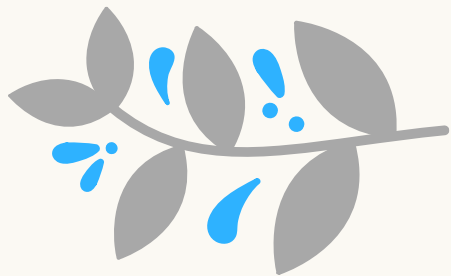


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**BIODYNAMIC
CRANIOSACRAL
THERAPY**

FOR DENTISTRY

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WHAT IS BIODYNAMIC CRANIOSACRAL THERAPY?

Biodynamic Craniosacral Therapy (BCST) is a gentle and profound treatment offered by way of working with the natural physiological life forces of the body and inherent repair mechanisms, to reestablish health and harmony in the system. This is done through gentle, negotiated touch.

WHY DO WE NEED BIODYNAMIC CRANIOSACRAL THERAPY?

The nervous system is the main controlling, regulatory, and communicating system in the human body. It receives information about the internal and external environment and directs the body to respond appropriately.

The factors of modern lifestyle which include unnatural diet, low amounts of physical activity, exposure to electronics and pollutants in the environment, cause our bodies to be sympathetically charged thereby upsetting the natural balance of the body..This disruption affects several normal functions of the body such as inflammatory conditions, hormonal imbalances, hypertension, auto-immune diseases, anxiety, and depression.

Therefore, returning to the state of balance is of prime importance to maintain a healthy mind and body.

BIODYNAMIC CRANIOSACRAL THERAPY CAN SUPPORT :

BCST helps bring the body into a state of wholeness and integration resulting in a greatly improved sense of physical and emotional well-being. Therefore Biodynamic Craniosacral treatment modality can support and address conditions such as:

- Chronic pain
- Chronic inflammatory conditions
- Respiratory challenges
- Spinal conditions
- Chronic stress conditions
- Muscular-skeletal disorders
- Dental conditions
- Low immunity challenges
- Trauma and injury
- Terminal illnesses
- gynecological conditions
- Infancy & childhood challenges.

BCST helps treat pain and inflammation at the source, allowing healing to continue while also easing the discomfort.



HOW DOES THE BIODYNAMIC CRANIOSACRAL PRACTITIONER SUPPORT HEALTH?

The Biodynamic Craniosacral practitioner has a deep acknowledgement of the body's inherent wisdom and its capacity for resilience and self-regulation. The practitioner develops an acknowledging presence through intense training to be able to listen into a client's system. The practitioner also learns to acknowledge the 'potency' or the life force called the 'Breath of Life' which is the organizing principle of the body.

Thereby creating a therapeutic space and touch for the client's system to resonate and begin the process of self-regulation and activates the parasympathetic response in the client's autonomic nervous system.

WHAT CAN ONE EXPECT DURING THE SESSION?

BCST is offered through gentle touch and the patient is fully clothed on a comfortable table and in a state of rest during a session. Each treatment session can last about 45-50 minutes. It is a noninvasive and negotiated touch, and the practitioner keeps the sensitivity and boundary of the body as prime importance during the session. Treatment sessions for children allow for free movement and play while the practitioner makes gentle contact.

HOW LONG IS THE TREATMENT?

The length of treatment depends on the patient treatment goals. However in about 4 to 6 sessions one can start to feel a difference in their well-being and experience improved functions.

DENTAL ISSUES AND INTERVENTIONS

BCST can be a great support in treating several dental issues and also improving the outcome of interventions such as appliances and surgeries.

Paedodontics:

This is the branch of dentistry that deals with children's teeth, and is also known as pediatric dentistry. It includes oral examination to detect any tooth decay, and treatment of oral issues such as malocclusion which is corrected by orthodontic treatment.. While BCST can be supportive in reducing anxiety and making children calmer too, the larger role is to calm down the system to make the body more receptive and responsive to treatment, especially in the case of surgical intervention, and greatly improve the outcome of the treatment.

