



Staying in Touch®

What's new with you?

Well, the outlook for the future remains uncertain, with the pandemic continuing to spread throughout the country. Despite the varied beliefs regarding the coronavirus, the fact remains that many people are being infected and it makes sense to take precautions to limit your chances of exposure. Why take the risk?

There's never been a better time to take steps to improve your health. Reducing stress and strengthening your immune system can help protect you from all manner of health threats and may improve your recovery time, if you do become ill. So, do all you can to keep yourself and your loved ones healthy during these challenging times.

The feature article this month is addressing women's health, but the massage health benefits certainly apply to everyone. Read on to review the many health rewards you can receive from your regular massage sessions.

The next article is a good reminder that exercise and movement can help your body to maintain better health.

Enjoy the rest of your summer; see you soon for your next massage!

Important Health Benefits Of Massage Beyond Relaxation

In 2020, 61% of women had a massage for health and wellness reasons, as well as stress reduction. There have been countless articles and studies on how stress negatively impacts people's lives and there are equally countless articles and studies that show how massages can be a wonderful stress management technique. Relaxation and stress reduction, however, are not the only benefits one can get from a massage. Here are other ways that regular massages can improve your physical health.

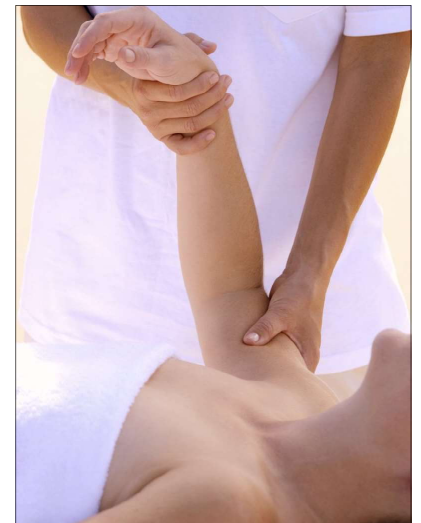
Fighting Off Viruses, Pain, and Waste— Massage has become part of Integrative Medicine, which combines standard medical therapies with non-traditional methods to treat patients in a holistic way. Medical research shows that one of the benefits of a routine massage is an enhanced immune system. Massage therapy increases the level of activity of the body's killer T cells, which are responsible for targeting and killing viruses.

Massage is also a natural alternative to managing pain. Those experiencing low-back pain, fibromyalgia, post-operative pain, pain from cancer, and arthritis have experienced relief with massage being part of their pain management. It's a solution that's non-opioid and decreases the risk of opioid misuse.

Lymphatic drainage massage improves detoxification. This gentle massage encourages the movement of lymph fluids around the body and the lymphatic system aids the body in waste elimination. This kind of massage is very helpful to people who suffer from lymphedema, fibromyalgia, and those with digestive issues, skin disorders, and swelling.

Other Amazing Effects On Your Body— While more research is needed to confirm this, some studies have shown that massages have been beneficial for insomnia, nerve pain, headaches, and sports injuries. Massage helps you get a better quality of sleep by relaxing your muscles. When done regularly, you get a better sleep cycle which in turn fights fatigue and improves your focus. Regular body massages can also reduce muscle tension that may affect nerves and may cause nerve pain syndrome.

The *Annals of Behavioral Medicine* published a study that people who received regular full-body massages had fewer migraine attacks, the effects of which lasted up to three weeks. To maximize the effects, experts recommend getting a massage once a month to reduce migraine episodes. Regular massages can also benefit those who are athletic and who are into sports by improving performance, minimizing pain, averting injury, and shortening recovery time.



(See **Health Benefits...** on back page)

'Prescription to sit less' may save millions from high blood pressure, cholesterol problems

by Chris Melore

Usually when someone gets a written prescription from their doctor it means a quick trip to the pharmacy. However, a new report from the American Heart Association (AHA) recommends that physicians start handing out prescriptions with one sentence on them: stop sitting so much.

Researchers find a "prescription" to sit less and be more physically active is the best medicine for millions at risk from high blood pressure and unhealthy cholesterol levels. Study authors say, instead of turning to costly medications,

Health Benefits . . . (cont. from front)

If you do get injured, massages help by getting rid of soft-tissue restrictions and increasing circulation which not only helps your current injury but prevents other problems it may cause.

Even if you do get a massage for relaxation and reducing stress, your body reaps so many benefits from it, especially when done regularly. Instead of viewing regular massage as a pampering activity, look at it as a health-related necessity.

Source: girltalkhq.com

the best choice in these particular cases is lifestyle-only treatments.

"The current AHA guidelines for diagnosing high blood pressure and cholesterol recognize that otherwise healthy individuals with mildly or moderately elevated levels of these cardiovascular risk factors should actively attempt to reduce these risks. The first treatment strategy for many of these patients should be healthy lifestyle changes beginning with increasing physical activity," says Bethany Barone Gibbs, Ph.D., from the University of Pittsburgh.

In these cases, researchers say a less sedentary lifestyle, losing weight, a better diet, quitting smoking, and limiting alcohol intake is the best prescription for a healthier life.

"Increasing physical activity can help lower blood pressure and cholesterol, along with many other health benefits," Gibbs adds.

The associate professor in Pitt's department of health and human development and clinical and translational sciences notes these lifestyle changes also lead to a lower risk for cancer, improved bone, brain, and mental health, and better quality sleep.

"Every little bit of activity is better than none," Gibbs explains. "Even small initial increases of 5 to 10 minutes a day can yield health benefits."

The study appears in the journal *Hypertension*.

Source: studyfinds.org

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Time is the coin of your life. It is the only coin you have, and only you can determine how it will be spent.

Be careful lest you let other people spend it for you.

—Carl Sandburg

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