



Effath Yasmin is a certificated Biodynamic Cranio-sacral Practitioner from the International Institute of Craniosacral Balancing (ICSB), Switzerland, and is registered with the Biodynamic Craniosacral Therapy Association of North America (BCT/ANA). She is also a practicing International Board Certified Lactation Consultant (IBCLC).

Effath Yasmin saw a calling in her life's challenges and became an International Board Certified Lactation Consultant to offer support to mothers and babies through the most important phase of their lives.

In her clinical work as a Lactation Consultant she found that mothers & babies often needed therapeutic support beyond clinical lactation and counselling due to experience of birth trauma for both mother and baby and other congenital conditions such as torticollis, tongue tie (ankylofrenula) & plagiocephaly, therefore she found her deeper calling in becoming a Biodynamic Craniosacral Practitioner.

Biodynamic Craniosacral treatment is now an integrated part of her work as a Lactation Consultant and as a therapist offering non-invasive and gentle treatment for various conditions that includes common and chronic ailments, low immunity, musculoskeletal compensations, clinical depression, trauma & injury across all ages from babies, children, and adolescents, adults and the elderly including pregnant women.

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BIODYNAMIC CRANIOSACRAL THERAPY

*A gentle Healing Touch &
a Listening Heart*

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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. It does this with the help of the peripheral system, which forms the link between the central nervous system and the rest of the body via nerve cells called neurons.

The autonomic nervous system is a part of the peripheral system and regulates all involuntary functions of the body such as the heart rate, breathing rate, blood pressure, body temperature, and the functions of other organs to maintain a state of balance within the body. It generates a sympathetic response called 'Fight or Flight' that prepares the body for action or emergencies. It also generates a parasympathetic response called the 'Rest and Digest' that maintains and restores balance. During this state, food absorption is also optimized, contributing to health & well-being.



The balance between the sympathetic and parasympathetic responses of the autonomic nervous system is known as homeostasis and must be maintained for optimal health. 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 homeostasis. This disruption affects several normal functions of the body and can cause issues such as inflammatory conditions, hormonal imbalances, hypertension, autoimmune diseases, anxiety, and depression. Therefore, returning to the state of homeostasis is of prime importance to maintain a healthy mind and body.

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 in to a client's system. An in-depth knowledge in embryology, living anatomy and physiology forms the foundation of the training. In addition the practitioner also learns to acknowledge the 'potency' or the life force called the 'Breath of Life' which is the organising principle of the body. Therefore the Biodynamic Craniosacral Practitioner creates a therapeutic space and touch for the client's system to resonate and begin the process of self-regulation. The practitioner helps turn-down the sympathetic response and activate the parasympathetic response in the client's autonomic nervous system.

A BIODYNAMIC APPROACH TO PERCEPTION, TOUCH AND TREATMENT

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 Bio-dynamic Craniosacral treatment modality can support and address conditions such as:

- Chronic pain such as migraines, headaches, neck and back pain, and sciatic nerve pain
- Chronic inflammatory conditions such as autoimmune diseases, arthritis, and gout
- Respiratory challenges such as asthma and bronchitis
- Spinal conditions such as slip disc, hernia, and spondylitis
- Chronic stress conditions such as constipation, irritable bowel syndrome (IBS), anxiety, depression, and insomnia
- Muscular-skeletal disorders such as scoliosis, knock-knee, bow legs, and issues of the temporomandibular joint (which connects the jaw to the temporal bones)
- Dental conditions such as malocclusion, and support of dental interventions such as implants, root canals, orthodontic treatment, dentures, and prosthetics
- Low immunity challenges such as frequent episodes of coughs and colds, sinusitis, and fevers
- Unexplained issues such as left - right imbalances, burning sensations, feelings of compression or tightness in the body
- Trauma and injury caused by surgeries and anesthesia, fractures, whiplash, falls, accidental injuries, and emotional trauma
- Hospitalisation trauma and recovery



- Support for terminal illnesses such as cancer and terminal heart diseases, and trauma caused by chemotherapy
- Women's reproductive health challenges such as irregular periods, hormonal imbalances, gynaecological conditions, conception, pregnancy and birth related concerns, post-partum depression, and chronic fatigue
- Infancy & childhood challenges such as plagiocephaly (Flat Head), breastfeeding issues, torticollis, colic & reflux, dehydration, learning difficulties, hyperactivity and aggression, epilepsy, autism, and cerebral palsy

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. Practitioners can also sense patterns that might not yet have presented themselves as symptoms, and through therapy address them before they develop into a chronic condition. In this sense, BCST boosts the immune system and is also a preventive treatment.

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. It is recommended to make lifestyle changes simultaneously to see best results. There are patients who come in without specific complaints and find that problems they had not recognised are addressed by way of the session. The body settles and they become better equipped to deal with the daily upheavals of life.