Periodontics:

This is the branch of dentistry concerned with structures supporting the teeth and the diseases and conditions that affect these structures, such as plaque accumulation in the gingiva (gums) and teeth, as well as inflammation which can lead to degeneration of the bones surrounding the teeth.. BCST can help resolve inflammatory conditions that would increase the risk of periodontics issues, therefore being preventive and also support the body pre & post implant surgery to reduce pain and inflammation, making the body more receptive to treatment, therefore improving the outcome and decreasing the likelihood of rejecting external appliances.

Orthodontics:

This branch of dentistry deals with prevention, diagnosis, and correction

of malocclusion, that is misalignment of the teeth. It makes use of braces, bridges, and aligners to straighten the teeth, close gaps, or align the lips and teeth properly. Jaw conditions such as cross bite and open bite can also be addressed by orthodontics. BCST in the early years can help prevent or minimize the need for appliances, and also correct malocclusion.. BCST can help prepare the body for orthodontic appliances by settling the patterns of torsion, compression, and restriction, and also correct misalignment to a large extent to prepare the body for orthodontic treatment. This can help improve the outcome of treatment, prevent relapses, and even minimize the treatment period.


Prosthodontics:

This branch of dentistry focuses on dental prosthesis through restoration and replacement of teeth. This is done to support oral function and health of patients with missing or deficient teeth, due to clinical conditions, accidental injuries, or old age.

This includes dentures, bridges, crowns, veneers, inlays and onlays, as well as dental fillings made from solid substances such as gold or porcelain. If these are fitted when the body is not in balance, the body may reject them or not respond optimally. BCST can support the balance of the cranial system, reduce torsion compression, and restriction, in order to ensure that the body is more receptive to treatment and external appliances.

TMJ - Issues of the temporo - mandibular joint:

The TMJ is a hinge that connects the lower jaw to the temporal bones of the skull. This area is an important junction where neurological pathways for motor and sensory activity pass through. It is also in close proximity to sinuses, the middle and inner ear, throat tissue, brain tissue, and lymphatic tissue. When there is injury or inflammation or in case of muscular skeletal issues or maxillofacial imbalances,



there will be compression, torsion, rotation, and traction in the area. This can lead to pain in the neck, face, ears, eyes, sinuses and teeth. It could also manifest in symptoms such as headaches, nausea, tinnitus (ringing in the ear), visual disturbances, vertigo, clicking sounds, bruxism (involuntary grinding of teeth) and lock jaw. Difficulty in chewing and swallowing, as well as sensory dysfunctions like fibromyalgia might also be experienced. These issues are usually treated with anti-inflammatory medication or surgical intervention where necessary. BCST can release the torsion and compression in the area, allowing space, and easing the impingement of the nerves. It can also support realignment, synovial fluid hydration, which allows sufficient lubrication of the area and help restore optimal function.

STRAIGHT FROM THE HEART

"I have no words to express for my sessions of Biodynamic Craniosacral therapy. This was my journey to recovery with Yasmin and finding health in stillness and calmness. I started out being very skeptical of the therapy, but the results I got and saw from my own therapy sessions were marvellous, each session would touch various aspects of physical stress to emotional stress caused over the period of time and healed them. Some sessions helped me connect to inner self, whereas some left me in an emotional state which probably was never addressed and some sessions it was utter bliss. Thank you Yasmin for being there, helping me in my journey to find health " – **Nisha Ramani**

STRAIGHT FROM THE HEART

I got badly injured on my hands and needed to be rushed to the hospital. Receiving BCST from Yasmin as a first aid at different points through the night, helped me remain calm and composed through the chaos. At one point she even prevented me from becoming unconscious. I am certain that without Yasmin by my side this whole experience would have been more stressful and traumatic for me. (Cannot thank you enough ...). After the plaster from my hand was removed, one session of BCST with Yasmin, helped to reduce the extent of swelling in my fingers significantly. ! it is astonishing to see how the body responds to being received in an environment of stillness, sensitivity and awareness. Yasmin is a master at providing this environment. – **Preeti Birla Nair**

