

Massage Improves Muscle Health

Muscles

make up seventy to eight-five percent of the body's weight and are composed of long, slender fibers that are capable of three things: they can shorten, lengthen or lock into place. Your muscles' duties include maintaining structural stability and being responsible for virtually every movement of your body, from the minute regulation of an artery to extensive movement. When they don't function properly, you begin to experience tightness, or feel stiff, achy or sore.

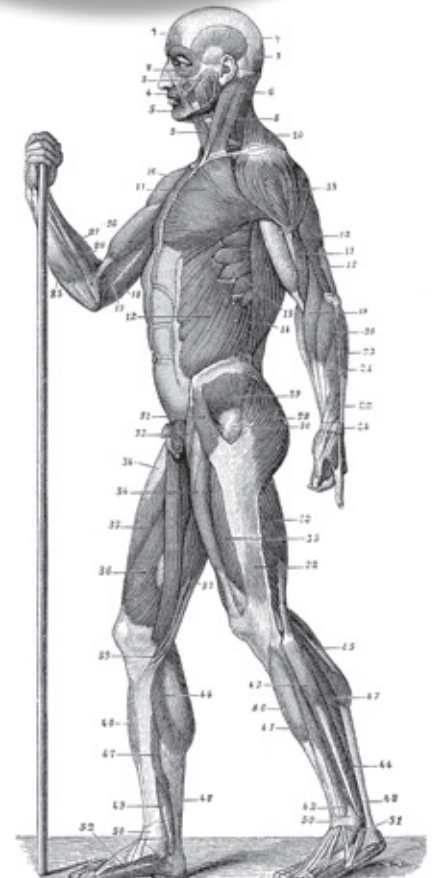
Although we tend to think of a sore or strained muscle as an individual problem, all of your musculature is interconnected. For example, if you bend your arm and then straighten it, your biceps do much of the work to accomplish the first motion, while your triceps take on the job of straightening. If the biceps are proportionally stronger than the triceps (or vice versa), you have an imbalance that can cause you distress.

Each of us have developed muscular habits throughout our lives—the way we sit or stand, perform tasks, etc. Add to this the fact we store emotion in our muscles and most of us have many areas in need of attention.

Each muscle that is chronically tense is a muscle that is constantly working, even though it's not doing any actual work. These muscles create a continuing cycle that diminishes blood flow to the area, produces toxins, depletes energy from other areas, and causes discomfort and eventual disuse.

Muscles receive their instructions via nerve impulses. These nerve connections are vital to the health of the muscle tissue; if the nerve supply is lost, the muscle begins to atrophy. A chronically tense muscle cycle contributes to the toxicity of the related nerve cells, irritating them and furthering the muscular contractions. If left uninterrupted, this vicious cycle can wreak havoc with your body's healthy function.

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As each affected muscular area is worked on, a more normal function can be returned. When you make the commitment to get regular bodywork sessions, you can expect to see far better results, as more time can be spent improving your overall condition, instead of having to focus on easing the pain of chronically tense muscles.



Tips to increase the health of your muscles:

1. Exercise and stretch
2. Eat well, balanced meals with lots of fresh greens
3. Drink lots of water
4. Meditate- regular practice of muscle relaxation can increase endorphins and feelings of joy!
5. Get outside— Whenever you feel bored, antsy, or gloomy, go for a walk. The fresh air, changing scenery, and exercise will boost your mood.
6. Receive regular massage therapy!

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The content of this letter is not intended to replace professional medical advice. If you're ill, please consult a physician.
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References: Job's Body by Deane Juhan;
(1.) Natural Health Magazine, May/June 2002