



Tranquility In Motion Newsletter

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Cold, Flu and Massage?

by [Olivia](#) on November 14, 2013 in [Blog](#)

The temperature is dropping, the days are getting shorter, and outdoor activities are slowing down. Winter is slowly creeping in, which means that cold and flu season is also upon us. But surely massage and illness are unrelated, right? Wrong! Unfortunately, receiving bodywork when you are run down with a cold or flu, or sporting a fever, can be worse for your recovery than you think.

Massage and the Immune System

The immune system protects us against millions of potentially harmful organisms and is constantly on the alert, attacking at the first sign of an invasion. When healthy, massage does wonders for the immune system, increasing the movement of fluid and improving the circulation of blood, nourishing our whole body. Massage stimulates the lymphatic system, circulating Lymphocytes, which are responsible for the destruction of harmful substances within the body.



So... What's the big deal?

When sick, your immune system is already working hard. If you receive a massage when coming down with something, you may become much more ill than you would have had you waited. Receiving a massage when suffering from a cold or the flu can spread the illness through the body faster than it would happen naturally, flooding the body with infection, exasperating symptoms and increasing the recovery time of the illness.

Avoiding massage during the acute stages of infection will keep symptoms contained, making it easier for the immune system to treat symptoms and will allow your body to heal faster. One of the best immune supports may truly be resting and drinking plenty of liquids. The best time to reap the immune system benefits of massage is through regular massage while you are healthy!

I thank you for your business! I know you can go to one of the many other Massage businesses in the Treasure Valley, and I appreciate that you trust me to help you!

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*Make sure to
Check out
my Facebook
page for tips
on staying
loose in-
between
your
Massages!*

<https://www.facebook.com/tranquilityinmotion>

*Even if you don't
have Facebook,
you can see my
page/posts.*

Spreading the infection to others

When you receive a massage while in a decreased state of immunity, you not only take the risk of feeling worse yourself, but you also risk passing your infection on to your therapist. Some people can work while under the weather but Massage Therapists cannot and should not. Your Therapist will thank you, and anxiously be waiting for your speedy recovery!

How long should I wait to reschedule my appointment?

If you are on the post-acute side of the infection (four or five days after the symptoms have appeared), massage may help to speed recovery time.

Be aware, however, that it is possible to feel like you are having a relapse the day after your massage due to the kick-start of fluid circulation.

History of Massage Therapy



The practice of using touch as a healing method derives from customs and techniques rooted in ancient history. Civilizations in the East and West found that natural healing and massage could heal injuries, relieve pain, and prevent and cure illnesses. What's more, it helped reduce stress and produce deep relaxation.

A Form of Massage Emerges in India

Started practicing massage in approximately 3,000 BCE*, possibly earlier. Believed to be of divine origin and passed down orally through generations, Ayurveda is the traditional holistic medical system in India. Ancient seers and natural scientists developed this system based on centuries of studies, experiments and meditations. Texts detailing Ayurvedic principles and practices were written some time between 1500 and 500 BCE. Based on these texts, Ayurveda was widely adopted throughout India and Southeast Asia.

Ayurveda views that individuals incur illnesses and diseases when they live out of harmony with their environment. To treat their conditions, individuals must restore their natural mental and physical balance by reestablishing harmony between themselves and the world around them. At that point, they can begin to heal naturally. Based on the patient's health imbalances, constitution and the time of year, Ayurveda recommends how to use the five senses to interact with the environment in order to create balance. Treatments in Ayurveda include diet and herbalism, aromatherapy, color therapy, sound therapy and touch therapy.

The United States, Massage and the Wellness Boom

The 20th century through today

Through the early part of the 20th century, an increasing number of new and rediscovered massage techniques were documented and practiced. In particular, massage was used to treat World War I patients who suffered from nerve injury or shell shock.

However, massage remained out of the mainstream as a form of treatment for many years. It was perceived as a luxury reserved for the wealthy. Furthermore, its reputation endured another unsavory period with the advent of massage parlors where the practice became associated with the sex trade.

In the latter half of the 20th century, rising interest in natural healing methods revitalized massage. More and more states started to regulate the practice, and industry standards in licensing and education emerged. As a result, massage earned a place as a legitimate and respectable form of alternative and complementary medicine and because recognized in society's wellness boom—the focus on disease prevention through maintaining wellness. Today's massage therapists practice a multitude of techniques originating from ancient methods. From those roots, they remain inspired by a goal cultivated centuries ago – to help others heal their physical and emotional well-being and experience a higher quality of life.

For more information about all the stops through history, check out this website

<http://www.naturalhealers.com/massage-therapy/history/>



Happy Birthday!!

All Clients receive a FREE 30-minute upgrade to a massage of their choosing (get an hour for the cost of a half hour, etc.) any day within the month of your birthday.

Year-round Referral Special



Instead of putting the money into Marketing, I would rather pass some savings on to you! Refer 1 friend (who books an appointment & comes in) to get \$20 off the regular price of your next session! It's that simple!

Year-round Military / First Responder Appreciation

Simply show your ID to get

10% off a single 60-minute Massage or 15% off a single 90-minute Massage

