

# Manage Pain of Chronic Conditions

Massage therapy can be a powerful ally in your healthcare regimen. The incredible benefits of massage are even more noticeable with regular sessions. Professionals at the Touch Research Institute at the University of Miami explain the more massage you get, the greater benefits you reap. Here's why:

Experts estimate that upwards of 90% of disease is stress related. Perhaps nothing ages us faster, internally and externally, than high stress. While eliminating anxiety and pressure altogether may be ideal, it's not realistic. The professionals at Effective Chiropractic can help you manage your stress. This translates into:

- Decreased anxiety
- Enhanced sleep quality
- Greater energy
- Improved concentration
- Increased circulation
- Reduced fatigue

Furthermore, our clients often report a sense of perspective and clarity after receiving a massage. The emotional balance that massage therapy provides can often be just as vital and valuable as the more tangible physical benefits.

## **Profound Effects**

Following a massage session, specific physiological and chemical changes occur throughout the body. Research shows that with massage:

- Arthritis sufferers note fewer aches and less stiffness and pain
- Asthmatic children show better pulmonary function and increased peak airflow
- 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

Research continues to show the enormous benefits of touch— from treating chronic diseases, neurological disorders, and injuries, to alleviating the tensions of modern lifestyles.

Consequently, the medical community is actively embracing massage and it's becoming an integral part of hospice care and neonatal intensive care units.