

## Massage Can Benefit a Variety of Health Conditions

Massage Therapy offer a humanistic drug-free and non-invasive approach to health, by allowing the body to naturally heal itself.

Massage therapy has been proven beneficial for Diabetes, Multiple Sclerosis, Fibromyalgia, Parkinson and Cancer, along with high blood pressure, and low back pain, to list a few health conditions that many suffer from daily. Experts believe stress-related tension accounts for 80 to 90 percent of all disease. Massage provides a component absent in today's world: tactile stimulation, or more simply, touch. A massage therapist unwinds the taut, pent-up emotions that one does not always process during the day. The feeling of touch is safe and caring; a compassionate manner can be a very powerful experience, reminding the client they are alone in the world.

There has been an increase number of studies on the benefits of massage for patients with many of the diseases listed above. I will share with you some of the finds on a few of the diseases, starting with diabetes.

Researchers at the New Mexico State University did a study with a group of diabetics. They did a three-step study. First, the patient learned focused breath awareness to maintain emotional balance and empathy. Second, the patients received gentle touch: applying feather strokes on the back, shoulders and arms, squeezing the arms, stretching the hands, and gripping the wrists and fingers. Third, the patients received acupressure (a massage technique) on points on the hands, shoulders, back, neck and head.

Patients experienced an overall reduction in blood sugar, anxiety, headaches, depression, and work stress and anger. They also slept better and had improved relations with their families. Patients also reported an inclination to continue with a healthier lifestyle after the project's conclusion.

The conclusion of a small pilot study indicated that massage therapy offers appreciable benefits for Multiple Sclerosis (MS) patients. In the study, the participants received a 25 minute back and leg massage given by qualified massage therapists. Each treatment began with effleurage (rhythmic stroking), which was followed by petrissage (kneading) and then ended with light effleurage.

The results showed significant beneficial changes occurred in the patients mood states after massage therapy, and more interestingly, patients with negative mood states prior to treatment showed noticeable improvements in their immune functioning after the massage treatment.

During another study conducted by Tiffany Field, PhD, researcher with the Touch Research Institute in Miami stated: "many Fibromyalgia symptoms: pain stiffness, fatigue, depression can be relieved with massage. Now, researchers say they understand why. Massage alters the sleep pattern, which reduces levels of the chemical messenger for pain – called substance P. states

According to the American College of Rheumatology, Fibromyalgia is defined as "widespread chronic musculoskeletal pain of unknown cause and multiple tender points." During this study, the participants received 30-minute massages twice a week for five weeks. The results revealed that, the participants experienced decreased depression, improved sleep; decreased pain, fatigue and stiffness; improved physician assessments; decreased tender points; and a reduced level of substance P.

Massage improved daily functioning, increased quality of sleep and decreased stress-hormone levels in people with Parkinson's disease, according to a recent study. Parkinson's disease, is a chronic disease of the central nervous system characterized by tremor, muscle weakness and rigidity. Touch Research Institute at the University of Miami, Neurology Department of the University of Miami and Duke University's Pharmacology Department conducted a study where the participants received massage therapy for 30 minutes twice a week for five weeks. Their findings suggest that massage therapy enhances functioning in patients with progressive or degenerative central nervous system disorders or conditions. They also found a decrease in the stress hormones norepinephrine and epinephrine and it was reported less sleep disturbance.

Massage therapy significantly improved cancer patients' symptoms including, such as pain, anxiety, nausea, fatigue and depression, according to a recent study. "Massage Therapy for Symptom Control: Outcome Study at a Major Cancer Center" was conducted by staff of Memorial Sloan-Kettering Cancer Center in NYC. Three types of massage were available to the patients, Swedish, light-touch and foot massage. Each massage lasts 20 minutes for inpatients and one hour for outpatients. Patients rate pain, fatigue, anxiety, nausea and depression before and 5-15 minutes after each massage. This study analyzed 1,290 cancer patients during a three-year period.

Data analysis revealed a 54-percent mean reduction of the presenting symptom following massage therapy. Specifically, anxiety was the symptom eased the most by massage therapy (60-percent reduction), and fatigue was the symptom eased the least (43 percent). Outpatients showed a 20-percent greater improvement in symptoms when compared to inpatients, probably due to the duration of the massage session.

"Massage therapy appears to be an uncommonly non-invasive and inexpensive means of symptom control for patients with serious chronic illness," states the study's authors. "It is non-invasive, inexpensive, comforting, free of side effects and greatly appreciated by recipients."

My office is in a quaint old house, east of downtown Barrington, near the metro parking. Our clients feel they are coming into our home, a warm and friendly environment. Take advantage of the discount coupon and call for an appointment. I look forward to working with you!

Warmly,

Trish Irwin

### Testimony

**"I have been a long term client of Trish Irwin. I was diagnosed with MS in 2002 and decided to seek holistic treatment instead of drugs. At the advice of my Dr. this should include regular massage therapy treatments. For 3 years I have had weekly massages and am happy to report that I am symptom free. I wholeheartedly believe in keeping my body healthy and whole. At one time, prior to massages I saw a Chiropractor regularly and I now rarely if ever have neck or back pain. Trish has truly helped to keep me on a healthy track and I can't say enough about her caring, concern and therapy. Everyone should have this treatment with or without the presence of disease."**

Sue Stephen

## Biography

Trish Irwin has been practicing massage for the past four years in the Barrington, Deer Park and Palatine areas. She has lived in Palatine for the past twenty years and resides with her husband, Ron. Trish is National Certified, State Licensed, Licensed in the Village of Barrington, and Member of the American Massage Therapy Association. Trish has extensive training from Chicago School of Massage Therapy, Certified in Myofascial Release, Certified in Pregnancy Massage, Certified as an Infant Massage Instructor and trained in Young Living Raindrop Technique Massage.

## Coupon

10% off a package of three one-hour sessions