

## The True Worth of Massage By DeAnn Froland, LMT

In today's economy, one might look at a massage as simply an overindulgence that has no place in the family budget. With bills having to be paid, and jobs becoming more and more scarce, having a massage probably doesn't top the "to do" list in most families.

But what if there was more to massage than what simply meets the eye? What if they were more valuable to your health than you realized? Would you try it out? DeAnn Froland, LMT, from Orthopedic & Spine Therapy, Menasha & Appleton, educates us on the true value of massage therapy, and why it should be included in everyone's personal wellness program.

For starters, massage therapy can benefit everyone on multiple levels. Everyone knows that it can exfoliate your skin and help your muscles, but did you know that it also does wonders for your joints, immune system, digestion, and even your emotions?

In regards to your muscles, regular massage can restore pliability to the connective tissue of your muscles (also known as the "fascia"). It increases circulation of the blood which relieves restrictions in the fascia. This enables proper movement in your muscles. By far, the biggest benefit to your muscles is the "milking" effect that massage has on them. It cleanses them from toxins, and is basically a workout for your muscles.

Massage therapy can also help improve joint mobility, advance your flexibility, and increase the flow of lymph fluid (metabolic waste) through the lymphatic system.

Your mental and emotional health can also profit from having a massage done. Your mental clarity improves, as well as a reduction of your anxiety level. Negative types of stress take a toll on your body, but did you know that even "good" stress has negative effects, too? Any kind of stress can impair your immunity, as well as disrupt your body's ability to digest food. When that stress leaves your body through massage, your body comes back into balance.

Consider massage therapy for your personal wellness program if you are experiencing discomfort in any one of these areas.

Keywords: massage, benefits of massage, muscle, joint mobility, emotional health, mental health, anxiety, stress,