

Your Health is Your Responsibility

By Steve Metzger, therapist at Revive Therapy

Many of us have been brought up to believe that our health depends solely on the quality of the healthcare we receive. The truth is, your health is your responsibility. You are the only person who can make the lifestyle decisions that contribute to your well-being. You are the one who must take the steps to preserve your health and promote your wellness. Only you have the power to create wellness for yourself.

Your power lies in the choices you make every day on your own behalf. If you react out of habit or fixed attitudes, you may not be using your choices wisely to create wellness in your life. To create wellness you must expand your focus beyond mere physical health, and:

- Strive to balance and integrate your physical, emotional, mental, and spiritual aspects
- Establish respectful, cooperative relationships with your family, friends, community, and the environment
- Gather information and make informed wellness-oriented choices
- Actively participate in your health decisions and healing process

Benefits of Massage

As you lie on the table under crisp, fresh sheets, hushed music draws you into the moment. The smell of sage fills the air and you hear the gentle sound of massage oil being warmed in your therapist's hands. The pains of age, the throbbing from your overstressed muscles, the sheer need to be touched — all cry out for therapeutic hands to start their work. Once the session gets underway, the problems of the world fade into an oblivious 60 minutes of relief and all you can comprehend right now is not wanting it to end.

Indications for Massage

- Muscle soreness
- Muscle stiffness
- Decreased range of motion
- Constipation

- Relaxation

Herbal/ Mud Body Wraps

Mud or herbal wraps are treatments designed to slim and tone the body, hydrate or firm the skin, or relax and soothe the muscles. Some wraps are also thought to relieve tired and aching joints, ease inflammation, and help to flush out toxins through sweating. A layer of herbs/mud/clay is applied to the skin to detoxify, cleanse and firm. These substances are thought to ease water retention and cleanse the pores by drawing out impurities. Treatments come in varied packages, with one common factor: mummification, or being wrapped in bandages over the mud that has been applied. Sometimes a pvc sauna suit is additionally used to contain the applied ingredients.

Lymphatic Drainage Massage

Within us all there is a silent system working to keep us healthy- the lymph system. Without it our bodies would swell up like balloons, swamping our cells with stagnant fluid. The lymph system's impact is so far reaching that many don't even realize that minor aches and pains, low energy or susceptibility to colds and flu may be due to a sluggish lymph system and a compromised immune system. In this article we'll discuss the anatomy of the lymph system, what happens during edema and how lymph drainage massage can help, as well as contraindications to lymphatic massage.

Medical massage is useful in addressing conditions such as:

- Carpal tunnel syndrome
- Sciatica
- Rotator cuff injuries
- Pain associated with bulged or injured spinal disks
- Migraines/headaches
- Pain associated with pregnancy
- Constipation
- Range of motion issues
- Fibromyalgia
- Back and Neck pain
- Plantar fasciitis (involving pain in the foot)

- Repetitive use injuries such as those listed and tennis elbow, Golfer's elbow
- TMJ
- Pain associated with restricted fascia
- Pain associated with postural imbalances
- Muscle cramps
- Restless Legs Syndrome
- Sports/Exercise injuries
- Work Injuries
- Auto Injuries
- Edema (swelling)

Prenatal Massage

Studies indicate that massage therapy performed during pregnancy can reduce anxiety, decrease symptoms of depression, relieve muscle aches and joint pains, and improve labor outcomes and newborn health.