

Craniosacral Therapy Event at the Deaf Centre

Our latest Tinnitus event was held at the Deaf Centre on 12th October. guest speaker, Sue Baxter, Manager of the Natural Therapy Centre gave a presentation on Craniosacral therapy and its benefits for people with tinnitus.

Sue's presentation explained how the stresses, strains, and traumas which have been stored in the body can restrict the body's functioning and may then give rise to problems over the years. Restrictions in the body's functioning show up in the way that Craniosacral motion is expressed. Craniosacral therapists like Sue are trained to feel these subtle effects in the body, and can identify areas where there is congestion or restriction. Sue likened the feeling of working with someone with tinnitus as "like the feeling of a ball bouncing around in a tumble dryer. It feels loud, unsettled and compressed."

“Commonly with tinnitus the bones and tissues of the head and inner ear are tightly compressed restricting natural movement which inhibits proper functioning of the

The Craniosacral Therapist can identify the possible origin of a problem, and then gently release the causes of discomfort and unease leaving you feeling refreshed and deeply relaxed.

Sue's presentation was followed by a brief summary of Craniosacral Therapy from an NHS point of view. Julie Simms, Hearing Therapist at The Queen Elizabeth Hospital, fully supports the use of complementary therapy for tinnitus but is keen to emphasise the importance of finding an accredited, registered therapist to deliver it.

Julie acknowledged the fact that there is a lack of research evidence that Craniosacral Therapy provides therapeutic benefit for people with tinnitus. However, many people report that red wine, caffeine, and other food can exacerbate their tinnitus and yet there is no evidence to support this either. Julie pointed out that just because there is no research evidence regarding the connection between Craniosacral therapy and tinnitus, this doesn't mean it won't help. She says "Craniosacral therapy encourages the body and nervous system to relax which in turn may suppress Tinnitus symptoms."

Craniosacral Therapy is so gentle that it is safe and suitable for people of all ages as well as for fragile or acutely painful conditions.

Sue has been in the healthcare profession since 1980, she is a registered nurse and had been working in complementary medicine since 1990. Sue is available for consultation and treatments on 01553 777133. Address: The Natural Therapy Centre, The Granaries, Nelson Street, Kings Lynn, Norfolk PE30 5DY

