

# **CranioSacral Therapy – Migraine Relief**

Migraine affects approximately 20% of the population. Conventional care for migraine is suboptimal; overuse of medications for the treatment of episodic migraines is a risk factor for developing chronic daily headache. The study of non-pharmaceutical approaches for prevention of migraine headaches is therefore warranted. Craniosacral therapy (CST) is a popular non-pharmacological approach to the treatment or prevention of migraine headaches for which there is limited evidence of safety and efficacy.

- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2442042/>

Mann JD, Faurot KR, Wilkinson L, et al. Craniosacral therapy for migraine: Protocol development for an exploratory controlled clinical trial. BMC Complementary and Alternative Medicine. 2008;8:28. doi:10.1186/1472-6882-8-28.

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# **CranioSacral Therapy – Brain Inflammation, Head Trauma & NFL**

The study discusses research focused on NFL player's head trauma; however, singular events are also discussed – “these cells kick into high gear in people who sustain a single severe blow to the head, and that this may be associated with cognitive impairment (Ramlackhansingh et al., 2011). Researchers theorize that after brain injury, chronic

inflammation contributes to cellular and structural damage, leading to depression and cognitive decline.”

<http://www.alzforum.org/news/research-news/nfl-players-brain-inflammation-may-persist-years-after-head-trauma>

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## **The mesentery: A ‘new’ organ you didn’t know you had**

If you are planning on having any type of abdominal procedure, this article is a must read. Then ask your doctor how are they going to keep your mesentery intact?

<http://www.cnn.com/2017/01/04/health/new-organ-mesentery/index.html>

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## **CranioSacral Therapy – Orthodontia on Whole-Body Health**

I never would have thought that braces could create scoliosis (curved spine) until I saw the pattern in this short article.

[MassageToday.com-The-Potential-Impact-of-Orthodontia-on-Whole-Body-Health-1483655684](http://MassageToday.com-The-Potential-Impact-of-Orthodontia-on-Whole-Body-Health-1483655684)

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# Chronic Pain Associated with Activation of Brain's Glial Cells

Patients with chronic pain show signs of glial activation in brain centers that modulate pain, according to results from a PET-MRI study.

“Glia appears to be involved in the pathophysiology of chronic pain, and therefore we should consider developing therapeutic approaches targeting glia,” Dr. Marco L. Loggia from Massachusetts General Hospital, Harvard Medical School, Charlestown, Massachusetts, told Reuters Health by email.

“Glial activation is accompanied by many cellular responses, which include the production and release of substances (such as so-called ‘pro-inflammatory cytokines’) that can sensitize the pain pathways in the central nervous system,” he explained. “Thus, glial activation is not a mere reaction to a pain state but actively contributes to the establishment and/or maintenance of persistent pain.”

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# New Insight Into How Alzheimer's Begins

A new study from The University of Texas Medical Branch at Galveston offers important insight into how Alzheimer's

disease begins within the brain. The researchers found a relationship between inflammation, a toxic protein and the onset of the disease. The study also identified a way that doctors can detect early signs of Alzheimer's by looking at the back of patients' eyes.

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## **Fear of the Unknown Common to May Anxiety Disorders**

Several anxiety disorders, including panic disorder, social anxiety disorder and specific phobias, share a common underlying trait: increased sensitivity to uncertain threat, or fear of the unknown, report researchers from the University of Illinois at Chicago. The finding could help steer treatment of these disorders away from diagnosis-based therapies to treating their common characteristics.

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## **Toddlers With Autism Don't Avoid Eye Contact, But Do Miss Its Significance**

A new study reports young children with autism don't avoid eye contact on purposes, but do miss the significance of the

social information in others' eyes.

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## **Food or Flight? Molecular Mechanics of Risk-Reward Equation Described**

The hungrier the mouse, the more risk it will take to grab cheese on the floor of a home with a house cat.

“But how does it make this risk-reward computation?” asks Michael Nitabach, professor of cellular and molecular physiology and professor of genetics at Yale.

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## **Pain is Not Just a Matter of Nerves**

The sensation of pain occurs when neural pathways conduct excitation generated by tissue damage to the spinal cord, where the nociceptive information is extensively pre-processed. From there, the information is transmitted to the human brain, where the sensation of “pain” is finally created. This is the general belief. However, researchers from the Division of Neurophysiology at MedUni Vienna's Center for

Brain Research have now discovered that pain is not just a matter of nerves but that non-neuronal cells, the glial cells, are also involved in clinically relevant pain models and their activation is sufficient to amplify pain. The study has now been published in the leading journal "Science".

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