



Lightstreams Chiropractic Care Pte. Ltd.

104 Grange Road, Blk.D Kim Lin Mansion, S.249593.

T: 6738 0605, F: 6738 5750, admin@lightstreamschiropractic.com

Holistic Health and Wellness with Chiropractic & Biodynamic Craniosacral Therapy

~Dr.Nancy Anne Schrauth, D.C. (USA)

Holistic living is having a balanced lifestyle that takes into consideration the need to attend to the health of our entire being. Work and career must be balanced with leisure and healthy relationships. The inner yearnings of the soul and spirit must also be acknowledged in order to ensure harmony in body, mind and spirit. In caring for our body a holistic approach is necessary for a long life of good health.

A healthy body and mind is much more than just the absence of disease, it is also having vitality, a sense of wellbeing and optimum immunity. A healthy body and mind enables the individual to live a life of purpose without the added stress of physical weakness or disease. Holistic health care is primarily concerned with prevention. It is practicing healthy lifestyle habits that include a healthy diet, appropriate exercise and taking time to enjoy life. It also includes developing self-awareness and the discrimination to make choices that will bring us long-term happiness not just short-term pleasure. It is never too late to adopt a holistic lifestyle.

Chiropractic and Biodynamic Craniosacral Therapy (BCST) are two modalities that complement each other in helping you achieve and maintain holistic health and wellness. Although they differ in their therapeutic approach, both focus on restoring the body's innate ability to get well and stay well without the use of drugs (pharmaceuticals), surgery or quick fixes.

Chiropractic and BCST are both concerned with the proper functioning of the Nervous System - the body's main communication network. The Nervous System is responsible for maintaining the health of all the organs and systems in the human body. When the Nervous System is functioning optimally, the whole body experiences optimum health and wellness. This means the body will have excellent immunity to fend off viruses and bacteria and recover from disease without the need for dangerous vaccinations, antibiotics and unnecessary "health" screenings.

Chiropractors adjust the vertebrae of your spine so the nerves passing between them function effectively. In many cases pain in the back or neck is brought on when the nerves get irritated as they pass between two vertebrae. This can come about because the muscles along the spine become tight and pull the vertebra closer together and gradually or suddenly "trap" or "pinch" the nerve between them. A Chiropractic adjustment can alleviate pain by ensuring the vertebral joints move freely, allowing the nerve to pass through unimpeded. This not only helps relieve pain, but also the nerve energy must be unimpeded for the nervous system to effectively manage all the body systems at an optimum level. Therefore tension in the muscles that support the spine can also interfere with the maintenance of healthy organ systems.

Chiropractic adjustments are precise and gentle. The adjustment is generally not painful, although if you are already experiencing a muscle spasm or an injury then there might be some discomfort, not unlike the soreness of a massage when the trouble spots are worked on. Some people get an immediate relief from their pain whilst most others will only begin to notice a significant improvement within 24 hours.

BCST is a subtle, extremely gentle type of treatment that is effective for a wide range of illnesses and discomfort. The focus of BCST is to restore balance to the tidal fluctuations of the fluid systems in the body. The body comprises 90% fluid - in the cells, between the soft tissues, and in the skull cavity. These fluids flow in a tide-like movement called "fluctuations". This tidal movement is an expression of the body's innate intelligence. When physical or emotional stress overwhelms the body, the fluids get restricted and the tidal fluctuations are disturbed. This can lead to pain and ill health, both physical and emotional. BCST involves "listening" with and through the hands to the subtle rhythm of the expressions of health in the tidal fluctuations, assessing how and where the balance is disrupted. The process of "listening" to the fluids is therapeutic, allowing the release of restrictions and the restoration of balanced fluid fluctuations.

Chiropractic and BCST are healthcare modalities that are non-invasive, gentle and therefore safe and effective for babies, the elderly, and of course adults. A skilled and professional Chiropractor and Biodynamic Craniosacral Therapist is trained and focused on assisting the client in relieving pain and restoring health. Regular Chiropractic treatment and BCST sessions ensure the body is functioning at its optimum, thus ensuring the client is functioning at his/her best in all aspects of their life and enjoying holistic health and wellness.