



Staying in Touch®

How are you doing?

Hopefully you are well and enjoying the season.

How important is it to your health and happiness to maintain balance in your body? This state of balance, called homeostasis, is defined in the Cambridge Dictionary as: *the process by which a living thing or a cell keeps the conditions inside it the same despite any changes in the conditions around it.*

In simple terms, this describes your body's goal to keep every function and every part of your body in that ideal "sweet spot" of existence. When you maintain this internal stability, you are in a better state to avoid illness and disease and to live a healthier life.

So how can massage help?

Since massage affects the circulatory, digestive, nervous, lymphatic and other systems, it leaves the body in a better position to maintain homeostasis. Massage is also one way to combat stress—a major enemy of homeostasis in the body. Stress aggravates just about every body system and reducing stress, with massage or any other activity, will go a long way toward regaining balance.

See you soon for your next appointment!

Four healthy reasons you should treat yourself to a massage

By Julia Aspen

With origins rooted in China and Egypt, massage is an ancient form of natural healing that has been around for thousands of years. Although the idea of massage in Western culture is often associated with high-end spas and luxury experiences, massage therapy doesn't have to be something you only indulge in on rare occasions. Incorporating regular massage sessions into your self-care routine can work wonders for your muscles, and your state of mind.

Here's what a good massage can do for your physical and mental well-being:

1. Relieve stress and tension— Research proves that stress affects much more than just the mind itself. It can cause chronic pain and other symptoms that make life uncomfortable, to say the least. Muscle tension is a common manifestation of stress that, over time, can lead to stiffness and pain. Stress also impacts your mood, often resulting in feelings of restlessness, irritability, sadness, and depression.

Many people use meditation and breathing techniques to relax and create a deeper connection with the inner self. But meditation doesn't come naturally for everyone, and lots of people have trouble achieving stillness and quieting their thoughts.

Massage is a great way to relax for those that find it difficult—by targeting the muscular, circulatory, and nervous systems, massage therapy has been proven to slow the heart rate, calm overactive nervous tension, and reduce anxious thoughts or feelings. Over time, regular sessions will enable you to not only enjoy increased peace and tranquility, but you will be poised to avoid the harmful side effects of stress, like high blood pressure and heart disease.

2. Enhance your fitness routine— Whether you're a yogi, athlete, runner, or all-around exercise enthusiast, the art of massage is a perfect way to soothe sore muscles. Massage helps you recover faster from the effects that strenuous workouts can have on your body, allowing you to make the most of each trip to the gym. By honing in on particular muscle groups, massage therapy can help maintain and improve your range of motion and overall flexibility in certain areas. As a result of this increased flexibility, massage works to prevent injuries and protect potential problem areas, too.

3. Improve your mood— In addition to the multitude of physical benefits massage has to offer, it can also elevate your mood and lift your spirits. Massage treatments release



(See **Four Healthy Reasons ...** cont. on back)

Four Healthy Reasons ...

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endorphins, dopamine, and serotonin—your body's "feel good" chemicals—into the bloodstream. This has a lasting positive impact on your mood, helping you to relax and de-stress when life gets overwhelming.

4. Enjoy the experience and the benefits—Most of life's indulgences come with a price. For example, a rich, heavy meal at your favorite restaurant may be pleasing to the palate, but it can wreak havoc on your health, and your waistline. Receiving a relaxing, therapeutic massage is one of the few pleasures that feels good while also being beneficial to your physical and mental well-being. When your next birthday or major milestone rolls around, swap the decadent night of celebrating for a nice, calming massage. ...

Whether you're recuperating from a major workout ... or seeking some much-needed rest and relaxation, massage therapy is an effective, enjoyable way to unwind.

Source: www.phillyvoice.com

Research Indicates Efficacy of Massage Therapy for Variety of Health Issues

Provided by American Massage Therapy Assn.

Years of research evidence support the efficacy of massage therapy for many important health treatments, especially for pain relief and pain management, according to recently published findings of the American Massage Therapy Association (AMTA). These include massage therapy for:

Chronic pain management (such as back pain, headache, carpal tunnel syndrome, osteoarthritis, neck and shoulder pain, and fibromyalgia);

Behavioral health treatment (anxiety and stress, depression, PTSD, and substance use disorder recovery);

Rehabilitation/physical training (athletic training/injury treatment, ergonomics and job-related injuries, cardiac rehab, joint replacement surgery, and scar management); and

Acute medical conditions (cancer management, post-operative pain, lymphatic drainage, and maternity and newborn care). Source: www.prnewswire.com

Always appropriate ~ Always appreciated

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the ideal gift for any occasion!**

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**It's not that some people have willpower and some don't. It's
that some people are ready to change and others are not.**

—James Gordon

The content of this newsletter is not intended to replace professional medical advice. If you're ill, please consult a physician.