

## SECTION III

### HOME AND COMMUNITY ENVIRONMENT

## *Benefits of Massage*

Massage therapy is extremely beneficial for the overall well being of any individual. For thousands of years healers have recognized the effectiveness of various techniques for maintaining a strong, healthy body. Besides relaxation and stress management, there are several immeasurable results, such as satisfying the need for touch, balancing energy and stimulating mental alertness. A skillful massage has a positive impact on every system of the body.

#### **Skeletal System**

- Helps to maintain and correct body posture and balance
- Reduces muscular tension that can lead to structural problems
- Increases flow of nutrients to bones

#### **Respiratory System**

- Improves breathing patterns
- Helps reduce respiratory difficulties such as asthma and coughing

#### **Digestive System**

- Helps to reduce constipation, maintain regularity, and eliminate waste
- Relieves spastic colon
- Helps to reduce edema (swelling) by eliminating fluids
- Cleanses blood by massaging and toning kidneys

#### **Circulatory System**

- Improves blood circulation
- Increases blood and nutrient flow to the cells
- Stimulates and cleanses lymphatic tissues
- Strengthens the immune system
- Rids the body of toxins

#### **Muscular System**

- Relieves muscle tension and spasms
- Increases blood and nutrient supplies to muscles
- Eliminates wastes such as lactic acid
- Helps restore muscle tone and increase joint flexibility

#### **Nervous System**

- Balances nervous system by increasing, decreasing and smoothing energies\*