



A Powerful Ally – Therapeutic Massage

There's no denying the power of bodywork. Regardless of the adjectives we assign to it (pampering, rejuvenating, therapeutic) or the reasons we seek it out (a luxurious treat, stress relief, pain management), massage therapy can be a powerful ally in **your healthcare regimen**.

Profound Effects

In response to massage, specific physiological and chemical changes cascade throughout the body, with profound effects. Research shows that with massage:

- **Arthritis sufferers** note fewer aches and less stiffness and pain
- **Asthma patients** show better pulmonary function and increased peak air flow
- **Burn injury** patients report reduced pain, itching, and anxiety
- **High blood pressure** patients demonstrate lower diastolic blood pressure, anxiety, and stress hormones
- **Premenstrual syndrome** sufferers have decreased water retention and cramping
- Students with **ADD/ADHD** show improved mood and behavior
- **Diabetes** patients who use massage at insulin injection sites experience increased insulin absorption in the body. **Insulin resistance** can also be reduced. Massage also has a positive effect on the blood glucose levels
- Massage lowers cortisol production. Excess cortisol exacerbates the bodily symptoms of **menopause**, such as hot flashes and anxiety
- Reduced abdominal pain and the lower back pain associated with **menopause**
- Reduces the stress that raises the risk of **memory loss** and **cognitive decline** among older people
- Increased gut motility – a technical term for waste moving forward through the intestine – means less constipation, less bloating and less abdominal pain for those with **Irritable Bowel Syndrome** and **gastrointestinal pain**
- Massage has been widely used to treat various **chronic kidney disease** and it has been proved to be effective at easing symptoms and **improving kidney functions** by eliminating blood clots, qi stagnation and promoting blood circulation
- Massage can drastically improve the quality of life of people who feel chronically drained and lethargic from the effects of **Hypothyroidism** or **Thyroid Imbalance**

Research continues to show the enormous benefits of touch—which range from treating **chronic diseases, neurodegenerative disorders, and injuries**, to **alleviating the tensions** of modern lifestyles. Consequently, the medical community is actively embracing bodywork, and massage is becoming an **integral part of patient care**.



The Health Benefits of Massage

- Alleviate **low-back pain** and improve range of motion
- Assist with shorter, easier labor for **expectant mothers** and shorten maternity hospital stays
- Ease **medication dependence**
- Enhance **immunity** by stimulating lymph flow—the body's natural defense system
- Exercise and stretch **weak, tight, or atrophied muscles**
- Help **athletes** of any level prepare for, and recover from, strenuous workouts
- Improve the condition of the body's largest organ—the skin
- Increase **joint flexibility**
- Lessen **depression and anxiety**
- Promote tissue regeneration, reducing **scar tissue and stretch marks**
- Pump oxygen and nutrients into tissues and vital organs, improving **circulation**
- Reduce **post-surgery adhesions and swelling**
- Reduce **spasms and cramping**
- Relax and soften injured, tired, and **overused muscles**
- Release endorphins—amino acids that work as the body's **natural painkiller**, particularly important for **Fibromyalgia** and **Chronic Fatigue** sufferers
- Relieve **migraine** pain

Piedmont Wellness Center recommends including massage in your healthcare regimen. Let us schedule a session to treat your individual healthcare concerns.

Schedule your massage session online today

massagemehenry.com

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