

Healing Modalities:

Massage

**“Massage is
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Massage involves the application of pressure and motion through touch to the soft tissues of the body, including lymphatic to achieve a beneficial response. While many enjoy massage as a simple means of relaxation, it is also touted to increase lymphatic drainage and increase blood flow, bringing oxygen and nutrients into the tissues. Massage has also been shown to improve autistic behavior, relieve anxiety and depression, increase healing after surgery, improve growth in premature infants, increase attention and focus, reduce muscle tension, and reduce blood pressure.

A study entitled Perceived Treatment Efficacy for Conventional and Alternative Therapies Reported by Persons with Multiple Chemical Sen-

sitivities, in which Gibson et al (2003) found that fifty-nine percent of subjects felt that massage helped with the symptoms of multiple chemical sensitivities (MCS). This is reasonable considering that massage increases nutrients and oxygen in the tissues which would likely reduce fatigue and brain fog. Additional blood flow helps to cleanse the body and possibly relieve some of the body burden of toxins carried.

Since endorphins (natural pain killers) are released during massage, it is also a useful therapy for pain reduction and may be useful for fibromyalgia and chronic fatigue. The combination of relaxation, endorphins, nutrients and oxygenation is likely to produce a positive effect in most subjects.

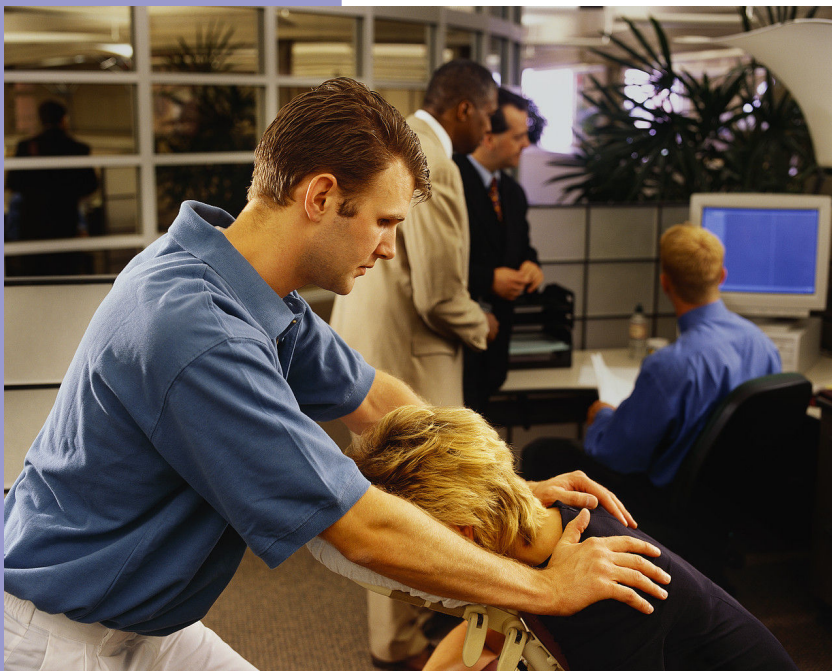
Massage is popular, not for these effects, but for the sheer pleasure of touch being used to reduce tension and relax muscles. However, as we discovered, massage is not only pampering and rejuvenating, but also highly therapeutic!

See you on the massage table!

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Reference:

Gibson, PR, Elms, NM, & Ruding, LA (2003). Perceived Treatment Efficacy for Conventional and Alternative Therapies Reported by Persons with Multiple Chemical Sensitivities. *Environmental Health Perspectives*. 111(12):1498-1504.



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