



Staying in Touch®

How are you doing?

For many, this is one of the busiest times of the year. And having a full schedule can be a stressful time. When all of life's demands claim your attention, it's easy to put selfcare on the back burner.

Doing all you can to support good health is never more important than when you have a full schedule of priorities. This month's article (from England) is a good reminder of why your regular massages can make all the difference in your quality of life.

So, what's on your day-to-day wish list? More energy? Better sleep? Less stress? A brighter outlook? Staying healthy?

Nothing supports a healthy lifestyle like massage can. If you have specific questions on how massage can help you reach your health goals, be sure to ask at your next appointment.

When we are living in a hectic "now," it's easy to put off those healthy choices until later. But don't wait too long; the steps you take now will determine how your future unfolds.

See you soon for your next soothing massage!

How a regular massage can benefit you

These days, it feels like stress is hard-wired into our lives. And it can be very bad for our mental and physical health.

Indeed, stress is now known to cause all manner of health issues — heart disease, hypertension, IBS, high blood pressure, chronic pain, strokes and many, many more; a recent study found that 40% of all work-related sickness is in fact directly caused by stress.

At some point in your life, unless you are very lucky, you are going to suffer from stress. But it is preventable; there are actions you can take to help.

Having a massage is not just a way to pamper yourself. More and more, it is being recognised as a key tool in boosting health and well-being. And not only is it great for stress, but it can help tackle a wide variety of health issues. ...

Decrease stress— Let's start with stress. Massage is very beneficial for the mind and will boost your ability to combat stress, anxiety and depression.

We suffer when we remain in "fight or flight" mode. This is when our nervous systems prepare us for emergencies by increasing our breathing and heart rate, pumping adrenaline and cortisol into our bodies.

It wasn't designed for modern life! Massage therapy relaxes us, lowering our heart rate and restoring calm. A 2014 study found a 60-minute massage can lower cortisol levels by 30%.

Meanwhile, levels of feel-good hormones such as serotonin, dopamine, and oxytocin are boosted. Taking time out for a regular massage is one of the most effective stress management techniques you can use.

Strengthen your immune system— The more stressed you are, the more likely you are to fall ill. You may have noticed you seem to pick up more bugs and colds when you are anxious or feel overwhelmed.

If you're looking to boost your immune system, then a massage can help. Studies have revealed that a massage can boost your white blood cell count. White blood cells play a key role in enabling your immune system to fight off viruses.

Regular massages can also give you better sleep quality. Not only will you feel more energised, but good sleep is vital to having a strong immune system.

Relieve chronic pain— Chronic pain can be caused by many things — sitting at a desk all day, an old injury or from having poor posture. Massages can increase the blood



(See **Benefits of massage ...** continued on back)

Benefits of massage ...

(continued from front page)

flow around your body and reduce tension in the muscles, while flushing out toxins.

Many of us suffer with chronic back pain — recent research found regular deep-tissue massage was effective in reducing pain associated with this ailment.

The “happy hormones” massages release have physical benefits as well as mental. Dopamine and serotonin help with pain management and promote healing. If you suffer from chronic headaches, massage therapy

may be for you — and it’s drug-free.

Increase mobility— Regular massages will help you maintain and improve your mobility.

By focusing on stretching and manipulation to improve blood flow and boost mobility in your joints, massage can increase the range of movement.

Poor posture is commonplace these days (many of us spend our lives hunched over computer screens). Massage can address the harm this causes. Your muscles will be moved and strengthened, helping your body to align correctly.

How often should I get a massage?

Whatever the cause, stress has become a routine part of human existence. This can affect us in many ways, and the issues can often build up unnoticed until they lead to an inevitable crash.

Massage therapy can alleviate these issues, so you should look to balance the routine of stress with a routine of massage. While having a massage once in a while will relax you, to enjoy the maximum mental and physical benefits, you need to make it a regular part of your life.

Source: sundaypost.com

Did you know?

- Every second, your body produces 25 million new cells.
- Despite accounting for 2% of your body mass, the brain uses 20% of your oxygen and blood supply.
- We shed 600,000 particles of skin every hour.
- The heart circulates your blood through your body about 1,000 times each day.
- A sneeze blows air out of your nose at 100 miles per hour.

Always appropriate ~ Always appreciated

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the ideal gift for any occasion!**

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**Progress is impossible without change, and those who
cannot change their minds cannot change anything.**

—George Bernard Shaw

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