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PAIN RELIEF & HEALING WITH LOW LEVEL COLD LASER

It may be hard to believe that you can heal joints and other parts of the body with light, a low level cold laser, but it is true! It is a 21 Century high tech way to relieve pain and free the body from injury and other physical pains. Many chiropractors and practitioners in the holistic world are using laser treatments in their practices and find it to be very beneficial for their clients.

CLINICAL APPLICATIONS

- Acute or chronic tendinopathies
- Sprains, strains and fractures
- Joint pain (neck, back, knee, shoulder)
- Osteoarthritis
- Post-operative pain
- Tissue healing

TREATMENT

Low Level Laser Therapy (LLLT) improves tissue repair, reduces pain and inflammation wherever the beam is applied. Treatments take only a few minutes and can be applied two or more times a week.

RESULTS

Significant reduction of inflammation equal to or better than NSAID's (non-steroidal anti-inflammatory drugs) within 2 hours, analgesic effects that last for 48 hours, and healing

time of chronic tendinopathies reduced by 70%.

NSAIDs may contribute to slow healing and often have side effects whereas Laser Therapy, an excellent alternative, actually improves healing, as well as reducing inflammation and pain.

HOW IT WORKS...

When cells are stressed, their ability to consume oxygen is reduced. This results in the reduction of the cells ability to create energy. Cells are then stressed further causing more swelling and reduction of energy production.

Laser Therapy reverses this process by reducing the inflammation, increasing the cells ability to use oxygen, and restoring the cells energy. This allows the tissues to heal more quickly.

LASER THERAPY IS SAFER & MORE EFFECTIVE

It is FDA approved with over 200 Laser Therapy clinical trials (RCT's) and over 1,000 published laboratory studies. It is proven more effective and safer than pharmaceutical anti-inflammatories across a range of musculoskeletal conditions. Laser Therapy also improves healing and reduces muscle

fatigue, muscle damage and soreness.

Over 3,000 customers are using lasers in 70 countries as well as Harvard Medical School, NASA researchers, US Navy, and many English organizations. The Low Level Laser is at the top of the world in technology.

Aside from all the positive effects of laser treatments, the cost is inexpensive. There are programs for acute and chronic conditions that take only 15-30 minutes per treatment. Light is healing weather it comes from the sun or the LL Laser. The holistic health world is now in the high-tech world – successful and cost effective.

Carolyn Reese, owner of Twin Ponds Integrative Health Center in Breinigsville, opened the Center ten years ago. Her purpose for the Center was to help people like herself in pain whose traditional medicine was not helping. Carolyn previously owned an American Indian art and jewelry store in Allentown, but her first love is providing a place for people to get well. Call 610-395-3355 or check www.TwinPondsCenter.com for more information.

KEEP YOUR BRAIN FIT

(NAPS)- While many strategies for "healthy aging" exist, recent evidence points to the important role of hearing health in maintaining quality of life long-term.

Better hearing starts in the brain. Your brain processes and interprets the sounds your ears receive. When you have hearing loss, your brain doesn't get all the sound information it needs to understand what's being said and it spends more energy trying to fill in the blanks. That extra effort can take its toll.

A study in the Journal of the American Geriatrics Society found that people with hearing loss who wear hearing aids had the same risk for age-related cognitive decline as people without hearing loss. When you actively use hearing aids, you are more likely to stay socially engaged, one of the primary ways to stimulate your brain. Like any exercise, the mental give-and-take of social interaction helps to keep your brain fit and slows down accelerated cognitive decline.

That's the idea behind the BrainHearing™ technology built into Oticon hearing aids. With BrainHearing, Oticon hearing aids deliver sound with the clearest, purest signal possible—in the way your brain is best able to understand it.

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LEARN MORE... For further facts, visit www.Oticon.com. A hearing health checkup may be your best defense against cognitive decline.

