

Biodynamic Craniosacral – An Osteopathic Tradition

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Osteopathy

Dr. Andrew Taylor Still, MD, DO (1828-1917)

Dr. Andrew Taylor Still was the founder of osteopathy and osteopathic medicine. He was also a physician and surgeon, author, inventor, and Kansas territorial and state legislator. He was the founder of the American School of Osteopathy now named A.T. Still University, the world's first osteopathic medical school, in Kirksville, Missouri.

The idea of the Health as a living principle and phenomenon that can be palpated and accessed as a therapeutic force is unique to osteopathy. This was one of Dr. Still's most significant contributions to health care and humanity and often one of the most misunderstood principles of osteopathy.

The Health in osteopathy is far more than the absence of symptoms or disease; the Health is a living intelligence and therapeutic force responsible for all growth, development and healing from conception, to embryogenesis, and throughout life. The Health is our indwelling and natural perfection. It is a wisdom and intelligence that maintains balance, harmony, and homeostasis, it keeps all physiologic functions in balance, it heals a cut finger or injured bone to perfection, restoring the original form. The Health is always present.

Osteopathy in the Cranial Field

Dr. William Garner Sutherland, DO (1873-1954)

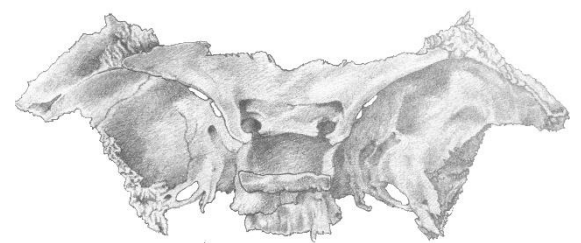
Dr. William Garner Sutherland, DO was a student of Dr. A.T. Still. Dr. Sutherland spent his entire career studying the primary respiratory mechanism, the cranium, brain, and cerebrospinal fluid. Out of his sixty-



...This Great River of Life Must Be Tapped...
Or The Harvest Of Health Be Lost Forever

-five years of dedicated, intense study and practice emerged a tremendous contribution to osteopathy and humanity which has become known today as osteopathy in the cranial field. The term osteopathy in the cranial field can be misleading as this scientific branch of osteopathy is not just about the cranium and head, though many of Dr. Sutherland's discoveries arose out of his study of the head.

Osteopathy in the cranial field is a highly specialized study and co-operation with the inherent healing forces and universal laws that are both palpable and observable in nature and the human organism. It is also the study of subtle rhythmic motions within nature known in osteopathy as primary respiration - primary because it precedes thoracic respiration and is as essential to all of life as oxygen and breathing. Dr. Sutherland's work is a major contribution and advancement in osteopathy and applies to all areas of the body, not just the cranium. The term osteopathy in the cranial field is a historic remnant and acknowledgement of Dr. Sutherland's tremendous contributions and lifelong dedication to osteopathy.



"As I stood looking and thinking in the channel of Dr. Still's philosophy, my attention was called to the beveled articulate surfaces of the sphenoid bone.

Suddenly there came a thought - I call it a guiding thought - beveled - like gills of a fish, indicating articular mobility for a

*Respiratory
Mechanism"*

Dr. William Garner Sutherland, DO

"The cerebro-spinal fluid is one of the highest known elements that are contained in the body, and unless the brain furnishes this fluid in abundance, a disabled condition of the body will remain. He who is able to reason will see that this great river of life must be tapped, and the withering field irrigated at once, or the harvest of health be forever lost." -Dr. Andrew Taylor Still, M.D.

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Joanne M. Gallagher, RCST®
Life Expression Wellness Center, PA

"Within that cerebrospinal fluid there is an invisible element that I refer to as the 'Breath of Life.' I want you to visualize this Breath of Life as a fluid within this fluid, something that has potency as the thing that makes it move. Visualize a potency, an intelligent potency, that is more intelligent than you own human mentality." -W.G. Sutherland, D.O.

Biodynamic Craniosacral Implications for You...

The strong sapling becomes the forest. The strong child becomes our world.

Biodynamic Craniosacral

Current Biodynamic Craniosacral Educators teach the definition:

The subtle rhythms or motilities produced by the body are regarded as fundamental expressions of our health and vitality. The ordering matrix carried into the body within these rhythms acts as a blueprint for health which is present from the time of our early embryological development. This blueprint is the fundamental factor that maintains balance in our form and function throughout our lives. When these rhythms are expressed in fullness and balance, our blueprint for health is able to manifest and a sense of wholeness and wellbeing automatically follows.

