

Releaf Massage Therapy

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Member, Associated Bodywork & Massage Professionals

What Massage Can Do For You

Beyond Pain Relief, Massage is Valuable for Preventive Care

Karrie Osborn

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Whether it is an aching back, recovery from an injury, a case of carpal tunnel syndrome, or a host of other debilitating physiological conditions, there's no doubt massage and bodywork works to relieve pain. But once your therapist has helped you tackle your pain, do you quit calling? When the pain is gone, are you gone, too?

Massage therapy is highly effective for pain relief, but it is an amazing preventive therapy as well. Massage helps build and maintain a healthy body (and mind), it combats stress, and it works to

Massage can play an important role in a good health-care regimen. Just as you eat healthily, exercise regularly, and take your vitamins to ward off illness and maintain a fit body, you should consider making frequent massage a part of your wellness lifestyle.

According to Benny Vaughn, a sports massage expert in Fort Worth, Texas, one of the benefits of consistent and regular massage therapy is better flexibility. "This happens because regular and structured touch stimulus enhances the nervous system's sensory and spatial processing capacity," he says. "That is, the person becomes more aware of her body's movement in space and becomes more aware of tightness or

"Health is the greatest possession."

-Laozi



Massage helps you maintain a healthy body.

keep the immune system strong. In short, massage can keep on working for you, even after the pain is gone.

MASSAGE FOR WELLNESS

If it's been a while since you booked your last massage--because your pain is no longer an issue or your injury is fully rehabbed--you might want to consider massage for preventive care.

pain long before it reaches a critical point of mechanical dysfunction."

As a preventive measure, frequent massage puts you more in tune with your body. "The consistency of massage therapy over time creates a cumulative stress-reduction effect," Vaughn says.

Continued on page 2

Office Hours and Contact

Andrea Cain, LMT
Karen Holmes, LMT
Nicole Fortney, LMT
Evan Kleinhaus, LMT
Jennifer Davy, LMT
www.releafmassagetherapy.com

In this Issue

What Massage Can Do For You Is the Season Getting You Down? Hibernating is for the Bears

Continued from page 1

"The person becomes acutely aware of stress within her body long before it can create stress-driven damage."

And the more massage you receive, the more benefits you reap. "Massage therapists know that people who get massage regularly demonstrate greater improvement and notice a reduction in pain and muscular tension, as well as an improvement in posture," says Anne Williams, author of *Massage Mastery: From Student to Professional* (Lippincott Williams Wilkins, 2012).

"People regularly make a commitment to fitness," Williams says. "People regularly make a commitment to changing their diet. The difference they'd experience if they regularly made a commitment to massage is mind-blowing."

STRESS IS A KILLER

Stress is more than just a word we throw around to describe the nature of our hectic day. Today, we understand that stress kills.

According to the Benson-Henry Institute for Mind Body Medicine, 60-90 percent of all US medical visits are for stress-related disorders. Chronic pain, headaches, heart disease, hypertension, and ulcers can all be wrought from stress. Many would argue that the best benefit of massage is its ability to reduce the stress in our lives.

From the perspective of daily living, think about the stress you felt at today's meeting--now it's hiding in your neck. Tomorrow that can turn into stiffness and eventually begin to affect other parts of your body. If you see your massage therapist for your regular session this week, the chances are good you won't reach the tipping point. Think of massage and bodywork as a way to rebalance your body.

Noted researcher Tiffany Field and her colleagues from the Touch Research Institute at the University of Miami School of Medicine report that massage causes positive biological changes when it comes to stress. Through the course of more than 20 studies, these scientists found that massage decreases cortisol (a stress-derived hormone that negatively affects immune function and kills our immune cells) and increases dopamine

and serotonin (the neurotransmitters most associated with emotional well-being).

Add to this the research that shows massage can lower your heart rate and decrease your blood pressure, and you have a mighty effective, nonpharmacological, stress-fighting tool that's about as natural as natural can get.

A ONE-HOUR VACATION AND SO MUCH MORE

You may no longer need to rehab that knee or work the scar tissue from your surgery, but don't forget about everything else massage can do for you. Massage is the entire package, helping to heal body, mind, and spirit. Think of it as a one-hour vacation with amazing return on investment.

