

CAN MY BABY TAKE BCST?

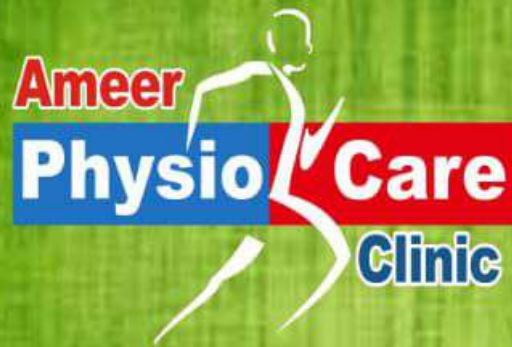
Yes, your baby can. Most if not all, babies suffer a strain on their neck, shoulders and spine during birth, even in natural vaginal birth without intervention, which could lead to compressed cranium (bones in the head). When left untreated this could lead to issues like poor latching, poor feeding, colic, reflux, sleep issues. For the baby, who are taking BCST sessions, the effects of trauma of the birth process has been reduced as well as suction of baby when breast feeding and sleep pattern has improved.



LIST OF SOME CONDITION TREATABLE WITH BCST

All type of pain, birth trauma, bone/joint disorders, congenital disorder, chronic fatigue, ENT problems, GIT problems, hormonal imbalance, immune system disorder, infertility, sleep disorders, nervous disorders, menstrual disorders, psychological disorders, sports injuries.

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WHAT IS BCST?

Biodynamic Cranio Sacral therapy (BCST) is a non-invasive, holistic, gentle, biodynamic and hands-on therapy that aims to enhance the body's own healing capabilities to alleviate stress and pain. We use receptive touch to encourage the body to heal naturally. It is an adjunct therapy to any other method of treatments which you follow.



HOW WILL I FEEL DURING THE SESSION?

- ❖ Relax so deeply that you may fall asleep.
- ❖ Experience memories or insight while on the table.
- ❖ Enjoy a pleasant sense of warmth, softening, widening or floating.
- ❖ You may experience a sense of integration in your body, mind and spirit.
- ❖ At times, you may experience other kind of sensation and energy that has been held in the body is released.
- ❖ Also, at sometimes you may not feel anything.



WHAT MAY I EXPECT AFTER THE SESSION?

- ❖ Feel relaxed, but also energized.
- ❖ Feel more comfortable in your body.
- ❖ You may be surprised to feel a new sense of peace and ease to your everyday life.
- ❖ Notice an improvement in your sleep patterns.
- ❖ It increases physical vitality, well being, relaxation by interconnectedness of mind, body and spirit.

I AM A NORMAL PERSON, I DONT HAVE ANY ILLNESS, WILL YOU SUGGEST BCST FOR ME?

Yes, many people find that craniosacral therapy helps them feel better in a general sense. Patients of mine have reported:

- ❖ Increased energy levels
- ❖ Improved well being
- ❖ Better sleeping pattern
- ❖ Improved digestion
- ❖ Mental clarity
- ❖ Female clients always comment on how their hormone levels have become settled.
- ❖ People are able to deal with everyday stress more positively.



- ❖ Regular treatments may help to prevent more serious conditions from developing in the future
- ❖ You may feel the extreme beneficial release at overall body tension.

I AM A PREGNANT WOMEN, CAN I TAKE, BCST ? WHAT WOULD BE THE BENEFITS I DO GET?

Yes, you can. BCST can alleviate many pre- and post-pregnancy discomforts and complaints that happens in the body. It effectively assists to alleviates headache, backache, scar tissue adhesions (post-caesarian births), and post natal depression. It is also incredibly effective in preparing the body for a natural birth and positioning of the child to allow a natural vaginal delivery. In some cases, it can help stabilise a threatened miscarriage. BCST helps the recovery both physically and emotionally by balancing hormone levels, dealing with areas of scarring, restoring the uterus to its natural position, and reducing the pelvic strain. By doing this, both the mother and the baby will get dual benefit. Once the mother is energized, will the baby.

