



craniosacral institute of michigan, llc

51850 Dequindre Rd Suite 1, Shelby Twp. MI 48316
www.csiofmi.com

(586) 991-0801
info@csiofmi.com

The Holidays

The “Real” Cost of the Holidays



Vanessa Cayle, MSPT has been a physical therapist since 1994. She is a Certified Instructor in Frequency Specific Microcurrent and an instructor of CST. She teaches and presents both locally and nationally. She is the owner and director of the CranioSacral Institute of MI, LLC.

As a nation, we love the holidays...it is a time for family gatherings, holiday parties, mingling with friends, and holiday shopping. It is a time of giving. We give gifts, we give thanks, and we give of ourselves. So many times, we spend so much time and effort “giving” (and cooking, cleaning, shopping) that we forget ourselves in the process.

As a clinic specializing in Physical, Occupational, and Massage Therapies, we see the impact of the busy season. Sometimes, the impact is early...and the individual loses the joy of the season because of back pain, neck pain, sciatica or migraines. For others, they come by the dozen after the holidays are over...beat down by the stresses of the holidays.

You DO NOT have to walk this path. This holiday season, give yourself the gift of taking care of yourself. There is always a lot to do this time of year. Yet taking time for yourself, and being able to do your errands in a relaxed fashion can allow you to enjoy this time instead of spending the holidays anxious and in physical pain. Many of our clients have learned the benefit that can be obtained by a single, 50 minute session. Massage is commonly known for helping many of us relax and “take time for ourselves”. Yet there are additional therapies available. Craniosacral therapy provides the same relaxation effect, with some additional physical support for migraines, spine pain and muscle pain. Lymphatic drainage is a profoundly relaxing experience and helps to reduce stress by activating the part of our nervous system that controls relaxation.

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