

# Massage Therapy Benefits Include Lower Blood Pressure

High blood pressure has more misconceptions than nearly any other disease. According to the American Heart Association, some of the most common are:

*Misconception:* High blood pressure has many symptoms

*Truth:* High blood pressure has NO symptoms. That's why it's often called the silent killer.

*Misconception:* High blood pressure is a man's problem

*Truth:* High blood pressure can be anyone's problem. In fact, women need to be aware of certain things that may put them at greater risk than men

*Misconception:* You don't need to have your blood pressure checked until you reach middle age.

*Truth:* Children as young as 6 can have high blood pressure. It's a good idea to start having your blood pressure checked at an early age.

One of the most effective ways to stave off high blood pressure is massage therapy. A number of long term studies have shown that a consistent massage program can decrease diastolic and systolic blood pressure; decrease salivary and urinary cortisol stress-hormone levels; and lower sources for depression, anxiety and hostility.

As is the intent with all massage programs, the ultimate goal lies in a pain free and relaxing lifestyle. Controlling blood pressure is just one of the added benefits of massage therapy.

## Lower Blood Pressure Benefits

- Lower depression, anxiety, and hostility
- Keeps stress hormone levels under control
- Lowering blood pressure can contribute to decreasing the odds of having a heart attack, kidney failure, or a stroke