

Massage Therapy: an Integral Part of Your Wellness Program

Did you realize that regularly receiving therapeutic massage doesn't just feel good, but actually supports everything else you are doing to improve your health?

Your health is all about your body and your attitude, and hundreds of controlled studies have shown dramatic positive influences on both.

Let's take the most concrete example, your body. It is the physical embodiment of you, and it is the large muscles and small that "talk" to you when you work too long without a break, or start or up an exercise program.

Rather than stop the exercise, or dread it, schedule regular massages. You have a time-out, and the massage therapist methodically moves the stinging lactic acid out of the tissues, helps with stretching and flexibility, and makes healing torn muscle fibers from overexertion faster. Suddenly, exercise no longer hurts....with the right antidote.

Inside your body, your organs are doing their best to do all the myriad of functions we never think about until there is a problem. We are digesting and assimilating our food, moderating blood pressure, pumping blood, breathing, delivering nutrients and oxygen to all areas of the body, doing repairs and managing waste. Kind of like civil servants!

Many factors can impede the inside body's work, from poor diet to lack of sleep or movement, to that ubiquitous devil, STRESS, that seems to be part of everyone's work and personal life.

Few practices help manage stress better than massage therapy. A relaxation massage produces similar levels of calm as meditation, with the added benefit that touch releases many "feel good", calming chemical messengers in the bloodstream which override the adrenaline-loaded stress chemicals which create such inflammation in the body and keep us from feeling our best.

Massage has proven to help people sleep better, longer and more restfully.

If you are frequently anxious or nervous, and find that it leads to overeating or mindless eating, or drinking, or smoking or something else you *know* isn't good for you, you will find that the cared-for feeling you have for a few days after getting a therapeutic massage will help dissipate those needs. People are often surprised when they realize they *haven't* stopped at the donut shop for a few days.....they haven't felt the need to.

It is absolutely safe and comfortable to get a massage. A licensed massage therapist will talk with you and reassure you of any discomfort or apprehensions you might feel.

Massage therapists are in this profession because we care about people and want to help them live their best lives.

You owe it to yourself to schedule a session. When you see how your life improves in all sorts of little ways, you will understand that, for real wellness, regularly giving yourself this time out so your body gets the message that it is valued, is a necessary luxury.

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