

The Best Way to Prove Massage Works is to Try it!

By David Hall, Qualified Massage Therapist

Most things relating to health care have to be scientifically evaluated and proven before what some people already know to be true is widely and formally accepted as such.

Drug companies and the medical profession have a vital responsibility to adequately trial and prove new drugs, other medications and techniques for preventive or curative treatments because of their life and death nature.

But think about this. What if you could prevent, heal more quickly or cure some common ailments without any form of drug or other medical intervention?

This can already be done. However, it is unlikely the branch of professional health care responsible will ever be sufficiently financed or resourced to scientifically prove it to a medical board's satisfaction.

I'm referring to genuine therapeutic massage - mainly remedial, lymphatic drainage and Swedish.

Competent professional, qualified masseurs have a range of skills and techniques which can help fine tune the body to a point where it is much less susceptible to disease or has a much greater chance of healing itself more quickly - without taking any medication.

I'm not talking about a cure for cancer, heart disease, diabetes or any of the other major killer or debilitating diseases or like those affecting the brain and causing disability.

Common Ailments.

But there are many common infections, viruses, colds, flu and ailments like headaches, constipation, diarrhea, feeling run down, and some allergic reactions, etc. which may be effectively PREVENTED or healed more quickly with massage (a bold claim and, unfortunately, unprovable, I know).

As I've mentioned previously in this column, there is a basic truth about the human body no-one can dispute.

For the body to function at all, it **firstly** needs to be



able to efficiently and sufficiently **inhale** oxygen and EXHALE waste air - carbon dioxide (respiratory system).

If this does not occur, NO organ, muscle or system in the body - including the lymphatic system, the major part of the body's immune system and primary defence against disease - can perform at its peak.

Muscle Function.

The body's ability to inhale and exhale air is primarily dependent on about 15 different MUSCLE groups.

If, for example, a person cannot inhale sufficient air into the lungs because tight muscles make the ribcage too inflexible or distorted, not enough oxygen will be pumped around the body.

Oxygen is transported in the blood, so it follows that if circulation also can be improved, the body's ability to fight or prevent disease or heal itself more quickly is also greatly enhanced.

The disease-fighting lymphatic system is similar to the vascular (blood) system in that it has numerous vessels of differing sizes.

Interstitial fluid (from between cells) filters into the lymphatic vessels.

These transport the mainly clear liquid through a series of lymphatic nodes and organs which filter it for bacteria, diseases, viruses, etc. until the fluid eventually re-enters the bloodstream in major veins just above the heart near the collarbone.

Provable Benefits.

Four of the main provable benefits of massage are that it improves muscle tone and flexibility, removes toxins from muscles, and significantly boosts circulation of blood and lymphatic flow - ALL IN ONE GO.

Can the treatments of any other branch of modern health care make this claim?

Anecdotal Evidence.

From anecdotal evidence of patients, many masseurs know their sessions have been successful in treating more than just muscular aches and pains of patients.

But as I stated near the beginning of this article, how can you scientifically prove a patient DIDN'T get sick, or got better faster from some seemingly non-muscle related ailment, because he/she had one or more massages?

Unfortunately, space in this article doesn't permit me to detail the many individual benefits of remedial, Swedish or lymphatic massage.

But all of them boost circulation of blood and lymph. Remedial, in particular also can greatly improve muscle tone and flexibility.

If you're seriously into exercise, health, fitness and stamina, but wonder why you seem to come down with every cold, virus or bug doing the rounds, think about all the above.

Toxic Build Up.

It may be that you can inhale well, but other tight muscles prevent you exhaling waste air properly. It may be that your lymphatic (immune) system is not functioning efficiently because of blocked lymph nodes, or a build-up of toxins from heavy exercise is interfering with the normal chemical mix of various body processes.

The best way to prove to yourself that massage works is simply to try it.

Call one of our qualified therapists today.

