



Staying in Touch®

Happy New Year!

As another year gets underway, now's the time to consider what new opportunities might soon come your way.

Since a busy life can be so demanding, it's beneficial to take time to make sure you stay on your chosen path.

Are you able to spend some time each week pursuing some of your personal goals? Do you see things in your life you'd like to change?

All areas of your life tend to go better when you're healthy and feeling your best. What better way to support your overall health than with your regular massage sessions?

This month's issue features two recent articles on ways massage can help you to maintain your health and feel your best.

Whatever your condition, regular massage can help your body to retune itself and function optimally.

Remember, if you want to get the most out of life, you have to make your health a priority.

Enjoy your year; see you soon at your next appointment!

Massages aren't a luxury, they're vital to personal care *by Mara Nelms*

When you hear the word "massage," your first thought is probably of luxury. Maybe you imagine a spa day or a smiling stock photo person with little cucumber slices over their eyes. You probably don't think of it as an important part of your health routine.

"Massage is good for overall relaxation," said Valerie Blakley, a licensed massage therapist practicing in Winder, Georgia. "Even though we have not always related massage to health benefits—we've looked at massage more like a luxury—[there are] far more benefits health-wise than as a luxury."

Relief or reduction of both physical and mental pain is massage's most well-known benefit. Countless studies have linked massage to pain management, including one in 2016 which reviewed the results of over 60 studies looking at the use of massage for pain relief. A 2015 study also found that brief, twice-weekly massage sessions significantly reduced the stress of nurses working in intensive care units.



Personally, a good source of stress relief is valuable enough to be worth the time, money, and effort.

Scientifically, the research has been more clear on the evidence that massage does work than the evidence on how it works. For most people, the fact that it works is enough. As a result, massage therapy is used to treat or alleviate symptoms for a variety of conditions.

"I think more doctors are starting to recognize that," Blakley said. "That's why more doctors and chiropractors and even hospitals are starting to hire massage therapists into

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Could regular massage ease symptoms of arthritis?

New United States research has found that patients with arthritis in their knees may benefit from regular massages to help reduce pain and improve mobility.

Led by researchers at Duke Health, the new study looked at 222 adults with knee osteoarthritis and randomly divided them into three groups.

One group received a weekly one-hour Swedish massage for eight weeks, the second group received a light-touch control treatment, while the third group received no extra care.

During the study patients were assessed every two months using questionnaires to measure pain, stiffness and functional limitations such as how well they could climb stairs, stand up from sitting or lying down, bend, walk or get out of a car.

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Massage eases arthritis?

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Of the participants, 200 completed the eight-week assessments. Then each group was again randomly assigned to continue with massage or light-touch treatment every two weeks or receive no treatment at all for the remainder of the study, which lasted 52 weeks in total.

The findings, published in the *Journal of General Internal Medicine*, showed that at eight weeks weekly massage significantly improved patients' pain, stiffness, and physical function compared to those in the light-touch and no

extra care groups.

After the 52-week assessments, which were completed by 175 of the participants, the researchers found that those receiving the twice-monthly massages maintained the improvements in their symptoms and physical function seen at eight weeks, but that there was no additional benefit.

There were no significant differences found in the other groups at 52 weeks.

"Osteoarthritis is a leading cause of disability and affects more than 30 million people in America," said lead

author Dr. Adam Perlman. "Medications are available, but many patients experience adverse side effects, raising the need for alternatives. This study demonstrates that massage has potential to be one such option."

"Massage therapy is one of the most popular complementary medicine interventions," added Perlman. "At a time when people are looking for effective non-medication options for pain, this study provides further evidence that massage has a potential role, at least for those suffering with osteoarthritis."

Source: <https://lifestyle.inquirer.net>

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their practice." ...

"De-stressing, anxiety, depression, blood circulation, ... fibromyalgia, high blood pressure, low blood pressure, chronic fatigue, insomnia. Massage is good for so many things I could not begin to list them all here," Blakley said. ... "Whatever you do to keep yourself healthy, massage should be incorporated at least once a month."

Source: redandblack.com

**Valentine's Day is right around
the corner. Make that special
someone's day with a massage
gift certificate! Call to order ...**



***Focus 90% of your time on solutions
and only 10% of your time on problems.***

—Anthony J. D'Angelo

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