

The Benefits of Massage

Massage provides relief to people of all ages—from infants to seniors—and from all walks of life. Massage therapy addresses a variety of health conditions, the most prevalent being stress-related tension, which, experts believe, accounts for 80%-90% of disease.

Massage has been proven beneficial in treating cancer-related fatigue, sleep disorders, high blood pressure, diabetes, low back pain, immunity suppression, spinal cord injury, autism, post-operative surgery, age-related disorders, infertility, eating disorders, smoking cessation, and depression, to name just a few.

Bodywork offers a drug-free, non-invasive and humanistic approach based on the body's natural ability to heal itself. Massage has many physiological effects, such as:

- **Increasing 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 toxic invaders. For example, in breast cancer patients, massage has been shown to increase the cells that fight cancer.**
- **Relaxing and softening injured and overused muscles.**
- **Reducing spasms and cramping.**
- **Increasing joint flexibility.**
- **Reducing recovery time for strenuous workouts and eliminating subsequent pains of the athlete at any level.**
- **Releasing endorphins, the body's natural painkiller. For this reason, massage is being incorporated into treatment for chronic illness, injury and recovery from surgery to control and relieve pain.**
- **Reducing post-surgery adhesions and edema and reducing and realigning scar tissue after healing has occurred.**
- **Improving range of motion and decreasing discomfort for patients with low back pain.**
- **Relieving pain for migraine sufferers and decreasing the need for medication.**
- **Providing exercise and stretching for atrophied muscles and reducing shortening of the muscles for those with restricted range of motion.**
- **Contributing to shorter labor and reduced tearing for expectant mothers, as well as lessening the need for medication, minimizing depression and anxiety, and shortening hospital stays.**

It's important to note that there are some conditions where massage is not recommended. For example, massage is contraindicated in people with:

- Certain forms of cancer
- Some skin conditions
- Phlebitis
- Infectious diseases
- Some cardiac problems