

250: Unlock Vitality through Craniosacral Fascial

10 Point Checklist

Dr. Barry Gillespie

Want to gain as much knowledge as possible out of Get Yourself Optimized? Read on below for a **10 point checklist** that gives the next, real steps you can take for introducing these insights and optimizing your life.

Get **YOURSELF OPTIMIZED**

HOSTED BY **STEPHAN SPENCER**



“Craniosacral Fascial Therapy (CFT) is a very gentle, natural approach with powerful therapeutic effects. It is based on his theory that the Craniosacral and Fascial systems are not separate but one interconnected system.”

DR. BARRY GILLESPIE

10 STEPS YOU CAN TAKE TODAY

**Want to take charge of your health, wellness, and success?
Here are 10 steps that can move you closer to your goals – today.**

- Learn more about Craniosacral Fascial Therapy. According to founder, Dr. Barry Gillespie, it is a very gentle, natural approach with powerful therapeutic effects that can heal babies, children, and adults' physical pain and trauma.
- Observe possible TMJ (temporomandibular joint) problems. If I'm experiencing a chronic headache or neck pain without any probable cause, it might be because of my jaw.
- Have my child checked for pediatric asthma. Children with this condition can be treated with CFT.
- Be aware of soft tissue trauma on babies. For expecting mothers, aim to provide a calm environment while giving birth. Situations such as vacuum suction, a wrapped umbilical cord, etc. can cause severe pressure on infants.
- Find ways to stop teeth grinding and jaw clenching since they're usually the most common causes of tension headaches.
- Check my lifestyle to see which behaviors I should change. Chronic pain usually happens when a person lives a sedentary lifestyle.
- Evaluate my injury history. Even a simple fall or slip can cause severe strain or trauma to the muscles. Consult with a physician before trying out a different approach.
- Don't rely too much on medication. Seek physical therapy to keep my muscles and fascia physically active.
- Try chiropractic and massage work to lessen the pain I am experiencing. These holistic medical approaches are proven to ease discomfort, even realign the spinal area.
- Check out [Dr. Barry Gillespie's website](#) for more in-depth information on Craniosacral Fascial Therapy.

To view the transcript, resource links and listen to the podcast, visit:

<https://www.getyourselfoptimized.com/unlock-vitality-through-craniosacral-fascial-therapy-with-dr-barry-gillespie>