Whether it be maintaining joint

flexibility, managing blood pressure, or enhancing immunity, massage works. From repair to relief and from recovery to relaxation, massage is a magnificent piece of natural medicine you should always have as part of your health-care routine.

Karrie Osborn is senior editor for Body Sense. Contact her at karrie@abmp.com.



Regular massage helps reduce stress and improve your quality of life.

Is the Season Getting You Down?

Shine the Light on Winter Blues

In northern climates when the heavy snows fall and the sun moves south, many people find their moods shift from upbeat to downright depressed. The severe form of winter depression--called seasonal affective disorder, or SAD--affects at least two million North Americans. Another thirty-nine million experience milder symptoms of moodiness and extended sleep patterns that somewhat resemble hibernation.

Overeating, sleeping for prolonged periods, mood swings, carbohydrate cravings, and weight gain during winter months may be more than just symptoms of cabin fever. They can suggest a biochemical reaction caused by a lack of exposure to sunlight.

Like all living things, we humans are sensitive to the seasons and sunlight. We secrete a hormone called melatonin, which helps us sleep at night and stay awake during the day. Melatonin production is directly linked to sun

exposure. So, as the days get shorter during the winter, our bodies produce more and more melatonin and we can literally feel like going into a cave and hibernating.

Many SAD sufferers manage their seasonal depression with daily exposure to full-spectrum lamps or light boxes. By getting daily doses of natural light, they can fool their brains into thinking it's summertime, and their need to sleep decreases.

Recent research shows that timing these light therapy sessions to our natural biological clocks is even more beneficial than usage during the day. Exposure to natural spectrum bright light for thirty minutes on awakening is twice as effective as evening sessions, and one study found this practice actually had an 80 percent chance of sending SAD into remission.

If winter blues are getting to you, consider investing in a full spectrum

lamp and use it first thing in the morning--because SAD is for the bears.



Loosen the grip of seasonal affective disorder.

Hibernating is for the Bears

Plan to Stay Fit This Winter

Winter's here, and you've moved your running shoes to the back of the closet until April. Yet that piece of pumpkin pie has your name on it.

With the onset of colder weather, shorter days, and snow-covered streets, we eat more and exercise less, waiting for the spring thaw to get back in shape. Instead of having to make New Year's resolutions to lose holiday weight and join a health club, why not set goals to stay fit this winter?

MOVE FITNESS INDOORS

Winter is the perfect time to start a weight-training program. When it's sunny and warm in summer, you'd rather be outside cycling or rock climbing. When it's snowing, why not lift weights for 30 minutes during lunch? Statistics show that more people

suffer heart attacks in winter from shoveling snow, often because they're out of shape. With regular strength training, you'll be able to shovel that snow and get a head start with outdoor sports when spring comes around.

WALK OUTSIDE ON WEEKENDS

Going for a jog or walk during mid-day when the sun is high is a great time to get outside and catch a few rays. Be sure to dress warmly, wear sunscreen, and drink plenty of water. Dehydration is most common in colder months when you're less aware of fluid loss.

TAKE A DANCE CLASS

Accept that invitation to the New Year's Eve celebration and take a class in ballroom dancing. While you're dancing, you're not hanging around the buffet table or the bar, and your

waistline will thank you for it.

REDISCOVER ICE SKATING

Whether it's on a frozen pond or at a rink, ice skating provides seasonal exercise opportunities, especially good for the legs. And it's great fun, bringing out the kid in all of us.

CONSIDER SNOWSHOEING

Snowshoeing is just a matter of strapping snowshoes onto your boots and walking. Snowshoes make hiking trails and snowy city parks accessible and can be rented from sporting goods stores at a relatively inexpensive price.

*"A healthy
outside starts
from the inside."*

-Robert Ulrich

Happy New Year! We hope 2023 brings you joy, health, love and abundance.

We continue to strive to offer you the best treatments and next level service.

Each LMT has a unique approach and I am so honored to say that we all value education and growth. We are always learning to expand what we offer to our clients, and we are excited to share our knowledge and service this coming year.

I personally will continue using sound and frequency in treatments with tuning forks, as well as energy work both at the office and virtually with Aligned Alchemy.

If you have any questions please send me a message. I would love to chat more.

www.releafmassagetherapy.com
www.alignedalchemy.org

Keep an eye on our fb page and online scheduler for what's new!

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405 East Chocolate Ave
Hershey, PA 17033



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