



# Staying in Touch®

## Happy Summer!

What plans have you made for the season? Will you be traveling or staying close to home? Whatever you're planning, be sure to schedule some time to relax, de-stress, and catch your breath.

What is the best way to do this? It has to be getting a massage! Can you think of anything that can improve your condition in so many ways in just an hour?

The two articles in this month's issue address two important areas of health where massage can help you: heart health and back and neck pain. Read on to learn more.

Do you have any physical health concerns? Wondering if massage can help? Be sure to bring them up at your next appointment, so we can discuss your situation and how bodywork might contribute to moving you closer to reaching your health goals.

See you soon; your next massage session awaits!



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with a friend!**

## Quarter Of Americans Battling Neck, Back Pain For At Least 5 Years

by Ben Renner

One in four Americans reports suffering from neck or back pain for at least five years now, while nearly one in six (16%) have been dealing with such aches for more than a decade.

The survey of 2,000 adults revealed four of five respondents have battled neck or back pain at some point in their lives, and 70% found the spine issues inhibited their normal daily activities.

The survey, sponsored by the back pain relief company Teeter, also revealed some common causes for back and neck pain. Nearly six in 10 respondents (57%) say heavy lifting is the cause. Another 51% cite sitting too long every day, and 45% point to bending over frequently. More than four in 10 blame standing or walking too much. Poor mattresses were also a common problem, but surprisingly for less than three in 10 (28%) Americans.

Could work play a significant role too for most people? Well more than half of those surveyed (56%) thought their work environment aggravated their pain. In fact, a quarter say their office chair is the root of the problem.

One in five says all it takes is a walk up the stairs, driving their car, or other daily activities to spark significant discomfort.

Back pain sufferers manage their aches in different ways. ... And with 40% finding traditional medicine ineffective—and half admitting they prefer to be “as natural as possible” when it comes to treatment—many pain sufferers are turning to alternative ways to treat their problem, including yoga, massage therapy, and herbal medicine.

(See **Neck, back pain ...** on back)

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## Improve your heart health with massage by Anne Chao

Massage can play an important role in heart health, especially for individuals managing cardiovascular issues, high blood pressure and high stress, according to studies conducted by the American Massage Therapy Association. Regular massage also makes a positive difference for cardiac patients who are recovering from an event such as a stroke, heart attack or heart surgery.

Although the heart cannot be massaged directly, it can benefit from the effects of the muscles in your body relaxing. A relaxed heart provides numerous health benefits, including lower blood pressure. During the past 10 years, studies have shown consistently that regular massage therapy lowers both the systolic and diastolic blood pressure and the heart rate.

Additionally, a 2013 *International Journal of Preventive Medicine* study determined

(See **Heart health ...** on back)

## Heart health ...

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massage therapy helped to control blood pressure in pre-hypertensive women. This study showed that a massage can lower blood pressure not only at the time of service but for up to 3 days after the massage.

In another study in Sweden, the blood pressure of those who received regular Swedish massage therapy over the course of 30 days registered significantly lower than those who did not have a massage.

What else will a massage do for you

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## Neck, back pain ...

*(continued from front page)*

In fact, alternative treatments seem to be the way to go. Three-quarters of participants who use such methods find them more effective than traditional medicine, with 56 percent choosing massage therapy.

The survey was conducted by market research firm OnePoll in March 2019.

Source: [www.studyfinds.org](http://www.studyfinds.org)

and your cardiac health?

Because your blood pressure is lower, chances are greater that you will sleep more soundly and less fitfully. This effect is good for your heart health.

Massage decreases cortisol, the stress hormone. Less cortisol is associated with feeling less stress. Also, there is a direct link between cortisol and weight gain in the midsection. Regular massage increases serotonin and dopamine, two hormones that affect our feelings and moods.

When we are less stressed, our body is more relaxed, and we are more alert

and mentally sharp.

Stroke patients typically discover that massage eases pain from contractures, the constant flexed or curled position of the muscles that is common after a stroke. Patients' experiences can be very different depending on the amount of time that has passed post-stroke. The goal, however, is to stretch and manipulate those tissues gently to regain as much function as possible.

Remember, the key to results is receiving massage regularly.

Source: [www.delmartimes.net](http://www.delmartimes.net)

**Who do you know who could really use a mini-vacation? Make their day with a gift certificate for a relaxing massage. Call today!**

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**The summer night is like a perfection of thought.**

**—Wallace Stevens**

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

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