

## **CranioSacral Therapy Helps With Seizures**

*By Dr. Derek Conte*

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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 childhood, thunderstorms had been a living nightmare for Bonnie, causing terrible headaches. There was no relief for her. Then, while driving in 1999, she was hit from the side by a tractor trailer. This caused intensification of the already awful headaches and increased the frequency 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 what she described as “a constant twitchiness” in her body. She became a regular in the local Emergency Room and there be confined to bed for days due to exhaustion from the seizures. She didn’t know what to do.

I first met Bonnie in 2006 after she underwent an intensive battery of medical histories, tests and neurological consultations. She was told her *electroencephalogram* (EEG, a surface reading of patterns of the electrical activity in the brain) did not support a diagnosis of temporal lobe epilepsy, which would have explained the seizures. Her case was “a medical mystery”. She had also received excellent upper cervical chiropractic care from a colleague of mine, but didn’t improve.

Bonnie came to me with a makeup-bag full of twelve medications she was on 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. Our exam showed pronounced postural distortion, significant weight imbalance on bi-lateral scales 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 at the lambdoidal suture, as if one was forced under the other. We chose ***CranioSacral Therapy*** (CST) as the treatment vehicle because of its direct work on the plates of the skull, intended to enhance the flow of the vital *cerebrospinal fluid*, which protects and conditions the brain for normal function.

On the evening after the first session, Bonnie had a seizure. She had another seizure ten minutes after the second session and had another seizure *during* the third --- each one less intense than the one before. It stormed violently on the night of the third session 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 lambdoidal suture 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 and CranioSacral therapy helped facilitate the healing mechanism. Bonnie and her entire family understand this very well.

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