood test.

Forms of vitamin B-12: cyanocobalamin, hydroxycobalamin and methylcobalamin. If a patient is using vitamin B-12 for the improvement neurological function, neurological pain, or sensory changes, they should be using methylcobalamin. The most

effective methods of administering methylcobalamin are sublingual, intramuscular, subcutaneous, and intranasal. My preferred method is intranasal due to high absorption and proximity to the brain. Doses range from 1000mcg per day to 5000mcg per day depending on the goal of treatment.

For further questions on Vitamin B complex or Vitamin B-12 specifically, please contact Dr. Kennett at Ocean Wellness. 604.986.9355.



#200 - 1401 Lonsdale Avenue
North Vancouver, BC

Phone: 604-986-9355

E-mail: info@oceanwellness.ca

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