What My Patients Say About CranioSacral Therapy Treatments

“CST is a painless, noninvasive, totally relaxing form of therapy that does wonders for the body, mind and soul.”
- Janet Coté

“I have suffered from severe low back pain as well as terrible daily headaches for over 15 years. After just two 1-hour sessions with Dr. Dalton my back pain is gone and the headaches have subsided tremendously! I can’t tell you how wonderful it feels to be relieved of those chronic pains that haunted me day in and out! Dr. Dalton’s sessions are very relaxing and I would recommend her services to anyone suffering from headaches and back pain.”
- Bruce Smith

“After a head trauma, due to a car accident, our 8 month old daughter Kate was suffering from Post Traumatic Stress Disorder. Since seeing Isabelle for CranioSacral Therapy, Kate has finally regained a normal head shape and her sleeplessness, restlessness, nervousness and irritability have disappeared. Thanks to Isabelle, we have our calm, happy little girl back.”
- Chelsea and Spencer Barclay

“I want to say that I slept last night for the first time in 6 weeks, and that I have been sleeping and walking pain free for about a week now. I was very skeptical and was not sure about trying a new type of therapy, but I am now a believer of CranioSacral Therapy. This treatment is just amazing, thank you very much.”
- Donna DeNoble

Isabelle Dalton, PhD, LMP

Two convenient locations:

Puyallup Wellness Center
803 39th Ave SW, Ste F
Puyallup, WA 98373
Fax: (253) 848-5533

Rainier Natural Health Clinic
700 Main St E
PO Box 1530
Buckley, WA 98321
Fax: (360) 829-1836

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Follow me on Facebook at:
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Follow my CranioSacral Therapy blog at:
http://www.empowernetwork.com/joy4me/
What is CranioSacral Therapy?

CranioSacral Therapy (CST) is a gentle therapeutic technique that releases restrictions and tension patterns throughout the body, corrects dysfunctions, and facilitates healing. Treatment also releases restrictions in the meninges, corrects dysfunctions of the brain and spinal cord, and enhances central nervous system performance.

The release of tension in the head, brain and spine, and in the organs, muscles, bones and joints help resolve chronic pain, heal past physical and emotional trauma (no matter how old or severe), strengthen the body’s natural healing processes, bolster resistance to disease, and improve overall health.

Through CST sessions you can experience increased energy and self awareness, allowing you to become a healthier, happier, more integrated and balanced being.

What Common Conditions Are Treated by CranioSacral Therapy?

- **General**
  Issues/injuries from car accidents, PTSD (including veterans), Headaches and migraines, Neuralgia, Chronic neck, back, limb, hip & shoulder pain, Sinus conditions, Earaches, Fibromyalgia, Immune system disorders, Concussions and spinal injuries, Digestive issues, Stiff joints, Emotional difficulties (stress, anxiety, insomnia, depression, panic attacks), TMJ disorders, PMS, Vertigo and dizziness, Motion sickness

- **Newborn**
  Birth trauma, Nursing issues, Colic, Misshapen head, Torticollis

- **Pediatric**
  Spectrum Disorders (Autism, Asperger’s Syndrome, ADD/ADHD), Pain and discomfort from orthodontic appliances, Scoliosis, Dyslexia

- **Pregnancy**
  Fertility issues, Aches and Pains

- **Elderly**
  Alzheimers Disease, Insomnia, Relaxation

What Happens During a Session?

You'll lie fully clothed on a comfortable massage table with your shoes off. I often hold your feet or head during an evaluation. I am trained to be very sensitive to tension patterns inside your body. Your body wants to heal; I trust and facilitate its self-healing mechanisms.

I use my hands to follow the tension patterns and ‘unwind’ the problem areas. The work is usually slow and gentle. Your mind observes the non-conscious processes (thoughts, feelings, bodily sensations) involved during the session, and facilitates the necessary changes in your body.

The pressure of my hands is usually very light. You often feel heat where my hands are, and may feel tingling, numbness, temperature changes, or changes in pain level. You may also feel your whole body engage with me, though my hands are only in one particular area. Other times you are so relaxed you’ll fall asleep. Occasionally, as part of the resolution process of the tension pattern, you might get emotional. The emotions (laughing, crying, feeling angry and so on) arise to help you release the trauma stored inside your body. Your body and mind always feel better after one of these deep releases.

With each session, tension patterns continue to unravel and release, resulting in steady improvements in body and brain function. It’s as if your brain is re-wiring itself! As a result you should experience less pain/dysfunction, feel emotionally re-balanced, and more like yourself. It's amazing to realize that releasing old traumas can make you feel so much better inside and out!