



#### BENEFITS OF INFANT MAS- SAGE:

- Relieves reflux
- Relieves colic
- Relieves constipation
- Relieves wind
- Aids sleep
- Improves circulation
- Improves lymphatic drainage
- Enhances bonding
- Reduces post-natal depression
- Stimulates nerves
- Strengthens immune system
- Increases alertness/heightens awareness
- Reduces stress hormones

# Massage News

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## Benefits of Massage for Allergies

Massage therapy may relieve many symptoms of allergies, as well as create feelings of relaxation and good health in the allergic individual via massage's healing power of touch.

Through touch, massage pushes down on nerve cell receptors under the skin, activating the nervous system and stimulating the release of mood-enhancing chemicals such as dopamine or serotonin. Massage also generates a calming effect through the stimulation of the parasympathetic nervous system, reducing the body's level of stress hormones (cortisol and

adrenaline) that are often found responsible for an allergic response.

Massage works by stimulating the release of natural endorphins, creating a natural high that may help relieve a person from their allergic symptoms. Brain activity is also altered with massage, with the alpha brain waves being increased producing a state of relaxation.

The reduced level of stress hormones and state of relaxation combined also strengthen the immune system which is then able to react less to certain allergens.

Allergic individuals are likely to also experience a stabilization of blood sugar, increased immunity and improved lung function from massage therapy which all combined help reduce the severity and rate of allergic reactions.

[www.naturaltherapypages.com](http://www.naturaltherapypages.com)



## What is Massage Therapy?

Massage is currently the most widely-used muscular therapy. There are about 100,000 practitioners in the U.S. The term "therapeutic massage" refers to a range of therapies using touch to encourage relaxation while also promoting physical and psychological health. The massage therapists at The Center for

Integrative Medicine use different techniques to improve both the structure and function of your body, thereby improving your overall health. These techniques vary depending on your needs and may involve soft tissue manipulation, pressure, gliding, and kneading. As an adjunct to medical treatment, massage may help

combat the pain and symptoms of a wide variety of ailments and medical conditions, including: arthritis; asthma and bronchitis; carpal tunnel syndrome; circulatory problems; digestive disorders; depression; headache; insomnia; myofascial pain; sinusitis; sports injuries; and TMJ.

- Taken from the Center for Integrative Medicine, University of Colorado Hospital

# Diabetes and Therapeutic Massage

As more and more Americans incorporate alternative therapies into their program of health care, people with diabetes, too, are looking to the usefulness of different therapies to complement their lifestyle measures and medical care. One such alternative therapy is massage.

There are many benefits of massage therapy for people with diabetes. Most of these would be similar to the benefits of massage for the general population, but the following are of particular interest for people with diabetes:

**Relaxation.** Fluctuating blood sugar levels put tremendous strain on the body's systems. By sedating the nervous system, massage can bring a much-needed rest and an assuring sense of well-being to the body.

**Increased Circulation.** Massage increases the circulation of blood and lymph, facilitating the transport of oxygen and other nutrients into the body's tissues. Improved circulation allows for more efficient uptake of insulin by the cells.

**Myofascial effects.** Massage works directly with muscles (myo) and connective tissues (fascia) in the body, helping to facilitate greater mobility. This is especially important for people with diabetes, because elevated blood sugar causes a thickening of connective tissue, which affects the mobility and elasticity of the myofascial system.

Because changes in blood glucose level can and do occur when people with diabetes receive massage, it's important to inform your massage therapist about your diabetes. It is also important to describe the signs and symptoms you experience when your blood sugar is low.

Massage therapy can give a wonderful psychological boost to someone who is living with diabetes and striving to balance all the factors involved in maintaining a healthy lifestyle.

## Functions of Water in the Body

Drinking a healthy amount of water is vital to your health. You can never imagine just by changing this simple step, you gain tremendous health benefits, and sometimes you can even throw away your migraine medicine or pain killer. Before you can appreciate the benefits of water to your health, let's review the role of water in the human body.

The human body is anywhere from 55% to 78% water depending on body size. A rule of thumb, 2/3 of body consists of water, and it is the main component of the human body. Did you know that your tissues and organs are mainly made up of water?:

- Muscle consists of 75% water
- Brain consists of 90% water
- Bone consists of 22% water

- Blood consists of 83% water

The functions of water in the human body are vital. The water:

- Transports nutrients and oxygen into cells
- Moisturizes the air in lungs

- Helps with metabolism
- Protects vital organs
- Helps organs absorb nutrients better
- Regulates body temperature
- Detoxifies
- Protects and moisturizes joints



Every cell in your body needs water from head to toe. That is why it is so important to drink enough fluid. Take for example, brain consists of 90% water. If you do not supply enough water to your body, your brain cannot function well, and you will get headaches or migraines. Hence, next time, if you feel fatigue and headache, it may be the sign of dehydration.

- Taken from [www.mangosteen-natural-remedies.com](http://www.mangosteen-natural-remedies.com)