

Benefits of massage therapy

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**ASSIGN
BUSTER**

Arthritis - alleviates stiffness and pain.

Asthma - promotes better pulmonary function and increased peak air flow.

Burn injuries - reduces pain, discomfort, and anxiety.

High blood pressure - reduces blood pressure, anxiety, and stress.

PMS - decreases water retention and cramping.

Preterm infants - improve weight gain.

Getting the Most out of Your Massage

The value of a massage to your overall wellbeing cannot be understated. But it is important to take the steps necessary to achieve the best possible results. This may mean different things depending on the purpose of your massage. If the massage is meant to simply relax and rejuvenate, it is helpful to at least drink plenty of water before and after the massage in order to maintain proper hydration of the muscles. Proper nutrition is also helpful in getting the most out of a massage. Being weighed down by heavy, greasy foods is never a good idea from a health perspective, and even less so before or after a massage. The best dieting approach is one that assists the massage as a tool to help purge the body of toxins. That means eating plenty of whole grains, fruits, vegetables, and lean proteins. If your massage is the treatment for muscular or other physical ailments, it is often a good idea to exercise and stretch muscles beforehand, which increases circulation and aids the therapist's effort to accurately target and loosen problem muscle groups.