

Happy Autumn everyone!

Massage Therapy Awareness week is this month (10/24-10/30). As Becky has told you I have some special activities planned to celebrate and heighten awareness of the many benefits of massage therapy.

More and more research supports the notion that massage is a very effective health-enhancing tool. The first link below from “healthy fellow” quotes 10 studies published in health and medicine related professional journals—at least some of which are very well-respected by mainstream Western medicine—summarizing these conclusions about massage therapy (And “healthyfellow” links to the studies themselves for those of us who like to draw our own conclusions):

- Traditional Thai massage may be useful for those at risk for osteopenia and osteoporosis.
- As little as 10-30 seconds of massage can improve Range of Motion in “recreationally active” adults
- As related to patients diagnosed with fibromyalgia—All reviewed studies (2 single arm studies, and 6 randomized controlled trials) showed short-term benefits.; one of the single-arm studies showed long-term benefits; massage treatment in those with fibromyalgia should be performed at least 1-2 times per week, and the intensity of the massage should increase gradually from session to session.
- [in the trial] Massage improved peripheral blood flow in the treated areas, and also in adjacent non-massaged areas. (My note—this means massage improved circulation throughout the body, even in the areas that were not addressed.)
- An analysis of data collected from 17 studies with 786 study volunteers in all, led the authors of this analysis commented that, “All trials showed positive effect of massage therapy in depressed people.

The other 2 links are simply mainstream organizations acknowledging at least some of the healthy effects of massage therapy. Awareness here in the West is happening.

<http://www.healthyfellow.com/610/massage-benefits/>

<http://www.mayoclinic.com/health/massage/SA00082>

<http://www.newsweek.com/2008/09/03/five-surprising-benefits-of-massage.html>

Thursday October 28th Carr Chiropractic will open to the public, and I'll enjoy a day giving free chair massage in the welcoming room. We'll have snacks and drinks too **provided by New Pioneer** so pop on over even if you don't have an appointment that day. Book an appointment in October—receive 10% off.

My website dededancing.com debuts on the first of October. Let me know what you think. We can tweek it a bit for a little while—so if you have ideas for me don't be shy. At least my part of “Healing Hands” (the Carr Chiropractic newsletter) will always be posted there.