

Massage Therapy as Part of your Health Maintenance Plan

Contributed by Amaal

Therapeutic massage is an important aspect of your health plan by :

- Reducing or eliminating pain
- Improving physical performance
- Improving joint mobility
- Improving circulation
- Improving immune system functioning
- Increasing lymphatic drainage
- Reducing depression and anxiety
- Reducing tension within muscles
- Increasing body awareness
- Injury Rehabilitation
- Improving pregnancy discomforts
- Assisting in chronic conditions such as Parkinson's disease, Diabetes, Arthritis

"PRECAUTION IS BETTER THAN CURE"

Massage therapy benefits people of all ages. While it benefits the injured, the ill and the stressed, the real strength of massage therapy lies in prevention.