



Massage is one of the oldest healing techniques used to help us overcome psychological and physical health problems. It has probably been used since the dawn of human evolution and has been found to have been used in countries all over the world and in the early part of this century it was used in orthodox medical hospitals and clinics, massage fell out of favor when high tech medicines for surgery and pharmaceutical use began to dominate our health care system.

Massage is one of the easiest ways of attaining and maintaining good health and well being. It's a healing instinct, innate in all of us, to rub an aching knee, or stroke a furrowed brow. Headaches, aches and pains, insomnia, tension and stress can all be alleviated with one simple instrument -- our hands.

The basis of massage is touch. There is increasing medical evidence to show the great value of touch. Touch is so natural, that without it people become depressed and irritable. Observations show that children brought up in families where parents and children touch each other are healthier and more able to withstand pain and infection than those children deprived of touch. They tend to sleep better, are more sociable and generally happier.

Despite all the evidence to show the benefits of touch, we are still hesitant about touching each other. We think this is due to confusion between sensuality and sexuality. Because we are so afraid of the connection between sex and touch, we have formalized touch. There are only a few occasions when adults are allowed to touch each other freely. Massage removes the taboos of touching and allows people to touch in a positive way.

### **Benefits of Massage**

Massage has amazing effects on the health of the person being massaged. It improves circulation, relaxes muscles, aids digestion, and by stimulating the lymph system, speeds up the elimination of waste products. These direct benefits, combined with the psychological benefits of feeling cared for, quickly produce a wonderful feeling of well-being that cannot be matched by modern drugs.



### **Body**

Human anatomy is primarily the scientific study of the morphology of the adult human body. Anatomy is subdivided into gross anatomy and microscopic anatomy. Gross anatomy (also called topographical anatomy, regional anatomy, or anthropometry) is the study of anatomical structures that can be seen by unaided vision. Microscopic anatomy is the study of minute

anatomical structures assisted with microscopes, which includes histology (the study of the organization of tissues), and cytology (the study of cells). Anatomy, physiology (the study of function) and biochemistry (the study of the chemistry of living structures) are complementary basic medical sciences which are usually taught together (or in tandem).

The human body consists of biological systems that consist of organs that consist of tissues that consist of cells and connective tissue.

The history of anatomy has been characterized, over time, by a continually developing understanding of the functions of organs and structures in the body. Methods have also advanced dramatically, advancing from examination of animals through dissection of preserved cadavers (dead human bodies) to technologically complex techniques developed in the 20th century.

Each student will get to know their body at the deepest level, as we explore the anatomy and physiology of our bodies we discover just how amazing the human body is. Once we discover what a miracle our bodies are we then explore how to better serve them, by strengthening, nurturing and loving them.

- Headache
- Chest pain
- Pounding heart
- High blood pressure
- Shortness of breath
- Muscle aches
- Back pain
- Clenched jaws
- Tooth grinding
- Stomach upset
- Constipation
- Diarrhea
- Increased sweating
- Tiredness
- Sleep problems
- Weight gain or loss
- Sex problems
- Skin breakouts



## **Mind**

One way to think about mental health is by looking at how effectively and successfully a person functions. Feeling capable and competent; being able to handle normal levels of stress, maintaining satisfying relationships, and leading an independent life; and being able to "bounce back," or recover from difficult situations, are all signs of mental health.

Stress symptoms often mimic symptoms of other problems. You may think illness is to blame for that nagging headache, your frequent forgetfulness or your decreased productivity at work. But

the common denominator may be stress. Indeed, stress symptoms can affect your body, your thoughts and feelings, and your behavior. Stress may be affecting your health, and you may not even realize it. Recognize common stress symptoms - then take steps to manage them.

## **BENEFICIAL BIOCHEMICAL EFFECTS OF REGULAR MASSAGE**

Research indicates that massage can be of value in helping reduce stress, anxiety and depression. Massage causes the body to release many therapeutic mood and health enhancing chemicals; it increases dopamine and serotonin and reduces the stress hormones cortisol and adrenaline. It increases the relaxation alpha brain waves and also increases pain relieving levels of endorphins. Massage lowers noradrenaline and lowers the stress hormone ACTH (Adrenocorticotrophic hormone). Massage boosts the immune system, stabilizes blood sugar levels, improves lung function and peak air flow, it generally reduces the number of visits to the doctor whilst increasing work productivity.

Regular massage can help to reduce our anxiety levels. Research by Tiffany Fields, at the Touch Research Institute at the University Of Miami School Of Medicine in the USA looked into the therapeutic value of massage in reducing anxiety and depression. The data from this study indicated that massage produced marked reductions in anxiety and depression in people who were massaged, but not in a control group who were not massaged. Mood and sleep patterns also improved they slept more soundly and for longer periods of time. The subjects massaged were found to have lower levels of cortisol stress hormone in their saliva and depressed people also had lower levels of urinary cortisol and noradrenaline which increase in times of stress.

Other studies have confirmed this research. Adults with chronic anxiety problems, people with muscle tension, aches and pains etc, who did not improve after being given anti-anxiety medication/antidepressants, muscle relaxants and relaxation training, were given a course of massage. Afterwards most reported less tension, pain and need for medication.

- Anxiety
- Restlessness
- Worrying
- Irritability
- Depression
- Sadness
- Anger
- Mood swings
- Job dissatisfaction
- Feeling insecure
- Confusion
- Burnout
- Forgetfulness
- Resentment
- Guilt
- Inability to concentrate
- Seeing only the negatives



## Soul

Since antiquity, spirituality has been a part of massage. For instance, we know after the fall of Rome, written accounts document medically-trained monks practicing massage and anointing with oils. We also know that around 1st century B.C., the Therapeutae, a pre-Christian order, included spiritual healing as part of physical healing. In fact, the Greek philosopher Philo of Alexandria writes that these philosophers "profess an art of healing better than that current in the cities, which cures only the bodies, while theirs treats also souls."

It's somewhat disheartening that after more than 2,000 years there has been little progress in "treating the soul." Instead, addressing physical manifestations has remained par for the course in the massage profession since Cornelius E. De Puy (the father of massage therapy in the United States) published his first journal on the subject in 1817. In turn, a large schism has developed between spirituality and massage practice. Also unfortunate, because discussing religion is often taboo, even amongst the closest of friends and co-workers, and because so many different belief systems exist, it's sometimes difficult to establish a common line of communication.

Ultimately, body workers have more in common than not. Regardless of religion, or the lack thereof, most feel there is an underlying spiritual motivation to their work, further compounded by the belief in the connection between practitioner and client. Some attribute this to God, Earth, Higher Power or nature. Call the source whatever you like, most practitioners feel something special occurs when bodywork is performed.

- Overeating
- Under eating
- Angry outbursts
- Drug abuse
- Excessive drinking
- Increased smoking
- Social withdrawal
- Crying spells
- Relationship conflicts
- Decreased productivity
- Blaming others