

A question frequently asked is “What conditions can be treated with Biodynamic Craniosacral Therapy”?

Biodynamic Craniosacral Therapy has been shown to be effective in treating a wide range of medical problems associated with pain and loss of function. It is useful both as a primary therapy as well as when combined with other traditional or complementary techniques. The following is a list of some of the wide range of conditions which may respond favourably to BCST treatment.

- ⊗ Migraine Headaches
- ⊗ Chronic Neck and Back Pain
- ⊗ Motor-Coordination Impairments
- ⊗ Central Nervous System Disorders
- ⊗ Orthopedic Problems
- ⊗ Scoliosis
- ⊗ Infantile Disorders
- ⊗ Colic
- ⊗ Autism
- ⊗ Learning Disabilities
- ⊗ Traumatic Brain and Spinal Cord Injuries
- ⊗ Emotional Difficulties
- ⊗ Stress and Tension-Related Problems
- ⊗ Temporomandibular Joint Dysfunction
- ⊗ Chronic Fatigue
- ⊗ Neurovascular or Immune Disorders
- ⊗ Post-Traumatic Stress Disorder
- ⊗ Post Surgical Dysfunction
- ⊗ Fibromyalgia & other Connective-Tissue Disorders
- ⊗ Strokes
- ⊗ Cancer

**About Adida Shahab**  
**Biodynamic Craniosacral Therapist (UK)**  
**Advanced Dip. BCST RCST/PACT**

**Adida Shahab** – received her training from the **Resonance Trainings** in 2002, (formerly known as Academy of Bio-Cranial Resonance UK) and Advanced Biodynamic Craniosacral Diploma from **Body Intelligence Training** in 2011. She has since been practising Biodynamic Craniosacral Therapy and runs her own clinic in Singapore. She also has a background in therapeutic sport massage and trigger point. She travels to Malaysia, Hong Kong, Indonesia, India and China treating primarily brain injured children.

Adida has also completed Craniosacral Therapy 1 & 2, Advanced CST1, SomatoEmotional Release 1 & 2 and Pediatrics CST conducted by the Upledger Institute Inc. (USA). She is a member of the Pacific Association of Craniosacral Therapists, NZ and the International Association of Healthcare Practitioners, USA.



All treatments are by appointments only.  
Please call Tel: 97426791

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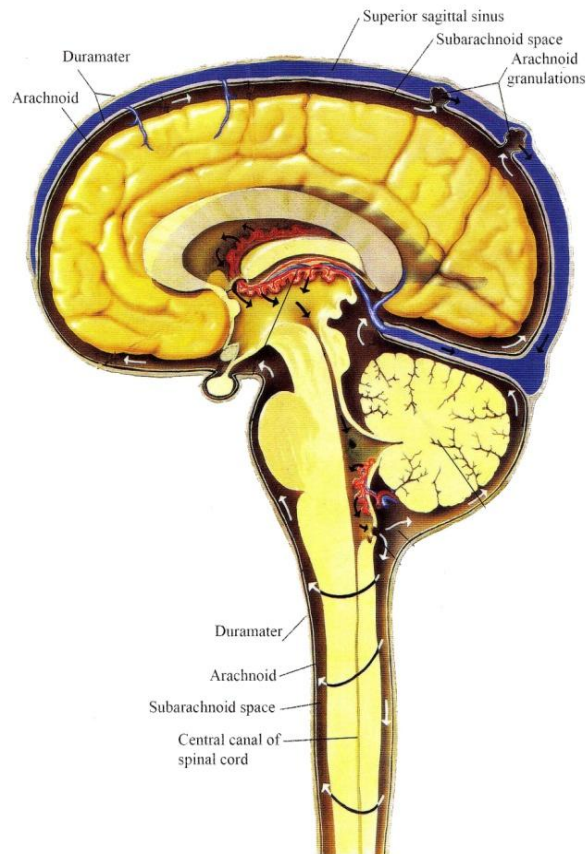
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## Biodynamic Craniosacral Therapy

Biodynamic Craniosacral Therapy (BCST) is a gentle, hands-on therapy that evaluates and enhances the function of the Craniosacral system. The Craniosacral system is composed of the skull (cranium), the sacrum (lower spine) and the spinal cord.

This body system is connected by membranes containing cerebro-spinal fluid which surround and protect the brain and spinal cord. The fluid within the membranes is continuously draining and refilling.

### Circulation of Cerebrospinal Fluid



## How does BCST work?

At the core of the body system, the filling and draining of the cerebrospinal fluid bathes and cushions the brain and spinal cord. This creates gentle, rhythmic, expanding and contracting movements that can be felt anywhere in the body by a trained therapist. These movements are known as the Craniosacral rhythm and they occur at a rate of about 6-12 cycles per minute. As the brain and spinal cord are contained within the central nervous system, it is easy to see that the Craniosacral system has a powerful influence over a wide variety of bodily functions.

Restrictions in the body show in the way Craniosacral motion is expressed, allowing practitioners to identify problem areas. These are mirrored back to the client through the touch of the therapist, encouraging healing and balance in the body.

## How can BCST help me?

This therapy is helpful for people of all ages, from babies to the elderly. It enhances the body's natural healing processes, thereby helping to improve the functioning of the central nervous system, dissipate the negative effects of stress, enhancing overall health and strengthening resistance to disease.

By engaging the musculoskeletal, central nervous, digestive and fluid systems vital for attaining integrity and balance, BCST offers a relaxing and holistic approach to assist the functioning of the body, internally and externally.

## Mothers & Infants

Biodynamic Craniosacral Therapy is a comprehensive therapy which is extremely gentle, non-invasive and causes no discomfort; nor does it have any risks or adverse side effects. It is, for this reason, particularly suitable for the treatment of :

- Ⓞ mothers and babies who experienced traumatic birth process;
- Ⓞ babies with misshapen head due to compression and restrictions experienced during the birth process,
- Ⓞ common infant problems such as colic, poor feeding, excessive crying and breathing difficulties.

## Benefits of BCST

- Ⓞ Restores autonomic nervous system's flexibility and adaptability.
- Ⓞ Enhances flow of blood and other fluids throughout the body tissues.
- Ⓞ Reduces accumulated physiological stress levels.
- Ⓞ Improves the internal environment for the brain, spinal cord and central nervous system.
- Ⓞ Helpful for brain dysfunction, chronic pain problems, a wide variety of headaches and facial problems like Temporal Mandibular Joint dysfunction; strokes, cancer, etc.