

CRANIOSACRAL THERAPY HELPS WITH SEIZURES

By Dr. Derek Conte

Bonnie is an energetic and hard-working, 33-year-old mother and wife who helps her second husband with his contracting business, keeping schedules and making proposals. Since her childhood, thunderstorms had been a living nightmare, causing terrible headaches. There was no relief for her. While driving in 1999, she was hit from the side by a tractor trailer. This caused intensification of the already awful headaches to 3X per week. Then, tragically, her first husband died at a very young age in 2004. Then, in 2005, Bonnie began to suffer from violent seizures 4X per week accompanied by nausea, panic attacks, dizziness, sweats and a constant "twitchiness". She would go to the ER and be confined to bed for days due to exhaustion. She didn't know what to do.

I first met Bonnie in 2006 after she underwent an intensive battery of medical evaluations, tests and neurological consultations. She was told her *electroencephalogram* (EEG, a reading of the electrical activity in various parts of the brain) did not support a diagnosis of temporal lobe epilepsy, which would have explained the seizures. Her case was "a medical mystery".

She came to me with a makeup-sized bag full of twelve medications and said they did not stem the intensity or frequency of the attacks. In fact, the side effects of the drugs were nearly as bad as the problem for which she was taking them, not to mention their possible negative interactions.



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Our exam showed pronounced postural distortion, weight imbalance and multiple spinal misalignments. Curiously, an exam of the skull showed a raised and painful seam between two of the cranial bones behind the right ear, as if one was forced under the other. We chose *CranioSacral Therapy* (CST) as the vehicle because of its direct work on the bones of the skull, intended to enhance the flow of the vital *cerebrospinal fluid*, which conditions the brain for normal function (see June, 2008 article).

The evening after the first session, Bonnie had a seizure. She had another ten minutes after the second session and one *during* the third — each one less intense than the one before. It stormed violently after that and Bonnie called the next day to tell me she didn't have a headache during a storm for the first time in her life. Over the next nine months, she averaged only two mild seizures per month. The headaches and panic attacks were essentially gone. On the tenth session, we were working to release that "painful seam" behind her ear when we heard a "pop". The pain was gone and the seam between the cranial bones was smooth. Bonnie hasn't had a seizure since and she hasn't taken the anti-seizure medications in eighteen months. The human body is truly a self-healing, self-regulating miracle of life. Bonnie and her entire family understand this very well.

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