SUPPORTING PREGNANT MOTHERS & INFANTS

BCST can be a great support to pregnant mothers, infants, and young children, beginning from conception, through the pre-natal stage, pregnancy, post-partum, and onwards.

Conception: In cases where conception is difficult, BCST can assist with infertility by creating a fertile environment and reducing stress and anxiety.

First Trimester Physiological changes, and common experiences at the beginning of pregnancy including nausea and morning sickness, headaches, fatigue, anaemia, and more severe conditions such as hyperemesis (severe vomiting) can be greatly supported.

Second Trimester: Common physiological changes at this stage such as bleeding gums, headaches, heartburn, indigestion, hemorrhoids, and skin pigmentation can be managed and brought under control. This is a time when the body has settled into the rhythm of the pregnancy, and it is the ideal time to prepare for the third trimester and for birth. Treatment at this stage can also prevent premature labour and unnatural birth.

Third Trimester: Backaches, sleeplessness, edema, and hormonal surges that occur during the third trimester can be supported. At this stage, there is a lack of space in the mother's uterus which can cause muscular skeletal misalignment and also head and neck issues for the foetus, which can lead to feeding issues later on. BCST supports optimal growth of the foetus by creating space in the uterus, and also helps engage the baby in a normal birthing position in the mother's birth canal, thereby preventing unnatural interventions such as C-section, induced labour, and other procedures'.

During birth: During the actual birthing process, BCST supports the expansion of the tissues around the pelvic bowl which play a huge role in birth, making them more elastic so the mother's body can open up and allow for natural birth.



Post-partum: The delicate nervous system of the baby and the mother at the time of birth can be impacted and traumatized by C-section, ventouse or forcep birth, and induced or augmented labour. Separation between mother and baby due to unnatural birth can also be a cause for stress and trauma. BCST supports the resolution of birth trauma and helps manage the implications for the mother and baby.

SUPPORTING THE MOTHER THROUGH:

- Trauma resolution of surgery and other interventions such as episiotomy
- Post-partum depression
- Insomnia
- Fatigue
- Breast conditions such as abscess and engorgement

SUPPORTING THE BABY THROUGH:

- Torticollis (Difficulty in neck movement)
- Plagiocephaly (Flattened head)
- Misalignment along the spine
- Sucking and feeding issues, which may also include a tongue tie condition

HOW ARE MOTHERS AND BABIES TREATED?

BCST can enhance natural bonding, especially when there has been separation between the mother and baby. Babies and mothers are usually treated together, where the baby would be in the mother's arms and the practitioner will work on both the mother and the baby at the same time.

SUPPORTING YOUNG CHILDREN

Children today are exposed to a large number of electronic gadgets such as televisions, mobile phones, tablets, and many more. This exposure to radiation overwhelms their nervous system which can lead to several issues. BCST can support and help address issues such as:

- Delayed milestones
- Hypertonia and hypotonia
- Disturbed sleep
- Nightmares
- Bedwetting
- Low immunity
- Conditions such as ADHD, learning difficulties, hyperactivity, and behavioural issues
- Epilepsy, cerebral palsy, and sensory integration issues

HOW ARE YOUNG CHILDREN TREATED?

The practitioner offers the treatment to the child in a gentle and non-invasive manner while the child is engaged in play and allowed to move around freely. The boundaries for children are sacrosanct, they are approached sensitively and contact is kept to the minimum. There is continuous interaction during the therapy and the environment is kept calm.

The practitioner can sometimes offer treatment without physical contact for children who are extremely sensitive to touch by creating a therapeutic field in the room. The treatment is conducted in such a manner until the child gets comfortable and allows for touch. Children feel safe and respected and enjoy the sessions, and even look forward to them



STRAIGHT FROM THE HEART

From a Mother for her New Born Baby.

"4th Oct 2015... Yay its a girl! Announced my doc... For us it was our world.. Holding the tiny angel in our arms, we both made a silent promise to give her the best upbringing possible. Just when I thought the toughest part was done with, the nightmare of it all began. The challenges of being a first time mom and breastfeeding which left me completely overwhelmed. What I had presumed would be a smooth journey was everything but that. Seeing my baby struggle to feed and sleep hungry and my helplessness tore my heart completely. That is when I met Yasmin. Her timely diagnosis of tongue tie, the treatment and the Biodynamic Craniosacral therapy sessions not only paved the way for a smooth breastfeeding journey for us, but also in creating the magical bond with my baby. Seeing her grow and reach her milestones fills my heart with joy each day for having trusted my instincts and gone ahead with the therapy. All this would not have been otherwise possible without you Yasmin! The simplicity and the holistic nature of the therapy has worked wonders and I can personally vouch for it! Thank you Yasmin." **Vidhya Krishnan**

From a Mother for her 4 Year old Daughter.

