

# Decrease Stress & Increase Your Ability to Self-Heal

## WHAT IS CRANIOSACRAL THERAPY?

- A gentle, hands-on approach that releases tensions deep in the body to relieve pain & dysfunction & improve whole-body health and performance.
- Pioneered and developed by Osteopathic Physician John E. Upledger after years of clinical testing and research at Michigan State University where he served as professor of biomechanics.
- Uses a soft touch, no greater than 5 grams - about the weight of a nickel - to release restrictions in the soft tissues that surround the central nervous system.
- It's effective for a wide range of medical problems associated with pain and dysfunction.
- Effective hands on therapeutic treatment for infants, children, teenagers, and adults.
- CST sessions last for approximately 50-60 minutes, lying down on a massage table, fully clothed.



Jennifer Lauren Burkhart – JLB Intuit – Just Love Be Into It!

Jennifer is formally trained as an Occupational Therapist. After a series of events, shifting her life direction, she became professionally trained in the intuitive arts. Presently, she uses a vast array of techniques in her practice.

All sessions are geared towards breaking the perceived barriers of the conscious and subconscious that prevent one from their natural and healthy state of being.

Jennifer helps clients ranging from physical to emotional and mental traumas, to relationship, and financial issues.

More information about sessions and group sessions can be found at [JLBintuit.com](http://JLBintuit.com) – Just Love Be Into It!