

# Craniosacral and Visceral Manipulation

Improve whole-body health and performance.



## Dr. Csilla Veress ND, LAc

Csilla Veress ND, LAc, is primary care doctor at TrueNorth Health Center, in Santa Rosa, CA. Dr. Veress is a graduate from Rutgers University with a degree in Biology, and obtained her medical degree from Bastyr University, where she also finished her masters in Acupuncture and Oriental Medicine. The focus of her practice and outreach is to educate and inspire individuals to achieve optimal health, through nutrition and lifestyle medicine. She has a regular lecture series at TrueNorth Health Center, and does outreach to the community on the impact of whole food, plant-based nutrition, water fasting and lifestyle modification in preventing and treating chronic illness. She is a contributing writer for NPLEX, helping elevate excellence within the ND board examinations. She is an author of the sleep module component of the lifestyle Medicine Core curriculum offered by The American College of Lifestyle Medicine. Dr. Veress has written several articles for Health Science Magazine, and her work has been featured on a Netflix documentary. She has been a contributing expert in various summits and podcasts, within the whole food, plant-based nutrition communities.

## What is Craniosacral technique?

Craniosacral therapy (CST) is a gentle hands-on therapy that helps to enhance and assist the body's own ability to heal.

With CST, we use light touch to find and release restrictions in connective tissues and muscles that cause pain and prevent organs from working properly. Through these techniques, we help your body get back into alignment and allow the free movement of the craniosacral impulses; improving balance and flow of the natural rhythms of the body.

I've been using CST with my patients for 9 + years and the results have been amazing.

Craniosacral therapy is safe to do while water fasting and a fantastic complementary treatment to help with various detoxification symptoms, like trouble sleeping, back and leg pain, nausea, acid reflux and headaches that can arise during the fast.

## CST can be helpful for the following conditions:

- Chronic pain, such as facial pain, TMJ issues, neck pain, muscle pain/tension and cramping
- Migraines
- Sinus conditions
- Traumatic brain injuries, such as those caused by motor vehicle accidents
- Vertigo
- Post Traumatic Stress Disorder
- Fibromyalgia
- Insomnia



Session \$115/hr



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