"On another note Yasmin - been meaning to genuinely thank you for everything that you have done for Anika! I am the mother that I am (and one that I am happy being) because of you! I still do angry, I still may name call and am far from being perfect, but at least I am conscious. That helps me build a better and stronger relationship with my child. And BCST and what it has done for Anika - I'll always say it's magic for her and for us! Thank you from the bottom of my heart for being the angel that you are in our lives!" **Chaitali Patel**

STRAIGHT FROM THE HEART

From a Young Mother after Child Birth.

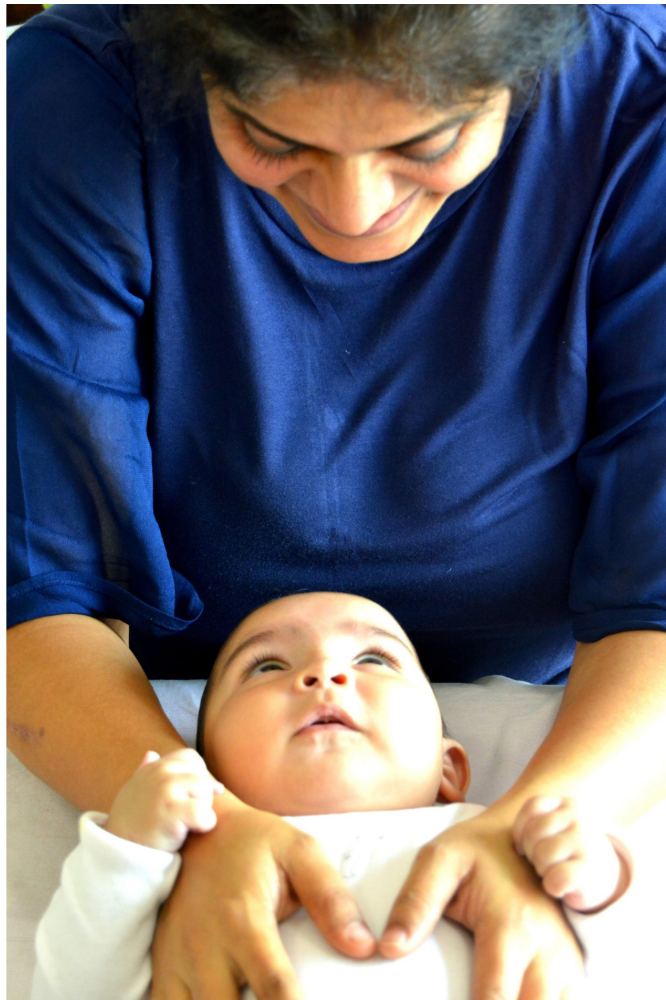
The most palpable feeling after my 6 sessions of BCST with Yasmin is the feeling of lightness in my lower abdominal area. Since I gave birth 2.5 years ago, I had a physical sense of my body feeling abused where I had my C-section. The last 2 years, I have felt a dark, heavy, gooey, dense, dark greyish and greenish energy in the abdominal area. It never let me progress forward no matter how hard I willed my mind. And this was very annoying and frustrating. I am unable to make decisions, unable to finish a task to completion; I am always sleep deprived, forgetful and have a feeling of being pulled down into inertia physically. The dark energy resisted leaving very vehemently, but it did. I cannot explain the feeling of it leaving, whatever Yasmin was doing. I cried and cried with relief and I can't believe this is finally leaving. I am eternally grateful to Yasmin for holding me in this space of healing. In gratitude - **Mirabelle Dcunha**

From a Woman on her road to recovery.

"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**

From an Elderly Adult - dealing with Chronic Conditions.

"I was taking antidepressants for several years and have also had a hysterectomy and suffer from diabetes. No matter how much medications I took nothing helped me regain my life.



STRAIGHT FROM THE HEART

I had burning sensation in my body past several years and no doctors understood what I felt. I very reluctantly came in for a Craniosacral session with you since this involved no medicines. Now after 10 sessions I feel like you have helped my life to go back full circle. I cannot be more grateful for this change. I now enjoy my cooking, go out on walks and do yoga and even went on a holiday with my friend to a hill station and we are 65 year old women. You have changed my life Yasmin." - **Nirmala Prasad**

From a Adult after an Accident.

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.

My four year old son, Sahil had a play accident and fractured his lower jaw. A set of four lower teeth was pushed inside his mouth. My usually perky, upbeat and active son was quiet and unable to speak. Yasmin had a cranio sitting with Sahil, I did not know what it was. But Sahil, despite the bruise and fracture, left the place that day with a spring on his feet. The next day Sahil was under anesthetics during the surgery where they pushed his teeth back in its place and held it with wires. Sahil's wires practically fell off a month after the surgery and his teeth was set well in his gums. The only medication he had in that month was some mild pain killers for 2 days after the surgery and some ayurvedic medicine for cleansing blood that he was already having and 5 cranio-sacral sittings with Yasmin over 6 weeks. **Vahida Nainar**