



Benefits of Holistic Massage

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For many, holistic massage is the wellness treatment of choice for harmonizing the physiology and vibrational field. The typical initiation to massage is motivated by a stressful or painful condition. But the benefit of massage goes deeper and offers you far more than you may have ever suspected. Regular massage can greatly benefit your overall health and well-being, and the more you learn about massage, the more you'll benefit from each session. Here are just some of the basic benefits available to you through massage:

- Alleviates stress
- Improves circulation
- Aids digestion
- Relieves tight or sore muscles
- Aids detoxification
- Improves range of motion
- And much more...

Massage has been practiced for thousands of years and is one of the earliest known health treatments known to man. It's no wonder that popularity is growing as the benefits become more and more clear. Even with the reluctance many people have regarding physical contact, once they experience a therapeutic massage for themselves, most people are hooked.

One of the first benefits noticed by virtually everyone is that a full body massage makes you feel great! The stress-relieving, soothing results are enough for many to include massage as a regular part of their lives.

One of the surprising benefits of massage is how touch can signal the brain to produce endorphins, your body's natural pain suppressors. Each square inch of your skin contains roughly 50 nerve endings. With as many as five million total touch receptors in your skin relaying messages on to your brain, your body's initial response to massage is to relax and de-stimulate. Even a simple touch has been shown to lower blood pressure

and reduce the heart rate. Going deeper, massage can restore suppleness and strength to your muscles, improving their overall function. It's the ideal treatment for releasing tension or muscles in spasm and helps to release toxins such as lactic acid (produced by muscle tissue during exercise), as well.



Stress can affect the ability of the nervous system to do its job. It's important to remember that the nervous system is your communication network, sending messages constantly that determine proper functioning throughout your body. Massage soothes the many nerve endings found in the skin and muscles, this helps to keep your internal lines of communication open and operational.

Because massage activates the parasympathetic nervous system, it helps in slowing the heart rate, the breathing, relaxing the muscles and allowing tissues to repair. It also stimulates the release of numerous healing chemicals latent within the skin, strengthening the immune system, and helps to stimulate growth in children and retard aging in adults

Massage aids in better circulation which encourages a better exchange of nutrients at the cellular level and more thorough detoxification. This is vital to continued health. Your blood and lymph carry nourishment to the trillions of cells throughout your body and then carry away the waste to be eliminated from the cells. This is a critical part of remaining healthy because the future "you" is determined by how well your army of cells regenerate themselves.

Flexibility in your joints, such as the spine, shoulder, knee, hip, and neck are greatly aided by massage. Joints are thoroughfares for nerves, veins and arteries, so their freedom of movement through massage helps to allow the flow of energy and blood to be unimpeded.

Massage can do quite a bit more than just relax you and work out the kinks in a sore back, and for many, it's good to know that something that feels so great can contribute to your long-term health as well.

To schedule a massage with Robear, or give the gift of massage

to a friend, please call *Lighted Paths* at 713-812-7461

or send an email to info@LightedPaths.org