



## **Hyperactivity, Learning Disorders, and Craniosacral Fascial Therapy (CFT)**

For hyperactive children medical practitioners often prescribe Ritalin to calm the child. The same child may have focus, concentration, or other problems at school inhibiting his work. In my experience, the constant clinical factor in a hyperactive child is an abnormal amount of cranial pressure on the brain. Not only can the brain run a very short cycle, but also most children may lack motion altogether.

Since the meninges can be so tight, the occiput tends to shift in micro movements. It may take two or three visits to even have the brain open to a twenty second cycle. It is important to check the fascia and muscles that attach into the craniosacral mechanism for additional, restrictive action.

Hyperactive children can jump off the table at any moment and then shoot out of the treatment room. I make a deal with these children during the first visit. Stay still for three minutes, and then we can take a break. They usually calm down later in the treatment visit as their brain opens.

Diet may also be an issue in hyperactivity. In the 1970s the Feingold diet for hyperactive children received a lot of attention. When these children eliminated all foods with chemicals and preservatives, they showed improvement. I encourage positive dietary changes.

But I believe the big factor for these children is the abnormal cranial pressure. For some unknown reason this puts their central nervous system on edge and sets them up to react abnormally to unnatural foods and other chemicals. They seem wired until that pressure releases in therapy, and then diet and chemicals may become less of an issue.

A child with learning disorders can follow the same pattern as the hyperactive child. In many cases, a very tight brain can result in a triad of headaches, hyperactivity, and learning disorders. When I first treated these children at the beginning of my career, many had to repeat first and second grade. I asked myself how that could be? The brain was compressed so tightly that it could not work properly. CFT is an excellent approach for these children.

I believe that a great many of these children suffered head trauma during their birth thereby causing their school problem. In the future the first neurological evaluation procedure for any child should be the Baby Brain Score and do CFT, if needed, at birth. Prevention is the key!