

Soothe Your Body With Gentle, Renewing Massage

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Massage is a complementary therapy that, when applied with skill, love, and care can evoke many beneficial changes within the body, mind and spirit of the whole person. Massage is a powerful treatment precisely because it works on the physical, emotional, and psychological levels. While massage can ease pain or tension from stiff and aching muscles, boost a sluggish circulation, or eliminate toxins, the nurturing touch of the hands on the body soothe away mental stress and restore emotional equilibrium at the same time. As tension dissolves there is an ensuing integration between the physical body and underlying emotions, which breaks the vicious cycle of tension between mind and body.

Touch is fundamental to the development of a healthy human being, and touch deprivation in the early stages of life is known to inhibit the emotional and physical growth of a child. Yet the need to be touched in a caring way does not stop in adulthood. With massage, skillful techniques combined with loving touch, unlock the physical tensions trapped in the muscles. It also acknowledges, with complete acceptance, the essence of the person within. While massage itself is active, the underlying quality of the touch is one of stillness and calm, a sense of being totally present with that person. This is why massage is such a beneficial therapy, because it helps the person receiving it to feel safe enough to relax and unwind from the deepest parts of the mind and body.

Massage focuses your awareness on sensations in your body, which can help you become aware of areas where you store tension. This awareness can help you recognize early warning signs as they happen, such as a stomach ache or shoulder pain. You can then act to take control of both your situation and your response to it. Massage is something good you can do for yourself that requires no extensive planning or physical exertion. As you take care of yourself in this simple way, you may find yourself developing the energy and inclination to pursue the many other activities in your daily life.

Massage also allows for the replenishment of vital energy. This is particularly relevant in a modern world when stress is known to be the root cause of many serious physical and mental conditions. Stress is a natural factor of life, but if it is not released appropriately, or when it is suffered for a prolonged period of time, it robs the body of health and energy. Stress can also lower the natural defenses of the body's immune system and its ability to fight disease. When a

person is constantly exposed to the adverse effects of stress, the situation can result in anxiety, depression, lethargy, insomnia, panic attacks, and so forth. Massage is one of the best known antidotes for stress. Reducing stress gives you more energy, improves your outlook on life, and in the process reduces your likelihood of injury and illness. Increasingly, both the medical profession and the public recognize the benefits of massage as a successful treatment of symptoms arising from stress. Does your employee benefits package cover massage therapy treatments? Be sure to check it out!

More and more people have begun to search for simple and natural ways to remain in optimum health. Many are finding that massage, which has been used for centuries, is the most effective solution for remaining supple and relaxed in a stressful and busy world. Soothe your body and spirit with gentle, renewing massage. You're worth it!

**Terri is a registered and licensed massage therapist, with over a decade of experience in relaxation and therapeutic massage therapy.
To book an appointment, call Terri at 418-8346.**