

## WHAT IS CORE SYNCHRONISM?

Core is Sensing and palpating the subtle movement of the Cranial Sacral Fluid (CSF) within the cranium through the spinal cord, Central Nervous System (CNS). CSF is unique in our human physiology, it has been thought of as our life energy. When parts of the body are out of sync with the flow of CSF, the body loses its integrity. Following the ebb and flow of the CSF and syncing it with the movement of the anatomy and physiology, allows the mind and body to perform at its highest potential.

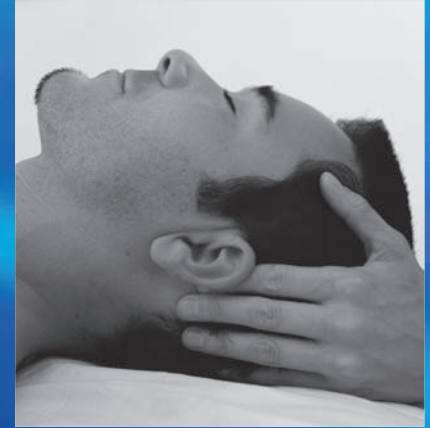
**“Direct access  
to this very source of  
life energy is the greatest  
resource in healing.”**

“The cerebrospinal fluid is the liquid medium for this life energy radiation, expansion and contraction. Where this is present, there is life and healing with normal function. Where this primary and essential life force is not acting in the body, there is obstruction, spasm or stagnation and pain, like gears which clash instead of meshing in their operation.”

*Dr. Randolph Stone*

## BODY SYNC THERAPEUTICS

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# CORE SYNCHRONISM

“Locked-up mental conditions usually precede accidents, because the mind is more in the field of unawareness, or occupied with its ‘pet peeve’, instead of constructive thinking. Failure to be alert causes many accidents. The resulting shock and pain usually break up the mental, pent-up pattern that caused the trouble in the field of lines of force. Cause and effect balance each other. There are no ‘accidents’. It is all due to pent-up impulses and a lack of awareness of the causes of past actions. Every thought, word and deed has its own reaction in kind, sooner or later. Every cause has its effect, and every effect can be traced back to its cause.”

*Dr. Randolph Stone*

“When we look deeper and see that the source of this energy is consciousness itself, the elegance of our human design is unveiled in all its beauty. Direct access to this very source of life energy is the greatest resource in healing.”

*Scott Zamurut*

## Q. HOW HAS CORE SYNCHRONISM HELPED PEOPLE?

- Migraines
- Body pain
- Sprains
- Concussions
- Stiffness
- ADD
- Restores balance of mind & body
- Pre & post operations
- Sport related injuries
- Prenatal discomfort
- Cold & flu symptoms
- Allergy symptoms
- Chronic fatigue

## Q. WHAT CAN I EXPECT DURING TREATMENT?

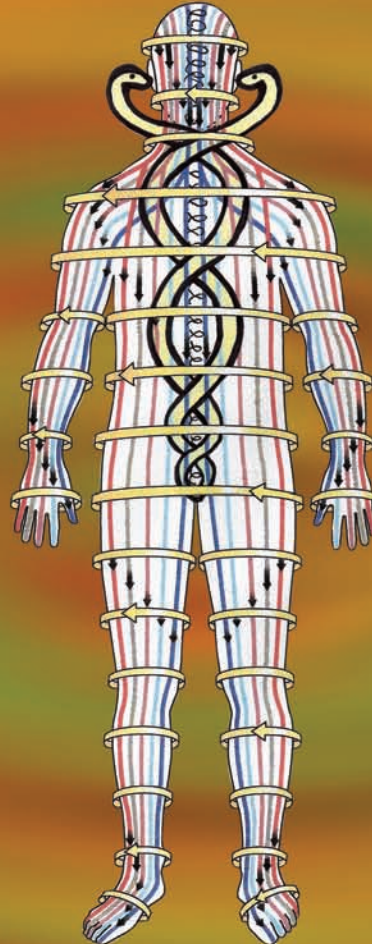
- Hour to hour and a half treatment
- Discussion: history of ailment
- Lying clothed on massage table
- Opening to the experience of relaxation
- Optional: verbal contact with therapist

## AFTER TREATMENT?

- Each client's response is unique
- Connection of mind and body
- An inner-calmness
- Need to allow for some time to reintegrate

## Q. WHAT DOES THIS ACHIEVE?

The body is more capable of the healing process when all of its parts are in synch. It allows for a cohesive flow of energy.



*The energetic anatomy  
of Core Synchronism*

## Q. WHAT AILMENTS CAN CORE ADDRESS?

The deep state of relaxation achieved during a Core treatment brings healing and harmony to the body and mind allowing the body to correct many conditions. It can be effective for such diverse problems as stress, injuries, chronic pain, post-op healing pain, pregnancy discomforts, and general muscle tension.

## Q. WHAT WILL THE TREATMENT FEEL LIKE?

Core is deeply relaxing, safe and gentle. You may experience some discomfort during the 24 hours after the treatment. This is a good sign. It indicates that change is occurring within the body. Imagine that you held an arm or leg in one position for a very long time. The limb might not hurt, but when you tried to straighten it to a normal position, there might be some pain. This is how it is with Core. Your body has adapted to a certain position to minimize—but not to cure—certain problems. It will have to change positions to get back to normal. Although that change is good, it may make you temporarily uncomfortable as corrections occur.

## Q. HOW MANY TREATMENTS WILL BE REQUIRED?

There is no fixed number. As a general rule, however, recent problems may be resolved more quickly. If we are dealing with older issues, it may take more treatments until the body unlearns the trauma pattern and the correct movement is reestablished. If the issue you are dealing with is ongoing stress, then you may want to schedule regular treatments.