

Craniosacral Therapy for Health and Relaxation

Addy Huff is a Licensed Massage Therapist, who specializes in deep tissue, therapeutic massage. She brings over 13 years of experience in massage therapy to help clients shift from pain and muscular restriction to optimal function.

She has also earned certification in cupping, lymphatic drainage, and pregnancy massage. In addition to her expertise, Addy is undergoing an intense training program in craniosacral therapy at the Upledger Institute.

Dr. Upledger discovered craniosacral therapy while assisting a neurosurgeon in brain surgery. He found that just like the heart and breathing rhythm, the body also has a cranium rhythm. When incorporating his technique, the rhythm in the brain can be calmed, rested and primed to receive healing. Craniosacral therapy can reset the body for various reasons. It's an incredibly gentle relaxation technique achieved through sacral and head area.

The Upledger Institute explains the therapy in the following way:

"CranioSacral Therapy (CST) was pioneered and developed by osteopathic physician John E. Upledger following extensive scientific studies from 1975 to 1983 at Michigan State University, where he served as a clinical researcher and Professor of Biomechanics.

CST is a gentle, hands-on method of evaluating and enhancing the functioning of a physiological body system called the craniosacral system - comprised of the membranes and cerebrospinal fluid that surround and protect the brain and spinal cord. Using a soft touch generally no greater than 5 grams, or about the weight of a nickel, practitioners release restrictions in the craniosacral system to improve the functioning of the central nervous system.

By complementing the body's natural healing processes, CST is increasingly used as a preventive health measure for its ability to bolster resistance to disease and is effective for a wide range of medical problems associated with pain and dysfunction, including:

- Migraine Headaches
- Chronic Neck and Back Pain
- Motor-Coordination Impairments
- Colic
- Autism
- Central Nervous System Disorders
- Orthopedic Problems
- Concussions and Traumatic Brain Injuries

- Alzheimer's Disease and Dementia
- Spinal Cord Injuries
- Scoliosis
- Infantile Disorders
- Learning Disabilities
- Chronic Fatigue
- Emotional Difficulties
- Stress and Tension-Related Problems
- Fibromyalgia and other Connective-Tissue Disorders
- Temporomandibular Joint Syndrome (TMJ)
- Neurovascular or Immune Disorders
- Post-Traumatic Stress Disorder
- Post-Surgical Dysfunction

SomatoEmotional Release (SER) is a therapeutic process that uses and expands on the principles of CranioSacral Therapy to help rid the mind and body of the residual effects of trauma. SER1 offers applications designed to enhance results using CST and other complementary therapies.

- Assess and mobilize the Avenue of Expression working through more than 10 different body components, including the thoracic inlet, hard palate and hyoglossal tissues.
- Locate and release Energy Cysts.
- Release suppressed emotions that may be inhibiting complete structural releases.
- Refine listening and comprehension skills.
- Improve palpation and whole-body evaluation skills."

If you are sick, suffering from stress or chronic conditions, this therapy enhances healing, recovery, stress reduction, and supports other processes like meditation, exercise, surgery, diet, supplements, medications and lifestyle changes.

Q: Addy, why did you want to become an LMT and a Craniosacral therapist?

A: My nephew was born through forceps, which damaged his brain causing him to have a stroke. As a baby, he was born into a dangerous situation. The doctors didn't know what was going to happen for what his outcome would be mentally and cognitively. In all of her efforts to help her child survive and thrive, my sister sought out several methods of treatment that included craniosacral therapy.

Through her efforts of physical therapy speech therapy and other techniques, along with the craniosacral therapy, my nephew is now eight years old, healthy and cognitively balanced. He is only about six months behind those of his peers in a learning capacity, which in the scheme of things really isn't that much for an eight-year-old. His brain has found



amazing new patterns to rework and rewire. Seeing this miracle made me want to learn the technique and help others! There are advanced classes and advanced studies for pediatrics, geriatrics, stress reduction, Alzheimer's and dementia to name a few. The Upledger Institute offers in-depth FDA regulated studies on patients with cognitive decline and traumatic brain injury.

I have a particular interest in pediatrics because of my nephew's story. I also have a vested interest in assisting individuals with additional needs, autism, and behavioral issues in collaboration with Additional Needs, Inc. in Naples.

Q: At FLÖYÖ how are you utilizing this technique?

A: At FLÖYÖ, I help everybody and anybody, because all individuals can benefit from this technique. Yoga makes your body stronger and more flexible and teaches you relaxation techniques like meditation and how to incorporate quiet moments. When you combine craniosacral therapy with yoga this fusion gently takes the body into a deep state of relaxation. This is fusion is the perfect combination for peace, recovery, and so many more benefits for your overall health. Yogis can get hurt too, so I offer this technique for healing and recovery from whatever my clients might be facing whether they have had surgery, an illness or are suffering from other chronic conditions.

FLÖYÖ welcomes students of all levels and delivers a total mind-body workout that renews the mind, body, and spirit.



At FLÖYÖ, they offer more than just yoga classes; they provide a vast array of services to benefit their client's overall health and wellness lifestyle, including craniosacral therapy and lymphatic drainage. To schedule a class or appointment with Addy stop by the studio or call (239) 598-1938.