

## Benefits of Receiving Massage:

### Stress Relief:

A benefit of massage is to decrease stress. During times of stress a hormone is released which I'm sure you heard of, it is cortisol. It can wreak havoc on your body over a prolonged period of time. Constant stress is a battle in the body. You need to find a balance for stress producing activities in your daily life. One proactive solution might be to take herbal supplements like an adaptogen herb, monitor your diet, reduce fat intake that support your overall health and well-being. We can reduce stress by taking a bath, relaxing, doing something productive in which we love, outdoors is critical, and get weekly, bi-weekly or monthly massage or reiki session(s). Massage is a great, productive way to support your body. Not only does it decrease stress hormones, it supports your cellular uptake in nutrients. It decreases muscle tension and is an overall good support for your body and immune system.

### Pain Management:

Massage helps to decrease pain signals sent to your body when your body is under the stress of pain. Pain is an indicator something is out of balance in your body. It's important to pay attention to pain. There are alternative solutions to pain and different resources to try when it comes to natural pain management. Looking at daily stressors, monitoring your food intake, increasing living foods such as sprouts, healthy fruits and vegetables, and looking at what produces more pain. Mindful practice of meditation and self-reflection can support you. Massage can help you make the mind, body connection and really help you key in on specific areas that bother you. Sometimes, we check out of our bodies, as weird as that sounds, it's true. It's possible you've put something on ignore just to manage your daily routines and life. While massage is an important aspect to pain management, there are many other solutions as topical creams and other types of sessions. There are also many different healing modalities in the massage field you might feel drawn to. Trust your intuition in your healing, if you feel called to try something positive and healthy for you, give it a shot. Acute care for acute pain might be to see a doctor to make sure something isn't broken or damaged. This is a time for Rest, Ice, Compress, and Elevate also known as the acronym R.I.C.E. This is for soft tissue damage in sprain or strain sort of situation. It's best to go to a massage therapist after the acute stage, possibly 2 weeks after. Check in with your local practitioner and see what they may say. Also, with surgery sites, broken bones with regular massage therapy, there are specialties out there that can see you more quickly, depending on the situation of the matter, but typically 6-8 weeks after surgery. Your body is in a healing mode and typically we want to wait to work on the specific area after that time frame. We can support other areas of your body, but we will be mindful of what injury or situation it is, before you're allowed on the table. Check in with your therapist as other therapists may have other protocols.

### Products:

Some pain relief creams and topicals might help decrease pain at home and in your massage session.

CBD Cream is getting popular for pain management. There are some great products out there. Some which have THC and some without or very minimal which don't produce the psychotropic effect that are mixed with essential oils in making the product.

There are great essential oil products as well that don't have CBD in them, such as Nature's Sunshine's Tei Fu Lotion. Deep Blu by Doterra is another great product. Other ones I like for general aches and pains are Peppermint, Orange, Eucalyptus, Marjoram and Cedarwood essential oils. Make sure you're using a quality therapeutic essential oil. Research proper applications and safety protocols of using essential oils in your wellness routine.

Another great benefit is detoxification and a healing touch. The receiving benefit of therapeutic touch is important to our well-being. The relaxation of massage strokes benefits and supports our detoxification process and supports our inner well-being. Our lymph system plays an important role in our wellness and carries beneficial support to our body with the help of lymphocytes that helps fight off viruses and what's not good, it acts like a filter for our body. We want to decrease stagnation in the body and promote wellness and flow.

Jennifer Burrus,

Natural Choice Coaching and Massage

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