

The Benefits of Massage

*“Our bodies communicate to us clearly and specifically, if we are willing to listen ~
Shakti Gawaan*

What is massage therapy?

Massage is the manipulating of superficial and deeper layers of muscle and connective tissue using various techniques, to enhance function, aid in the healing process, decrease muscle reflex activity, inhibit motor-neuron excitability, promote relaxation and well-being, and as a recreational activity. (Wikipedia)

Types of massage therapy

Swedish massage. This is a gentle form of massage that uses long strokes, kneading, deep circular movements, vibration and tapping to help relax and energize you.

Deep massage. This massage technique uses slower, more-forceful strokes to target the deeper layers of muscle and connective tissue, commonly to help with muscle damage from injuries.

Sports massage. This is similar to Swedish massage, but it's geared toward people involved in sport activities to help prevent or treat injuries.

Trigger point massage. This massage focuses on areas of tight muscle fibers that can form in your muscles after injuries or overuse.



Massage Therapy

According to WebMD, there are over 80 different styles of massage therapy, with a wide variety of pressures, movements or techniques.

More and more people are recognizing the benefits of massage; to get relief from symptoms or to heal injuries, to help with certain health conditions, and to promote overall wellness.

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Benefits of Massage

Back pain: More than one study has shown the effectiveness of massage therapy for back pain. In fact, one 2003 study showed it worked better than acupuncture or spinal modification for persistent low back pain -- reducing the need for painkillers by 36%.

Headache: Another type of pain -- headache -- also responds to massage therapy, as shown by more than one study. Massage therapy can reduce the number of migraines a person has and also improve sleep.

Osteoarthritis: In the first clinical trial looking at the effectiveness of Swedish massage for knee osteoarthritis, participants who received a one-hour massage either one or two times a week had improvements in pain, stiffness, and function. The control group had no such change.

Cancer: Used as a complement to traditional, Western medicine, massage can promote relaxation and reduce cancer symptoms or side effects of treatment. It may help reduce pain, swelling, fatigue, nausea, or depression, for example, or improve the function of your immune system.

Anxiety: A review of more than 12 studies shows that massage helps relieve depression and anxiety. It lowered levels of cortisol by up to 50%. And massage increased levels of neurotransmitters that help reduce depression.

(Source: WebMD)

THINK PREVENTION!



**Prevention is always better than treatment!
Getting a massage is a proactive strategy to
live longer and stay well.**

