

BENEFITS OF THERAPEUTIC MASSAGE

The effects of massage are numerous. While it's apparent that one effect is to relax the muscles of the body, another is to set the blood in circulation and to throw off toxins that have accumulated in the body. Still others are to stimulate nerve activity, to increase lung activity, to quiet and sooth the nervous system. It is not blood flow alone that is aided by massage, lymphatic circulation is also stimulated, thus, all secretory and glandular functions are stimulated to greater activity.

LOCOMOTION..... The effect of massage upon the organs of locomotion, the muscles, ligaments and bones bring about improved nutrition, increased cellular activity and increased blood and lymphatic circulation.

CIRCULATION..... Massage increases circulation. The blood pressure in the veins is reduced, which in turn acts in a beneficial method upon the heart and the arterial circulation.

RESPIRATION..... Massage develops the respiratory muscles, increasing the mobility of the chest and promotes lung expansion.

DIGESTION..... Massage urges the contents of the bowels in a natural direction. It quickens the cellular activity, thereby producing more effectual free and normal bowel movements.

ORGANS OF ELIMINATION..... The increased metabolism caused by massage stimulates of organs of elimination (skin, lungs, bowels and kidneys) to greater activity.

BRAIN AND

NERVOUS SYSTEM..... As a result of the increased circulation, the brain and nervous systems receive a greater supply of blood. Therefore the vital activities of the organs are greatly increased.

Because massage is not a common part of our cultural experience, many people don't get the most out of their massage.

Here are some tips:

- * Your only job is to relax as completely as possible.
- * Breathe deeply and regularly.
- * Feel free to give feedback during your massage, if it hurts say so!
- * You should not feel pain from your massage. Soreness often accompanies a deeper tissue massage the next day or two.

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