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Stress Recovery

Stress Recovery: Changing Your View of the World



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The alarm clock buzzes and we are off to another busy day. For many of us that includes work, kids, pets, recreational sports or sporting events, taking care of family and/or community obligations. How many of us don't even take the time to eat our breakfast...remember how Mom always said, "it is the most important meal of the day". No time, not today...maybe tomorrow. If you are like some many of us with schedules that make a marathon look easy, daily life does not look that appealing. How could I possibly look forward to such a day? It no wonder that it is estimated that 75% to 90% of physician's office visits are for stress related conditions or complaints. Our lives are busier and more stressful than ever. Yet more often we are looking for natural choices and options to our health concerns, and this includes stress.

Fortunately, there are other natural choices for stress reduction, and more importantly, learning how to change our lifelong responses to stress. Thousands of physical therapy patients have enjoyed the relaxing side effects of craniosacral (cst) and lymphatic drainage therapy (ldt). Now many of those same individuals have been reaping the benefits of these techniques for stress control and relaxation. Both of these techniques produce relaxation similar to massage, yet at a deeper level as reported by recipients. LDT is known to activate the part of our nervous system known as the Parasympathetic Nervous System (PNS). The PNS affects the overall relaxation of our body. While we do not understand the mechanism by which CST produces its effect, it is not uncommon for clients to fall asleep or enter a semi-hypnotic state of relaxation.

So many have reported the benefits of these therapies as natural interventions for stress, we have developed an exciting new integrative program. The Stress Recovery Program uses CST, LDT, and massage as just a few of the program's bodywork options that focus on reducing the physical aspects of stress. Another tool for reducing the physical effects of stress is the use of Frequency Specific Microcurrent (FSM). FSM has been shown in research to increase beta endorphins, our natural "feel good" hormones.

Helping the body on a physical level to counteract the effects of stress is an important first step. The next step is to change our patterns that have gotten us to this point. Biofeedback is a long utilized method of learning how to tune into our bodies and to learn how to change our responses to our environment. The Stress Recovery Program uses a biofeedback technology that focuses on retraining breathing patterns and clearing the mind from stressful thoughts (mindfulness). From here, it is critical to adopt daily practice of relaxation or mindfulness techniques to continue bringing the change into your life long term.

Lastly, we must be prepared to support the body when the long term effects of stress have created hormonal imbalance or adrenal fatigue. These are medical conditions that require working with your physician or naturopathic professional. As we try to adopt new patterns, if long term elevated cortisol levels have created dysfunction in our thyroid function or basic metabolism, we are fighting an uphill battle. The Cayle Clinic, PC offers support and expertise to the Stress Recovery Program to help you navigate the medical aspect of long term stress.

By looking at both the physical aspects and the behavioral components of stress, we can empower ourselves to make life long changes. We can change our way of responding, our way of viewing, and our way of interacting, with our entire world.

Stress reduction is not only about changing our behavior patterns or how we react to different stressors in our lives...it is about changing our view.

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