

## Your Genius Brain: The Blueprint for Your Health, Vitality and Performance

### Mini-Series: Part 1 of 4

My love is definitely the brain and nervous system. My expertise is working with and optimizing the fluid motion within the brain and central nerve system. Together, my love and expertise have taught me about the wonder and extraordinary abilities of the human person. Maximum human potential truly begins within the womb and continues throughout our entire lifetime. It is your genius brain and the genius fluid motion within your brain and central nerve system that is at the heart of it all.

Allow me, together with the work of my integrative craniosacral coach (*who grants me permission to use her work because of her great passion to educate people*), to offer you an exceptional educational mini-series on the brilliance of your genius brain and the genius fluid motion within, and how it forms the blueprint for your health, vitality performance, and what you can do to optimize it all.

Let's get started!

All living things express the wonder of life with motion. There is movement with the rotation of the planets to the photosynthesis of plants to the physiology of our human cells. Life moves. All healthy living tissues gently "breathe" with the motion of life at the deepest level of cellular function.

The presence of subtle rhythms in the body was discovered and named by an osteopathic physician named Dr. William Sutherland (1873-1954). He theorized that the central nervous system was in constant rhythmic motion essential to human health. He viewed the human body as a living structure. Dysfunction or impairment in one area would compromise the entire structure. The constant rhythmic motion of the human body, the potency of healing, the living anatomy, is the synergy of motion of five basic components:

1. The inherent fluid wave within the cerebrospinal fluid (CSF) that bathes the brain and spinal cord. Dr. William Sutherland described CSF as the "sap" of the tree or initial recipient of the potency of life.
2. The inherent expansion and contraction of the brain and spinal cord.
3. The motion of the meninges, the membranes that cover the brain and spinal cord.
4. The movement of the cranial bones.
5. The involuntary motion of the sacrum within the pelvis.

The science and development continued with scientists, doctors and teachers – Drs. Rollin Becker, James Jealous and John Upledger. This concept became the basis for craniosacral therapy, which was further developed by Dr. Franklyn Sills into a biodynamic craniosacral model. The motilities, or motion, of life formation are an expression of a primary respiratory motion that is a critical factor in determining our state of health and performance. The science continues to develop with teachings of John and Anna Chitty, RCSTs, Dr. Roger Gilchrist, Dr. Michael Kern, Christopher and Mary Louise Mueller, RCSTs, Dr. Michael Shea and other teaching teams throughout the world.

#### CEREBROSPINAL FLUID MOTILITY (MOTION)

Cerebrospinal fluid (CSF) is the fluid of the brain (cerebro) and the spinal cord (spinal) with combined name of cerebrospinal fluid. CSF is the life fluid of the central nerve system. It is a clear fluid that is produced by a process of filtration and secretion from concentrated blood vessels named choroid plexi located in the four ventricles of the brain.

Approximately five to seven ounces of CSF are contained in the nervous system at one time with approximately one ounce (30 ml) produced each hour. The continuous production and reabsorption flushes the CSF through and around

the central nervous system and is reabsorbed back into the bloodstream through venous sinuses in the brain called arachnoid villi. Named by Dr. William Sutherland, the filling is known as flexion and the emptying is named extension. This motility (motion) can be measured throughout the whole body. This whole body response is due to the pumping effect of the CSF upon the motor system of the brain. A rhythmical increase and decrease in the tone of the myofascial system occurs due to fluctuating nerve signals, creating a palpable motion.

The motility (motion) of the central nerve system is expressed as part of an integrated pattern of motion, associated with its surrounding membranes, bones and fluid. **In health, all these tissues move in synchrony with each other.**

The CSF produced in the ventricular system of the brain has four significant purposes:

1. **Chemical Stability** – The CSF maintains a consistent chemical balance with mediating critical neurotransmitter function. 25% of absorbed oxygen and 25% of nutrition from diet are in CSF. It influences cerebral blood flow and respiration due to its alkaline pH. The rhythmic motion of the CSF may serve to “milk” the pituitary gland with hormonal transport to the neuroendocrine system.
2. **Protection** – CSF acts as a “water bag”, to adapt the brain and spinal cord to gravitational weight bearing, body movement and to absorb and dissipate impacts and traumas of life. A simple sneeze would be traumatic to the brain without this buffer!
3. **Buoyancy** – CSF is the same density as the brain, allowing it to “float” in neutral buoyancy, maintaining its weight and shape. The three pound human brain has the buoyancy of approximately 3-4 ounces. The 35 gram (1.25 ounce!) spinal cord has almost no gravitational weight bearing.
4. **Cleaning – Glymphatic System** – CSF cleaning was named a new system in 2012! The combined words of **Glia-lymphatic** are for the brain’s glial cells (non-neurons that maintain homeostasis, form myelin, and provide support and protection for neurons in the central and peripheral nervous system) that clean to lymphatic drainage. CSF carries metabolic waste, antibodies, toxic chemicals and pathological products of disease away from the brain and spinal cord to the bloodstream to be cleansed by the lymphatic system, kidneys and liver. CSF is pure and sterile.

The Glymphatic system is protected by the meninges and fascia or connective tissue of the human body. Significant physical, emotional or chemical injuries can insult the fascia and CSF motility (motion). Deprivation or compromise of effective CSF motion and flow can cause degrees of functional compromise. This may have significant ramifications over a lifetime process, especially with the growth and development of children.

Integrative CranioSacral combines the brilliance contained within the science and development of the different cranosacral models from the different teaching teams throughout the world, and has one important objective: to allow the body to self-correct or adapt the fascia or connective tissue that protects the vital CSF motion. An integrative cranosacral practitioner becomes the facilitator as the body’s own dynamic, self-healing and self-regulating abilities allow compliance to ease. Integrative CranioSacral sessions are for the best of the CSF motility (motion). Experience a session and ride the tide of your optimal process of life!

“Fluid can be seen in all of nature as the carrier of life; without water, there is no life.” – Michael Kern, DO, RCST

“We forget that the water cycle and the life cycle are one.” – Jacques Cousteau

“Water is life’s mater and matrix, mother and medium. There is no life without water.” – Albert Szent-Gyorgyi, 1937 Nobel Prize

Integrative CranioSacral: The subtle rhythms or motilities (motion) produced by the body are regarded as fundamental expressions of our health, vitality and performance. The ordering matrix carried into the body within these rhythms acts as a blueprint for health which is present from the time of our early embryological development. This blueprint is the fundamental factor that maintains balance in our form and function throughout our lives. When these rhythms are expressed in fullness and balance, our blueprint for health is able to manifest and a sense of wholeness and wellbeing automatically follows.

Integrative CranioSacral is a whole person approach to healing and balance with life. This is done in a non-invasive way with hands on as the integrative craniosacral practitioner subtly and gently encourages the support of the primary fluid motilities of function. It works to create an optimal condition for health and vitality and facilitate a sense of well-being. It is for all ages throughout all life.

Sources:

[www.britannica.com](http://www.britannica.com)

[www.upledger.com](http://www.upledger.com)

Foundations in CranioSacral Biodynamics by Franklyn Sills

Biodynamic CranioSacral Therapy by Michael J. Shea, PhD

Wisdom in the Body by Michael Kern, DO, RCST, MICrA, ND

\*This information is not to be interpreted as medical advice. Integrative CranioSacral sessions are not for the treatment of disease nor pathology.

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