

CranioSacral Therapy – Dementia & Alzheimer's disease

Michael Morgan's talk begins by looking at what differentiates brains of "normal" patients and those of patients suffering from senile dementia and Alzheimer's disease. Amyloid plaques in Alzheimer's patients seem to "clog up" the brain, shrinking the brain and significantly decreasing the flow of cerebral spinal fluid, which among other things, carries toxins out of the brain. Researchers have found that it is this buildup of plaque, and the shrinkage of the brain that accompanies it, which causes memory loss of Alzheimer's Disease. What causes these two things? The inflammation of the brain over time. Recent research has shown, however, that Alzheimer's patients who have made changes to their diet, exercised regularly, and undergone regular CranialSacral Therapy have regained previously lost memories. Michael Morgan offers these three elements (diet, exercise, and regular CST) as both treatment for, and preventative regime against, Alzheimer's.