

Still Point Inducer CranioCradle

Users Guide

Body Parts/Conditions

- Headaches
- Neck Pain
- Insomnia

Body Positions

- Laying on floor (with yoga mat/blanket)

The Still Point Inducer and CranioCradle can both be used for the same function: temporarily stops your craniosacral rhythm, which allows your system to "reset" itself. When your body enters a still point, your autonomic nervous system switches polarity from adrenal, or stress drive, into relaxed function, allowing the body to sink deeper and deeper into parasympathetic dominance. In this state, the body is guided into its self-healing mode, helping relieve headaches, neck pain and reducing insomnia.

To use these self-care tools in this manner, just lie down on the floor on a yoga mat/blanket. Place the Still Point Inducer or the higher portions of the CranioCradle under your head, lining it up behind the ears. You can also prop up your legs on a chair for a greater release. Use in this position for no longer than 15 minutes at a time.

The CranioCradle can also be used for neck pain in multiple positions.



See instructions provided with purchase from manufacturer for additional uses.