

HEALING HANDS



Many people believe that massage is a luxury that is only experienced in exotic spas and upscale health clubs. However, massage provides relief to people from all walks of life – the weekend competitor, the manual laborer, or the overstressed, over worked executive.

During massage, a therapist manipulates your body's soft tissues – your muscles, skin and tendons using his or her hands and fingertips. Massage therapy techniques can ease a variety of health conditions, most frequently stress-related tension. Some experts believe stress-related tension accounts for 80-90% of disease. Massage has been proven to be beneficial for individuals with sleep disorders, high blood pressure, immunity problems, depression, fibromyalgia, or sinus pain and migraines, along with back pain and other muscle aches.

Benefits and Physiological Effects of Massage

- Increased circulation, allowing the body to pump more oxygen and nutrients into tissues and vital organs.
- Stimulating the lymph system, the body's natural defense against viral or toxic cells.
- Relaxing and softening injured or overused muscles, reducing muscle spasms and cramping
- Increasing joint flexibility
- Releasing endorphins, the body's natural painkiller and mood lifter
- Reducing discomfort for individuals with low back pain or fibromyalgia
- Relieving migraine pain and reducing medication
- Reduced anxiety in individual with depression or trying to quit smoking

Sources: Mayo Clinic, www.mayoclinic.com

Associated Bodywork and Massage Professionals: www.massagetherapy.com