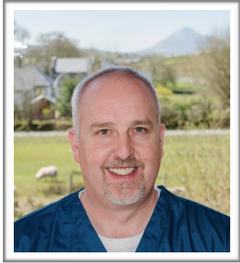


## Robert Ennis.



Robert has had an interest in Natural Health since he was a teenager and saw how effective Chi Gung (Tai Chi) was in relieving his recurring Sinus infections. In 1979 Robert started training with Master Fanning and is a

Black Belt in Ming Chuan Kung Fu, a Chi Gung Teacher and USA Block Breaking Champion Florida 2008. There is Natural Healing tradition in Robert's family as his great Uncle was a traditional Bone Setter and Natural Healer. In 1994 Robert started seeing clients as a Natural Healer and has trained in various Healing Modalities like Upledger Cranio Sacral Therapy & Somato Emotional Release.

### Roberts training & qualifications include:

- Upledger Advanced CranioSacral Therapy
- Natural Healing
- Spiritual Healing
- Somato Emotional Release
- Cranio Sacral Approach Archorn Seminars
- Energy Healing
- Quantum Touch
- Reiki Master / Teacher
- Seichem Master / Teacher
- Wodan Mountain Chi Gung Teacher - Taoist Method
- Kung Fu Teacher
- Trium Processing - Dr Sean O Geary Method
- NeuroModulation Technique NMT - The Feinberg Method
- Geopathic Stress Testing

## Session Price & Duration

Sessions cost €95 and last for 1 hour or €55 for 30mins here at the ISHSKO Wellness Centre.

Robert is also available to come out to homes and businesses to carry out Geopathic Stress Testing.

## Booking & Enquiries

To make a booking or enquire further about Cranial Sacral Therapy please contact us at the centre on the details below:

**094 902 2469**

ISHSKO WELLNESS CENTRE  
2 Brooklands  
Lannagh Road  
Castlebar  
County Mayo  
F23WR63

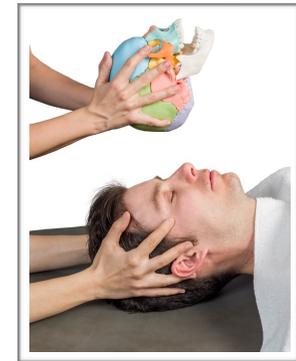
ishskoinfo@gmail.com  
www.ishskowellnesscentre.com

## Consulting your GP

If you have any metal pins, artificial joints, implants or are on any medication please check with your Doctor before scheduling a session.



## Cranial Sacral Therapy



**'A gentle, non-invasive form of bodywork that addresses the bones of the head, spinal column and sacrum to release compression & alleviate pain.'**

## Cranial Sacral Therapy

Cranial Sacral Therapy has a variety of uses alongside Dentistry and Orthodontics. The way the jaw develops in childhood is hugely influenced by the function of the cranial bones and the body's postural alignment.

Retained moulding of the face, skull bones and position of the head and neck from birth can effect the growth and developmental balance of the head and jaw and thus the positioning of the teeth. Often the mandible and occipital base are depressed or misaligned in the birth process itself or in falls and accidents.

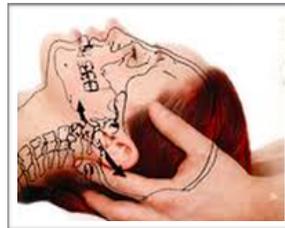
Dysfunction of the face and top of neck joints C1 & C2 can lead to malocclusion and craniofacial pain syndromes like TMJ dysfunction (temporo-mandibular joint dysfunction).

Cranio Sacral Therapy has a defined role in treating the causes of these problems. This when combined with skilful Orthopaedic-Orthodontic treatment from a good Dentist can optimise teeth position working with the function of the cranial bones and body as a whole.

This can make the process quicker and avoid possible side effects. As this is a complex field we recommend you speak with Robert for more detailed information.

Other areas where Cranio Sacral therapy can help with dentistry is when dental appliances and cross and bridge work are causing headache or jaw pain. Cranio Sacral therapy can help the body adapt quickly to these appliances.

Cranio Sacral Treatment is a non-invasive non-manipulative treatment using the lightest of touches starting at only five to ten grams. It takes years of training before a Cranio Sacral Therapist has learned enough skills to treat clients effectively.



### Cranial Sacral Therapy can treat:

- Restricted motion of the maxilla, temporal bones & sphenoid.
- TMJ Dysfunction or TMD.
- Occipital Base C1, C2 Misalignment.
- Migraine and Sinusitis problems
- Whiplash & Back pain
- Head & Facial Pain
- High Palate (mouth breathing)
- Bruxism (grinding teeth)
- Plagiocephaly (mis-shapen head)
- Sphenobasilar synchondrosis SDS problems

## Plagiocephaly in Babies & Children

Many of the babies and children I see at my craniosacral therapy clinics have the appearance of Plagiocephaly or mis-shapen head. Their parents are concerned when they notice these asymmetries and find it hard to know what to do. The causes of Plagiocephaly vary.

### TMJ Dysfunction

We have two TMJ's; one in front of each ear and one that connects the lower jaw bone (the mandible) to the skull.

Temporo-mandibular joint dysfunction is characterised by pain in the jaw joint and surrounding tissues with limitations in the jaw movements, locking of the jaw, painful chewing and inability to open or close the mouth completely. The pain itself can radiate into the mandible, ear, neck and tonsillar pillars.

### Migraine Headache

Migraine headaches usually affect one-half of the victim's head. Since the dural tube is a reciprocating membrane, tension or torque in the skull will cause one side to be in traction while the other side provides the slack.

The nerves passing through the tensioned side will be responsible for the varied and extensive pains. The dural torque can result from a single or various combinations of structural distortion involving the pelvis, spinal vertebrae, dental malocclusion or cranial bone restrictions.