

Advantages Of Massage Therapy

During massage, your body creates hormones that decrease stress and anxiety levels and enhance the level of relaxation. According to recent research, it may help in the management of autoimmune diseases like asthma and skin dermatitis.

Massage can be risky and therefore, it is important consult with your physician prior to getting a massage if you have cancer or another chronic medical condition. Avoid it as well in case you have emboli, thrombosis, phlebitis or kidney disease.

Relieves Stress

Stress is a regular part of life, however when it reaches chronically excessive, it can result in injury to the body. Massage reduces cortisol levels and also alters EEG patterns (electrical activity of the brain), which explains why massage can improve mood and reduce anxiety.

When you massage, your muscles of the skin and soft tissues relax. This decreases the heart rate as well as blood pressure. The effect is a result of the body's natural "fight-or-flight" reaction switching to parasympathetic. [Sneak a peek at this site](#) to discover additional info on therapeutic massage.

Regular massages can boost the immunity system and assist your body in eliminating harmful compounds. Massages are especially beneficial to those undergoing cancer treatment. The research has shown that massage may lessen the negative results of radiation therapy and chemotherapy. Massage is a great way to reduce tension, and stiffness in joints.

Relieve anxiety

There are many things that can create anxiety. The causes of anxiety can stem from a number of things. Stress, both psychological and physical that these events cause can cause a rise in the amount of chemical within the body, such as cortisol.

The kneading and rubbing that occurs during massage helps in reducing these imbalances of chemical. Research has shown that a massage decreases cortisol and increases levels of serotonin and dopamine, which are neurotransmitters that help to regulate mood.

Massage can reduce anxiety and depression among cancer patients, specifically patients who undergo a blood and marrow (BMT) transplant. It is due to massage promoting relaxation, which may make it easier for white blood cells begin making blood following the BMT and decrease pain, nausea, fatigue and swelling.

Relieves Pain

It doesn't matter if it's due to an injury or chronic pain, massage can relieve the knots and tension. Massage works by stimulating your parasympathetic nervous system, slowing your heart rate and increasing the flow of blood to tissues and joints.

Massage pressure on the skin during massage stimulates nerves, also known as nociceptors, that send messages of pain to the brain. These receptors can become hyperstimulated and send signals that are more intense than normal discomfort.

Techniques of manipulation using soft tissues for massage (stroking, kneading, rocking taps and holding constant pressure) are effective for reducing strain, pain and to improve circulation. Studies have demonstrated that regular massage can reduce the signs of osteoarthritis. Massage also encourages sleepiness in women who are going through menopause and reduces fatigue that is caused by chemotherapy.

Flexible Workplaces

It is likely that you associate massage with relaxation and self-care. It can also help with some conditions, and ease the pain.

Massage is a great way to increase flexibility by reducing muscle tightness and increasing the elasticity of the muscles. When the muscle tissue temperature increases, the elasticity is increased. This is achieved through a massage.

Another way that [massage](#) can assist in improving flexibility is by decreasing swelling of the soft tissues of the body. When swelling is reduced, it allows the muscle as well as joint to be more mobile. Massage can also be used to reduce injury risk and prepare the body for any physical activity. Massage can also be performed after an activity as well to get rid of any lactic or toxic acid produced.

Enhances Sleep

Massage decreases stress hormones and increases serotonin and melatonin, which boost your mood and encourage an enjoyable night's rest. The absence of these neurotransmitters may cause anxiety, which robs your body of sleep.

The massage can reduce your nervous system by lowering your heartbeat. That lowered state can help you concentrate more on work or other tasks.

Massage is a great way to improve the quality of sleep for those suffering of chronic pain. It is especially beneficial for those with cancer and those suffering from autoimmune disorders like fibromyalgia or rheumatoid. Massage is believed to help reduce "allostatic burden" which can build up from chronic stress, and contribute to signs of autoimmune disease.