Biodynamic Craniosacral Therapy Association of North America statement:

Your individual Biodynamic Craniosacral session supports your nervous system regulation and allows the resolution of conditions resulting from stress and trauma. A Biodynamic Craniosacral practitioner uses an educated, gentle, non-invasive contact to engage with the expressions of health in your system.

Philosophy of Osteopathy with Sutherland Cranial Teaching Foundation:

Finding Health

“To find health should be the object of the doctor. Anyone can find disease.”

The Brain and Lymphatics

“The lymphatics are closely and universally connected with the spinal cord and all other nerves, and all drink from the waters of the brain.”

Cerebrospinal Fluid

“A thought strikes him that the cerebrospinal fluid is one of the highest known elements that are contained in the body, and unless the brain furnishes this fluid in abundance, a disabled condition of the body will remain. He who is able to reason will see that this great river of life must be tapped, and the withering field irrigated at once, or the harvest of health be forever lost.”

Health

“Nature is Health. Osteopathy is based on the perfection of Nature’s work. It walks hand-in-hand with nothing but nature’s laws, and for this reason alone it marks the most significant progress in the history of scientific research.”

What you have learned about Biodynamic Craniosacral...

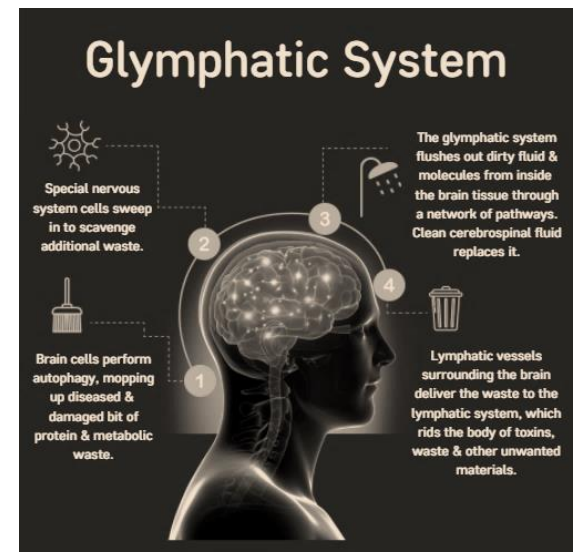
- You have learned that your body has an inherent healing process designed to adapt and heal. The nerve system controls and adapts that process. You have also learned that the motion of the cerebrospinal fluid is very important to the function of the nerve system.
- Cerebrospinal fluid movement with the glymphatic cleaning is also important for hydraulic protection, oxygenation, nutrition, and hormonal and neurotransmitter transport of the central nervous system.
- Current neuroscience is looking at the motion of the cerebrospinal fluid as important to brain cleaning and function. It was named the Glymphatic system in 2012. Craniosacral science has taught the concepts since the 1800’s. Dr. Upledger named this system the Craniosacral system in 1975.
- All physiological rhythms of the human body are protected by the fascial matrix or interstitium. The heart has the pericardium, lungs the pleura, and the craniosacral has the entire body to protect it from harm.
- Physical, emotional, or chemical trauma absorbed by the fascia can change the cerebrospinal fluid motility and change function.
- A Biodynamic Craniosacral session allows your body to self-adapt or restore back to normal compliance so that the cerebrospinal fluid motility and function can restore over time.
- Experience Biodynamic Craniosacral for your best potency of life!



The arterial stream is supreme.
But the cerebrospinal fluid is in command.

Dr. William Garner Sutherland, D.O.

Spring Cleaning with Biodynamic Craniosacral!



1. Brain cells perform autophagy, mopping up diseased & damaged bits of protein & metabolic waste.
2. Special nervous system cells sweep in to scavenge additional waste.
3. The glymphatic system flushes out dirty fluid & molecules from inside the brain tissue through a network of pathways. Clean cerebrospinal fluid replaces it.
4. Lymphatic vessels surrounding the brain deliver the waste to the lymphatic system, which rids the body of toxins, waste & other unwanted materials.

Your lymphatic system is the cleaner of waste for your body cells to your blood. Your brain has no lymphatic vessels for cleaning.

Your brain waste clearance system is the CSF or cerebrospinal fluid.

This was named Glymphatic from the words Glia (non-neurons of the brain and spinal cord) and Lymphatic.

Glia + Lymphatic = Glymphatic - Brain and spinal cord cleaner!

Your health and function of your mind and body is dependent on the strength of the cleaning.

Isn't it amazing that your Biodynamic Craniosacral session invites you to a cleaning process every time?

“I believe we will see the day that participation in the Biodynamic Craniosacral process will be an essential element of everyone’s healing process and optimal growth and development of each child.”
Joanne M. Gallagher, RCST®