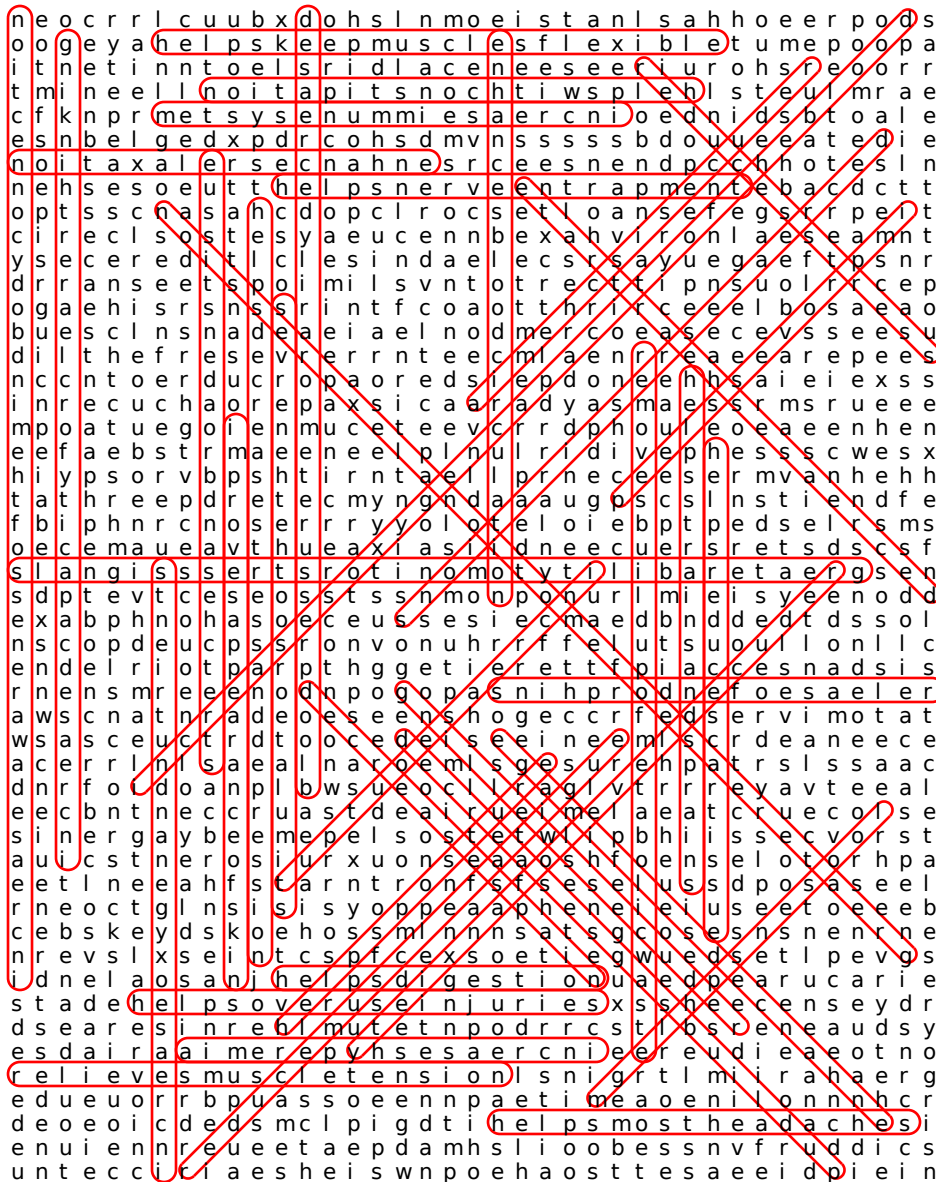


Possible Benefits of Massage

MassageNerd.com



- Blood pressure temporarily decreased
- Decreases heart rate
- Decreases respirations
- Enhances blood circulation
- Greater ability to monitor stress signals
- Helps decrease stress and depression
- Helps keep muscles flexible
- Helps nerve entrapment
- Helps posture
- Helps strains and sprains
- Improves appearance of skin
- Increase immune system
- Increase oxygen and nutrients
- Increased capacity for clearer thinking
- Increases oxygen capacity of the blood
- Reduce muscle fatigue
- Reduces Ischemia
- Reduces swelling
- Relieves muscle tension
- Stimulate or soothe the nerves

- Decreases gas build up
- Decreases pain
- Enhanced self image
- Enhances relaxation
- Greater ease of emotional expression
- Helps digestion
- Helps most headaches
- Helps over use injuries
- Helps reduce scar tissue
- Helps with constipation
- Improves sleep
- Increase output
- Increased awareness of the mind body connection
- Increases Hyperemia
- Loosens phlegm
- Reduced level of anxiety
- Reduces stress
- Release of endorphins
- Removes build up of metabolic waste
- Stretches and broadens tissue