

Benefits of Massage

Massage is known to increase the circulation of blood and flow of lymph. The direct mechanical effect of rhythmically applied manual pressure and movement used in massage can dramatically increase the rate of blood flow. Also, the stimulation of nerve receptors causes the blood vessels to dilate, which also facilitates blood flow.

A milky white fluid called lymph carries impurities and wastes away from tissues via filters (lymph nodes). Because the lymph system does not have a pump to move the fluid, its movement depends largely on the squeezing effect of muscle contractions. Consequently, inactive people fail to stimulate lymph flow. On the other hand, vigorous activity may overload the lymph system due to an increase in metabolic waste produced. In both cases, massage can effectively aid in the movement of lymph, therefore helping the body and tissues rid excess waste products.

For the whole body to be healthy, the sum of its parts -- the cells -- must be healthy. The individual cells of the body are dependent on an abundant supply of blood and lymph to supply nutrients and oxygen and to carry away wastes and toxins. Proper circulation is important to our overall health, and massage can be extremely effective in providing that. Massage is also known to cause changes in the blood. Scientific studies have shown that the oxygen capacity of the blood can increase 10-15% after a massage.

So don't waste another minute - schedule your next massage today!

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