


## *Living Pain-Free*

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 Following my first CranioSacral Therapy class, I was very eager to get back to my shop in rural southside Virginia so I could share what I had learned with my customers.

After returning home, I was disappointed to find that people who came into my shop with pain and headaches looked at me with suspicion when I told them about my new methods. They would take advice about herbs, but it sometimes felt like an uphill battle to get them to try anything that was different from orthodox medical practices. Even when I offered treatments without charge, I got very few takers and no repeat customers. I was beginning to wonder if I was doing something wrong or if I would ever be able to use my newfound knowledge.

After several months, a teacher in her early forties came into my shop. She was in obvious pain and desperately looking for some type of help. She had recently had an MRI that revealed a bulging disc, bone spurs, arthritis, stenosis, sclerosis, and degenerative disc disease of the lower lumbar area. The medical community had only offered her one option: spinal surgery. Even then there was no guarantee that the pain would end.

Being a teacher of small children, she was no longer able to do her job. She could not sit at the low tables, dance with her kids, bend over to zip coats, or even tie a shoe. She was suffering from fatigue because sleep was almost impossible from the pain that shot through her body every time she moved in bed. She said that one of her greatest fears was catching a cold because she knew that even a simple sneeze or cough would send pain coursing through her body.

She had already tried various herbal and homeopathic remedies that helped a little, but none had provided anywhere near the relief she needed. The only option she could see was giving up the job she loved because it hurt too much to do even the simplest of tasks. She also explained that surgery was not an option because she lived

with her mother who was in her eighties, and there would be no one to care for her during the recovery period.

As she told her story, my mind raced to the things I had learned during my classes. Could CranioSacral Therapy help her? I was almost too nervous to even hope. I quickly explained what I had learned about energy blockages and how you have to clear the blockage so the blood can flow to the area and healing begin. All the while I was waiting for her to just turn and walk away. To my surprise, she agreed to let me try to help her, and we immediately began our first session.

Initially, lying on the table was almost impossible, and she could not lower her legs at all. When I put my hands on her lower back and began treatment, I did not feel anything for a long time. Once again my old fears stirred in my mind. Then I began to feel the slightest pulse. Suddenly it was like a dam breaking loose, and the pulse started to come stronger. Finally the first session was over.

Hoping I had brought an immediate relief to her pain, I was so disappointed when she indicated that the pain was actually worse right after the treatment. She had a terrible time getting off the table, and I had to help her put her shoes back on. She left, promising to let me know how she was doing and whether she wanted to come back for another treatment.

In a few days I heard back. She indicated that while the pain had been worse right after the first treatment, within a few hours she noticed a relief from pain without having to take powerful painkillers. She was so excited to think that finally there was a possible nonsurgical answer to her back pain.

After that, we had biweekly then weekly sessions. The pain always seemed much worse right after I finished the treatment. I began to notice, though, that her legs were lowering slowly. Then came the day I noticed that she was lying flat on the treatment table. She also did not need assistance getting up or putting on her shoes anymore. Soon she was strong enough to begin exercising and stretching her back.

Now, less than a year later, she is back in her classroom teaching. She can touch her toes, climb stairs, and even run. She is once again sleeping at night and is pain-free ninety-eight percent of the time. She continues to exercise and take her anti-inflammatory herbs and is able to lead a normal, happy life.

Through her testimony, more people are now listening. They are willing to try CranioSacral Therapy for themselves and recommend it to those they know. I have seen many people find relief from headaches and pain thanks to my newfound skills. For this I am eternally grateful.

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