

THE BENEFITS OF MASSAGE

ARTHRITIS and FIBROMYALGIA Massage therapy is particularly beneficial for improved muscle function and pain relief.

SPASMODIC TORTICOLLIS Massage can be extremely beneficial in relieving the spasms, tightness, and pain associated with this muscular disorder.

TENSION Massage relaxes muscle spasms and relieves tension. It also stimulates sensory nerves which helps relieve headaches.

CIRCULATION Massage improves circulation by dilating blood vessels. Improved circulation is a step in preventing heart attacks and strokes. Brisk massage restores the body's vigor.

* Has a sedative effect upon the nervous system and promotes voluntary muscle relaxation.

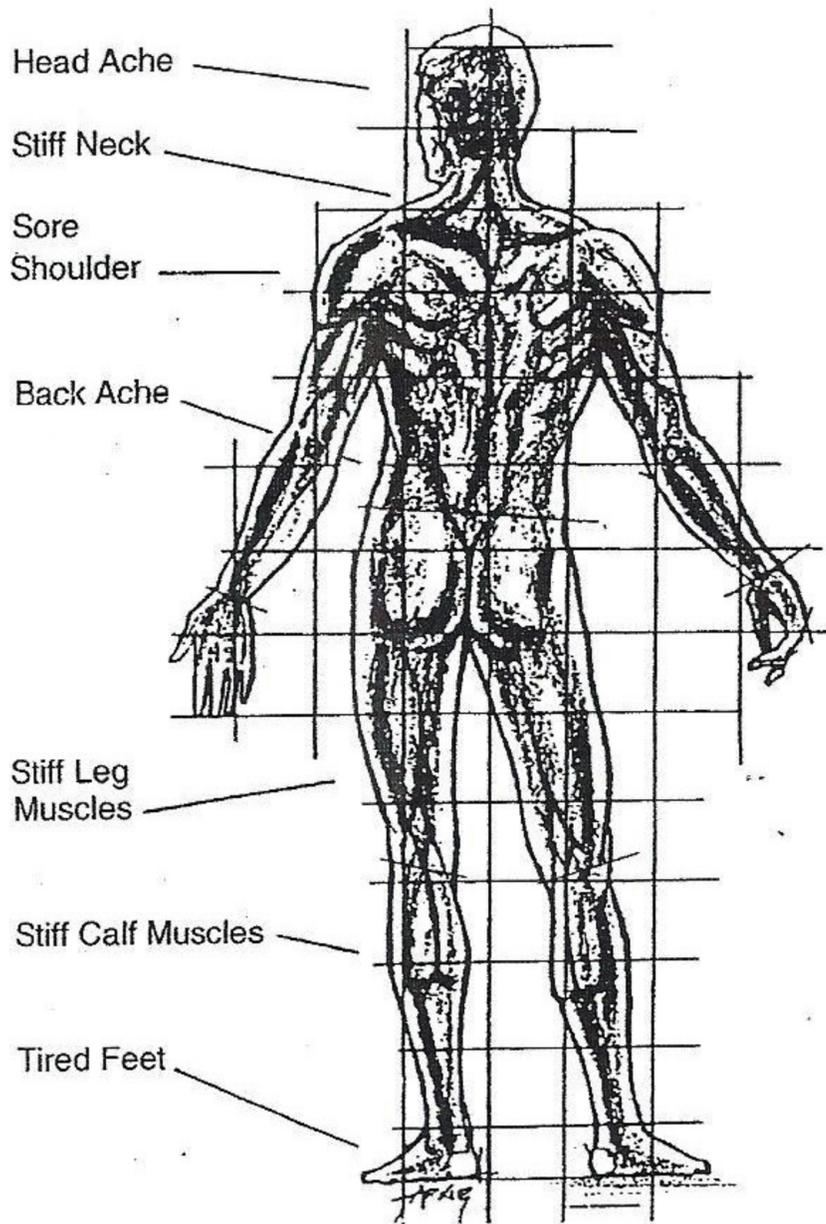
* Massage acts as a cleanser for the elimination of wastes and toxins.

* Can relieve certain types of pain caused by degenerative disk.

* Provides effective treatment of chronic inflammatory conditions by increasing lymphatic circulation.

* Affects circulation through the capillaries, veins, and arteries, and increases blood flow through the muscles.

* Can promote sinus drainage.



THERAPEUTIC MASSAGE AND ITS ORIGIN

Massage therapy includes a wide variety of diversified therapeutic approaches working to improve our health and vitality through the systematic hands-on manipulation of our body's muscles and other soft tissues. Manipulation can involve any combination of kneading, pressing, rolling, rubbing, slapping, tapping, or rocking, all intended to help us feel better. Cave paintings in western Europe depicting the use of therapeutic massage date back to 15,000 B.C. Written records about therapeutic massage date back over 2,500 years in China and India. Acupressure, reflexology, and Shiatsu therapies emerged from these Eastern sources. Ancient texts from Egypt, Persia, and Japan extol the benefits of massage and other healing bodywork modalities. Hippocrates, considered the father of scientific medicine, stated that every physician should learn massage. Greek and Roman physicians spread massage throughout Europe to maintain physical health and relieve their patients' suffering. Julius Caesar was reportedly massaged on a daily basis to combat epilepsy. The development of modern Western massage therapy methods is primarily credited to Peter Henrik Ling, a nineteenth-century Swedish athlete. His therapy approach became known as Swedish massage, and is one of the most commonly used therapy methods in the Western world today.