



CranioSacral Therapy Treatment for Cancer Patients

Enjoy Complimentary Sessions
Sponsored by The Upledger Foundation*

**Limited sessions available on the last Tuesday of the month.*

CranioSacral Therapy (CST) has been Reported to Help:

- Alleviate or diminish side effects of treatments
- Decrease or eliminate nausea / Improves appetite
- Reduce pain
- Release fatigue, stress and tension
- Provide deep relaxation
- Improve quality of life and well-being
- Strengthen the immune system, which may be compromised by cancer treatments

What is CST?

A light-touch manual therapy that releases tensions deep in the body to relieve pain and dysfunction. It is intended to improve whole body health and performance and bolster the immune system.

How is CST Performed?

In a quiet setting, while fully clothed and lying on a comfortable table or in a seated position, a licensed healthcare professional begins by gently touching various parts of the body to monitor the craniosacral rhythm. Delicate and subtle manual techniques are then used to release tissue restrictions that are found throughout your head and body. Sessions may last up to 60 minutes.

"Like many other complementary therapies, it may promote a feeling of relaxation and help relieve the stress associated with cancer...Many cancer patients who've tried CranioSacral Therapy have noted a decrease in pain caused by the disease or treatments for the disease. Patients have also seen a reduction in headaches."

– Mesothelioma Cancer Alliance

***A fully integrative
healthcare center
recognized as a world
leader in light-touch
therapy since 1985.***

Call Us Today

561-622-4706

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Upledgerclinic.com

The logo features the letters 'UC' in a large, stylized, light green font. To the right of 'UC', the words 'Upledger Institute' are stacked vertically in a black, sans-serif font, with 'Upledger' on top, 'Institute' in the middle, and 'Clinic' at the bottom. A thin horizontal line is positioned between 'Institute' and 'Clinic'.

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