



# Staying in Touch®

## Hello—

This is the time of year when people are more susceptible to catching a cold or flu, so be sure to do all you can to support your immune system. Getting plenty of rest, eating a healthy diet, and avoiding exposure to illness are all helpful. Remember that many studies have shown that massage can help to strengthen your immune system, so scheduling your next massage is another great idea.

More positive massage news keeps rolling in, and you can read a few of the reports in this issue. Many of these studies may address conditions that are not areas that concern you; however, it does show just how many ways massage has been shown to support and improve health.

With massage helping to improve so many health conditions, the underlying message is that massage just seems to help your body to function better. Isn't it nice to know that while you're getting nice and relaxed from your next soothing massage that your body is getting a bit of a health tune-up?

Enjoy the rest of this issue; see you soon for your next massage!

## Massage Can Help People with Eating Disorders

Massage therapy benefits people who suffer from eating disorders, including bulimia and anorexia, according to a new study from the Université de Montréal and the Douglas Mental Health University Institute, published in the *International Journal of Eating Disorders*.

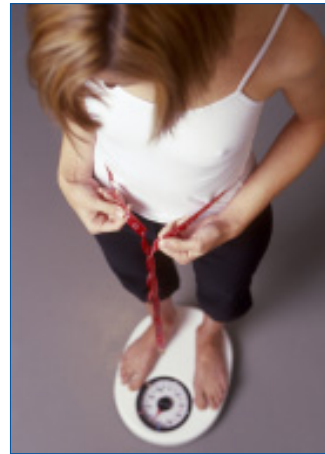
Previously, research by the Touch Research Institutes at the University of Miami School of Medicine showed that massaged bulimic

patients experienced immediate reductions in anxiety and depression, and

improvement on several other psychological and behavioral measures.

Another TRI study showed that symptoms of anorexia nervosa were reduced by massage.

Many eating-disorder treatment facilities are aware of the benefits of massage and other complementary therapies, and make them available to their patients.



## Massage Therapy Improves Immune Function and Lessens Stress in Women with Breast Cancer

Women with breast cancer and undergoing radiation therapy experienced improved immune-system function, and lowered heart rate and systolic blood pressure after a single light-pressure effleurage [*slow, rhythmic stroke*] massage session.

In this ... study, 30 women, aged 50 to 75 years and patients at a hospital in Sweden, were allocated to either receive massage or a control visit where they were given an equal amount of attention, according to an abstract published on [www.pubmed.gov](http://www.pubmed.gov).

Blood samples, saliva, notation of heart rate and blood pressure were collected before and after the massage/control visit. Results showed light-pressure effleurage massage decreased the deterioration of NK cell activity occurring during radiation therapy. Such cells are a component of the immune system. The massage also lowered heart rate and systolic blood pressure. ...

"A single full-body light pressure effleurage massage has a short-term effect on peripheral blood natural killer (NK) cell activity, systolic blood pressure and heart rate in patients with breast cancer," the researchers noted. "However, the long-term clinical importance of these findings needs to be further investigated." Source: [www.massagemag.com](http://www.massagemag.com)

**There are three primary reasons people seek massage, each representing about a third of all massages delivered. Most seek relaxation and restoration (34 percent), need relief from pain or muscle soreness (31 percent), or have a massage because they received it as a gift (27 percent). Recommendations by medical professionals and receiving gift certificates are primary factors in consumers choosing to get a massage.** Source: [www.massagetherapy.com](http://www.massagetherapy.com)

## Benefits of Massage

- The *Annals of Internal Medicine* reported in 2003 that massage therapy was **effective for treating persistent back pain**, as did a 2000 report by the *Canadian Medical Association Journal*.

- Research has shown massage reduces **carpal tunnel syndrome** symptoms. *The Journal of Bodywork and Movement Therapies*, 2004.

- Pediatric healthcare staff report **increasing hospital use of complementary and alternative medicine**, including massage and energy work (*Advance for Nurses*, April 2007.)

- Touch Therapy Institute at the University of Miami reports its massage therapy studies indicate effectiveness in:

- \* **Reducing mothers' risk** for premature delivery and post-partum depression; improved sleep for babies.

- \* **Reduced pain** from migraines and arthritis.

- \* **Reduced aggression** in adolescents and **less hyperactivity** in adolescents with ADHD.

- \* **Greater alertness** in autistic children.

- \* **Better lung function** in asthmatic children.

- \* **Decreased glucose levels** in diabetic children.

- \* **Less stress and improved performance** for employees receiving work-site massage.

- Massage therapy has been shown to strengthen the **immune system**, according to research published in the *Journal of Neuroscience*, 1996, and *Psychosomatic Medicine*, 2000.

- In 2005, *Cancer Control* reported massage therapy effectively **reduced stress and anxiety in cancer patients**, with a promising outlook for pain control and management of other symptoms.

- **Oncology** patients show less pain, fatigue, nausea, anxiety and depression

following massage therapy, according to a study by Sloan-Kettering Cancer Center, 2004, and a report in the *Journal of Nursing Scholarship*, 2002.

- Women with lymph node dissection receiving arm massage had **less pain** and surgery-related discomfort, according to a 2004 *Cancer Nursing* article.

- Forty-eight percent of respondents to a *Consumer Reports* survey rated massage therapy as "very helpful" in relieving back pain. The survey revealed pain relief was a top motivator for those seeking massage. (*Consumer Reports*, May 2009)

Source: [www.massagetherapy.com](http://www.massagetherapy.com)

**Whether it's for your favorite Valentine, a friend, family member, or special loved one, a massage gift certificate is a wonderful way to let someone know how much you care about them. Call to order yours today!**

**The foolish man seeks happiness in the distance,  
the wise grows it under his feet.**

**—James Oppenheim**

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*The content of this newsletter is not intended to replace professional medical advice. If you're ill, please consult a physician.*

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