



### BENEFITS OF DRINKING WATER:

- Lose Weight
- Natural remedy for headaches
- Look younger with healthier skin
- Better productivity at work
- Better exercise
- Helps in digestion and constipation
- Less cramps and sprains
- Less likely to get sick
- Feel healthier
- Relieve fatigue
- Be in a good mood more often
- Reduce the risk of cancer

### HARMFUL EFFECTS OF DEHYDRATION:

- Tiredness
- Migraine
- Constipation
- Muscle cramps
- Irregular blood pressure
- Kidney problems
- Dry skin

# Massage News

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## Five Surprising Benefits of Massage...

The newest cure-all may be an ancient one: simple touch. The Chinese have been using massage for all kinds of medical conditions for centuries. Now, Western research is confirming that massage isn't just for muscle pain. One of the most surprising findings: massage may help premature babies gain weight. Massage, it turns out, may boost immunity and help people with a range of conditions from premenstrual syndrome to high blood pressure. It also seems to help soothe pain from arthritis, burns and even surgery. Here are five surprising facts about massage that you can put to use:

1. **Pick Your Spot.** You don't have to massage the part of the body that hurts most. Massage creates

chemical changes that reduce pain and stress throughout the body. One way it does this is by reducing a brain chemical called substance P that is related to pain.

2. **De-Stress, Stay Healthy.**

Massage may boost immunity. Several studies have found decreased cortisol levels in saliva after massage sessions. Cortisol, which is produced when you are stressed, kills cells important for immunity, so when massage reduces your stress levels and hence the cortisol level in your body, it may help you avoid getting a cold or another illness while under stress.

3. **Blood Pressure Benefits.**

A good deal of research suggests massage reduces hypertension. This may be because it stimulates pressure receptors that prompt action from the vagus nerve, one of the nerves that emerges from the brain and regulates blood pressure, as well as other functions.

4. **Technique Tactics.**

There's little evidence to support one kind of massage over another. The key is pressure firm enough to make a temporary indentation in the skin.

5. **Self Help.** You can massage yourself. Although you don't have to massage the part of the body that hurts, targeting that area does tend to help more.

## ...And Five Facts About Massage

Not all of the information out there about massage is myth. Here are five facts, according to the American Massage Therapy Association (AMTA):

1. Nearly 20% of adults get at least one massage a year
2. Massage therapy has been shown to positively affect cancer-related fatigue, lower

-back pain, carpal tunnel syndrome, high blood pressure, and headaches.

3. About 70% of massage therapists receive referrals from healthcare professionals.
4. 60% of adults reported in a survey they'd like for massage therapy to be covered

by insurance.

5. More than 25% of the massage therapists who earn income from a second job work in healthcare.

- Taken from Massage Envy Magazine

## Swedish Massage Shown to Reduce Distress Among Oncology Patients

Oncology patients who received Swedish massage experienced significant reductions in pain, physical and emotional discomfort, and fatigue, according to a recent study.

In the study, "A Hospital-based Intervention Using Massage to Reduce Distress Among Oncology Patients," 251 oncology patients were provided a single 15-minute session of Swedish massage to see what effect massage had on their exposed levels of distress.

The study's participants were drawn from an inpatient oncology unit at a large university hospital over a three-year period. Seventy percent of subjects were female, and 30 percent were male. The average age of participants was 54, although they ranged in age from 20 to older than 80. Participants had been diagnosed with various types of cancer, including gynecologic, gastrointestinal, lung, leukemia, colorectal, breast, lymphoma, head and neck, and others. They were selected to participate in the study based on their individual health status and desire to receive massage.

Two massage therapists, both of whom received the same specialized training in cancer massage, conducted all of the study's massage sessions. The therapists each used the same relaxation music and hospital-issued scentless massage lotion. Prior to each intervention, the massage therapist met with a social worker to learn about the patient's medical history and specific massage precautions.

For each massage intervention, the therapist first discussed the process with the patient, asking where he or she would like to be massaged and suggesting a comfortable position for the patient. Before beginning the massage, the therapist would thoroughly wash his or her hands and lather them with the lotion. Each massage involved effleurage, using long, gliding strokes toward the heart. The two most common areas chosen by patients for massage were the feet and legs or the back, neck, and shoulders.

Before and after every massage intervention, a social worker would assess each patient's levels of self-reported distress. This was done with a modified version of MacDonald's patient evaluation of massage experience scale, which measure four distinct distress dimensions: pain, physical discomfort, emotional discomfort, and fatigue. Pre-massage and post-massage ratings for pain were scored on a zero to 10 scale. Ratings for physical and emotional discomfort, along with fatigue, were scored on a one to five Likert scale.

Data collected from the study showed a significant reduction in all four dimensions of distress among all participants.

"The reduction in patients' perceived distress was also consistently evident regardless of their age, ethnic group or type of malignancy," said the study's authors. "Hence, these findings may diminish concerns over the efficacy of massage among patients with differing cancer types and different groups."

- Taken from Massage Magazine

## Don't Get Boxed In

Most of us live in a box. We have an image of how things should be, how we should act, and what is possible and impossible. These images make up the box we live in, and limit our possibilities.

We generally don't stray too far outside the box society creates for us. Instead, we follow the patterns we've learned from our culture, family, the media, and our friends. Yet often these patterns aren't as fulfilling as life outside the box could be. Check out these examples, and then use your creativity to break out of your box:

- Next time you're at the coffee shop, pub or restaurant, pay for someone else's order
- After work, greet your partner with a dance instead of "hello"



**Living inside the box limits our possibilities, and life outside the box can be much more fulfilling.**

- Go for a walk in the rain without an umbrella
- Be the most gracious driver on the planet
- Bike to work in your work clothes, even if you look a bit rumpled when you get there
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- Be the most gracious driver on the planet
- Bike to work in your work clothes, even if you look a bit rumpled when you get there
- The next time you must give a presentation, focus on making it a totally unique experience