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## Head towards balance

**Cranio-sacral balancing rejuvenates the entire body and restores its intrinsic balance, finds Firuzan Mistry**

Anyone who has invested time, energy, and effort into finding their own truth would understand Zia Lambrou's decision to quit an exciting and well-paying job as a established deep-sea diving instructor in the Lakshadweep Islands.



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During her years as a diver, Zia had undergone training in basic health care. This she realised was her ultimate calling. Soon she began experimenting and studying aromatherapy and Sujok but her search continued. Eventually she discovered craniosacral balancing - a subtle, non-invasive therapeutic approach, and knew she had arrived.

"Craniosacral balancing is unique because it is multi-dimensional in nature. It rejuvenates the entire body not just the local affected areas. It is not merely curative, it restores the body's intrinsic balance, promoting equilibrium and poise," discloses Zia.

Registered as a practitioner with the International Institute of Craniosacral Balancing, Germany and Switzerland, Zia has been practicing in Mumbai, Pune and South Africa for the last eight years. Today her centre Quanta also offers treatment and sessions in trauma healing, emotional freedom technique and nutrition counseling along with classes in The Sacred Dances.

### What is Craniosacral Balancing?

From the cranium to the sacrum, flows the cerebrospinal fluid, which nourishes the brain as well as the central nervous system. This is the cranio-sacral system: the bones of the skull, the spinal column, the sacrum and soft connective tissue.

It has a natural pulsation that can be felt anywhere in the body with practice. The normal rate is 6-12 cycles per minute, and remains unaffected by emotions, exercise and so on.

This system is intimately connected with our health and well-being. The therapist feels the rhythm at the base of the skull, and then applies pressure - never more than the weight of a single coin - which stops the pulsation.

This forces the fluid to find new paths inside the dural membranes. The body's inner regulatory mechanism automatically makes necessary adjustments. This is the still-point - when the whole system comes to a halt, for seconds or minutes.

The one who experiences this, senses it as a state of relaxation or

## Wellness in the Classroom



### Bell's Palsy

Paralysis of the facial nerve, the nerve that supplies the facial muscles on one side of the face.

The cause of paralysis of the facial nerve (the 7th cranial nerve) is often not known, but is thought to be due to a virus.

The disease typically starts suddenly and causes paralysis of the muscles of the side of the face on which the facial nerve is affected. Treatment is directed toward protecting the eye on the affected side from dryness during sleep.

### HDL cholesterol

Lipoproteins, which are combinations of lipids (fats) and proteins, are the form in which lipids are transported in the blood. The high-density lipoproteins transport cholesterol from the tissues of the body to the liver so it can be gotten rid of (in the bile). HDL cholesterol is therefore considered the "good" cholesterol. The higher the HDL cholesterol level, the lower the risk of coronary artery disease.

Even small increases in HDL cholesterol reduce the frequency of heart attacks. For each 1 mg/dl increase in HDL cholesterol there is a two, four per cent

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a two-four per cent reduction in the risk of coronary heart disease. Although there are no formal guidelines, proposed treatment goals for patients with low HDL cholesterol are to increase HDL cholesterol to above 35 mg/dl in men and 45 mg/dl in women with a family history of coronary heart disease; and to increase HDL cholesterol to approach 45 mg/dl in men and 55 mg/dl in women with known coronary heart disease.

The first step in increasing HDL cholesterol levels is life style modification. Regular aerobic exercise, loss of excess weight (fat), and cessation of cigarette smoking cigarettes will increase HDL cholesterol levels. Moderate alcohol consumption (such as one drink a day) also raises HDL cholesterol. When life style modifications are insufficient, medications are used.

tranquility. Then, the rhythm starts again. This still-point is a therapeutic interruption of the cranio-sacral rhythm, which allows the body to reorganise its activity for more optimal functioning, physical and emotional.

Curiously, this is a process that can happen naturally, when one unwinds during sleep, relaxation and meditation.

Rishi Vohra, producer, Sony Entertainment Television, experienced months of tremendous physical pain and dejection, after undergoing a deep vein thrombosis operation, before he decided to seek Zia's help on a friend's recommendation.

Still surprised at the significant progress he has made, Rishi reveals, "At first I was vary but it took just one session to change all of that. I had been mentally and physically traumatised for months.

"With each progressive session my internal imbalance has healed, my pain has lessened and my mind has become lighter. Zia has guided me to recognise the internal signals of my body and deal with them."

According to Zia Lambrou, "Health is inevitable. It is a nature of every being to be healthy and we have own autonomous self-regulatory systems."

Twenty-three years old Nirali Shah, currently training to be Montessori teacher, was suffering from scoliosis of the shoulder and neck, which had led to an imbalance in the hip joint. She reveals, "Continuously working through the pain was driving me crazy. These sessions have been very powerful for me not only has the pain and stiffness reduced but I feel more emotionally and mentally integrated and cleansed. I am more aware and more available to myself and am better equipped to deal with stress."

### The Practice

Craniosacral work is client-led; the body sets the pace of work so that the person receiving therapy remains comfortable, in control and able to integrate the changes that occur. The receiver may feel a deep sense of relaxation combined with sensations of heat, tingling, and pulsation during the session.

The first ten minutes of every session are spent relaxing the body and settling the nervous system. This is essential because it helps the deeper forces of health to emerge.

Zia puts on some soothing music and uses a very gentle touch to 'listen' to the slow pulsation generated by the cerebrospinal ebb and flow throughout the body, to find where the motion is disturbed or affected by constriction or resistance within the body structure and consequently where the body function is being affected. Therapeutically speaking Zia facilitates the body to re-establish the original movement flow.

Throughout the session she encourages communication by keeping an open verbal dialogue. "Zia's technique is unique, she creates a comfort level making the healing process effortless and natural. It is a therapy better experienced than explained," adds Rishi Vohra.

Zia is also training as a therapist with trauma healing - Somatic Experiencing (SE). This is the only therapy that acknowledges that trauma is held in the body and the nervous system. Acknowledging the trauma exists facilitates the healing process. Zia is integrating craniosacral with somatic experiencing, this blending of therapies helps discharge and resolve past traumas.

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