



CORE Pilates & Yoga

Massage Therapy & Your Immune System

The cold and flu season is in full gear... it's not too late to bolster your immune system.

Maybe you already have taken a defensive stand this time of year with a more diligent use of vitamins and herbal supplements, heightened precautions with hand washing, an extra glass of orange juice or a serving of broccoli. But have you ever considered massage therapy to help your body stave off the blues of winter illness?

Massage Therapy.... Strengthening your Immune System

Your lymphatic system is responsible for the removal of harmful bacteria from your body and for the production of white blood cells, your “killer” cells, which protect you from invading bacteria. The lymphatic system is the only system in your body that does not pump on its own. It relies on your physical movement and exercise as a means to move lymph and toxins through your body, and into the thoracic and right lymphatic ducts; your “wastebaskets”. Massage therapy directly impacts the lymphatic system and promotes proper lymph circulation throughout your body.

This increase of circulation provided by Massage Therapy, will increase the number of white blood cells and enhance their ability to function. An increase in the number of white blood cells will aid in the strengthening of your immune system.

A Powerful Ally

There's no denying the power of bodywork. Regardless of the adjectives we assign to it, (pampering, rejuvenating, therapeutic) or the reasons we seek it out (a luxurious treat, stress relief, pain management)... Massage Therapy can be a powerful ally in your health care regimen.

Unlike the immediate relief massage brings to sore muscles and arthritic pains, the effects on the immune system are subtle and develop over time. While one massage offers immune system benefits, regular massages show sustained effects on immune function.

Increase the Benefits with Frequent Visits

Getting a massage can do you a world of good. Getting massages on a consistent basis can do even more. Making bodywork a regular component of scheduled self-care can play a huge part in how healthy you'll be and how youthful you'll remain with each passing year. Budgeting time and money for bodywork on regular intervals is truly an investment in your health. Remember, just because massage feels like a pampering treat doesn't mean it is any less therapeutic! Massage appointments are a necessary piece of your health and wellness plan!

Work with your Massage Therapist to establish a treatment schedule that best meets your needs.

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www.corepilatesandyoga.com