



The Core of Body Healing

By Fadel Behman, Ph.D.

As long as we are breathing, as long as our fluids are circulating, old structure is being demolished and removed while new material is being imported and built into new body parts. Our electrical and chemical systems are constantly informing each other of, and responding to, the latest developments and needs. In addition to these routine processes of renewal and repair there are exceptional items that need taking care of from time-to-time. Some of these exceptional items we will be aware of, like a minor cut or insect bite. Others will escape our attention provided we are healthy.

One of the qualities of good health is the ability of our self-healing mechanism to take care of an endless list of minor insults and repairs without the need to divert our attention. Provided we don't overload our systems we have the flexibility to accommodate a whole variety of stressors. It is only when our system loses flexibility that we start running the risk of deteriorating health when problems that should be temporary tend to hang on or become chronic, or we may become very sensitive to substances or energetic influences that would not trouble a healthy person. (We call some of these sensitivities allergies.)

What sort of things happen to us that reduce our flexibility to renew and repair routinely? This is where the qualities and functions of the fascial system really start to account for themselves. Fascia has great flexibility and is fundamentally influential in all of our body processes. If fascia in one part of the body loses its flexibility due to mechanical inhibition or a toxic or malnourished environment it may affect any other part or system.

Causes of mechanical inhibition include physical injury of any kind, surgery and occupational and postural strain. Injuries that can cause retained fascial restriction will include those that happen around birth. Other causes can be old or current inflammation, whether or not infection is or was involved. Inflammation tends to cause normally free-sliding fascial layers, such as the dural layers around the spinal cord, to bind together. With all of these causes resultant dysfunctions may not appear until years, sometimes decades, later.



The body tells its story

So the CranioSacral Therapy practitioner is concerned about evaluating and helping to restore the flexibility of the whole fascial system. It is here that the cranio-sacral rhythm becomes a really useful tool. For while the skilled practitioner gains a fair impression of fascial mobility through light contact with the surface with the ability to project into deep tissue, working with the cranio-sacral rhythm brings greater accuracy in locating fascial restrictions. Evaluating the cranio-sacral rhythm also helps determine the involvement of the spinal nerves.

An extraordinary phenomenon that is the very essence of Cranio-Sacral Therapy is the responsiveness of fascia to very subtle influences. Place hands very lightly on a clothed person lying supine on your treatment table and nothing may happen. Apply one or two grams of pressure and all sorts of movements may start, where your hands are or anywhere else. Emotion may start to surface, and held-in emotion is yet another cause of reduced fascial flexibility. Even without a single gram of imposed pressure or traction, the mere alteration of thought or attention can facilitate fascial movement. It is as if the attitude and intention of the practitioner create an atmosphere where the fascia (at last!) feels secure enough to risk the idea of starting to let go.. ... and reveals its solutions.

This is an appropriate point to consider further the idea that the elastic nature of fascia enables it to carry the memory or intelligence of exactly how the body would like to be arranged to enjoy the greatest ease. Fascia under tension is always trying to pull the body back to this state of greatest ease, the body knows in full detail and with total accuracy exactly what it needs to do, and what assistance it needs, to return to this state of ease.

The Cranio-Sacral Therapy practitioner learns to respect this fascial wisdom in preference to anyone's ability to diagnose and intervene from the outside. By listening and feeling the fascial wisdom expressing itself we are taken to the deeper causes of pain and dysfunction instead of being distracted and delayed by symptoms and their apparent causes.

The most helpful answer to the question "What is CranioSacral Therapy useful for?" would therefore be "Any condition where the self-healing mechanism can be supported through improved fascial flexibility," and that covers the majority of conditions that involve pain, restriction, lowered energy, increased susceptibility to infection, and poor circulation or breathing. CranioSacral Therapy also helps many people with specific learning difficulties such as dyslexia, dyscalculia and clumsiness, our co-ordination and proprioceptive mechanisms being easily upset by imbalance of the cranial fascia and bones. Early evaluation and



treatment of newborns is recommended, as colic, feeding difficulties and hyperactivity will often be quickly and easily reduced or eliminated. Strains introduced before, during or shortly after the birth process can also be quickly and easily eliminated that may otherwise be retained through adulthood with consequences of chronic dysfunction that would take much more time and perseverance to release from a less fluid and flexible mature person.

Dr. Fadel Behman's current research, teaching and holistic energy therapies address the new frontier of integral health, raising consciousness and offering a practical approach of wellness of body, mind and soul. Dr. Behman is the founder and director of the Holistic Health Energy Institute in Montreal, Canada.