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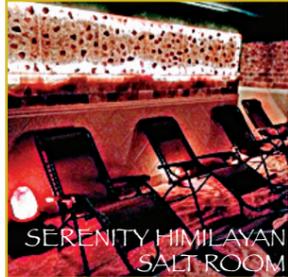
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'Kaleidoscope Angels A Center for Well-Being'
Kaleidoscope Angels, open seven days a week, serves as a community for people searching out alternative healing modalities and a place filled with positive energy. Kaleidoscope Angels' new owner since April of 2017, Jennifer Weeber, was guided to fulfill her passion for serving the community of all ages and helping to give people the tools they need to journey through life. She started out working in the dental field for about 28 years, but Jennifer knew she was meant to do something so much bigger, not only for herself, but for the many people who search out a sense of community or ways to outlet life's challenges we all face. To begin her own spiritual journey, Jennifer received her certifications in Foot Reflexology and Reiki, level II. As she continues to help people with her own spiritual gifts, Kaleidoscope Angels became a gift of her own. Not only is Kaleidoscope Angels a gift shop, but also a space for other services such as massage therapy, reiki, and shiatsu, tarot cards readings, foot reflexology, and so much more. If you are new to these modalities and would love to try new things, join us for the Day of Well-Being that is celebrated the fourth Saturday of every month where you can have mini sessions with our experienced practitioners and healers. Additionally, Jennifer recently opened the Serenity Himalayan Salt Room, both appointment and walk-ins welcome. The Serenity Himalayan Salt Room's benefits cover a wide variety of mental health to physical ailments like respiratory and dermatologic conditions, arthritis, and to the cellular level for water and pH balance. The Serenity Himalayan Salt room can be used for individual or group meditations, classes such as guided meditations or yoga, and for individual healing sessions such as foot reflexology. Jennifer welcomes everyone to visit Kaleidoscope Angels; and encourages you to follow your heart to find exactly what you need.

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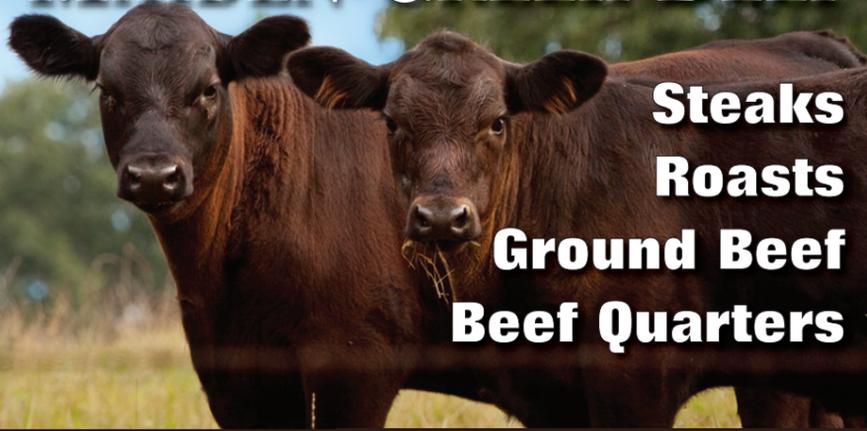
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FOODS THAT CATS AND DOGS SHOULD NEVER EAT

Nutritious diets are essential to long-term pet health. Many well-intentioned pet owners feed their pets foods they believe are nutritious, only to learn that certain foods, even those deemed healthy for humans, can be quite dangerous to dogs and cats. Cats and dogs metabolize foods and other substances differently from humans. WebMD reports that each year, there are more than 100,000 cases of pet poisoning in the United States. Many of these instances were caused by household substances that may seem perfectly harmless. Medications, cleaning products and certain foods can poison pets. Dogs tend to be at higher risk for food poisoning, particularly because they are less discriminatory with regard to food. Before caving into the temptation to share snacks with their pets, pet owners should recognize the common foods the ASPCA and other pet welfare organizations list as the most likely to contribute to pet poisonings worldwide.

- **Chocolate:** Chocolate is accountable for roughly one-quarter of all toxic exposures. Chocolate contains methylxanthines, which are found in cacao seeds. When ingested by pets, methylxanthines can cause excessive thirst and urination, panting, vomiting, diarrhea, abnormal heart rhythm, and seizures. Serious cases can be fatal. Dark chocolate and baking chocolate are especially dangerous for pets.
- **Grapes/raisins:** Grapes, raisins, sultanas, and currants, whether raw or cooked, can cause kidney failure in dogs. Not all dogs are affected. However, these fruits should be avoided. Symptoms include lethargy, diarrhea and vomiting within 24 hours of consumption.
- **Hops:** Commonly used for brewing beer, hops have become a greater risk for pets now that home brewing as a hobby or side business has become popular. When ingested, hops can cause a rapid heart rate, anxiety, vomiting, and other abdominal symptoms. Essential oils and tannins in hops also can cause high fever when pets ingest them.
- **Macadamia nuts:** These nuts can cause depression, vomiting, tremors, and hyperthermia in dogs.
- **Milk and dairy:** Do not give dogs and cats milk to lap up, and avoid giving them high amounts of cheese and other dairy foods. Pets do not possess significant amounts of lactase, the enzyme that breaks down lactose in milk. Therefore, diarrhea and digestive upset is likely to occur when pets consume dairy.
- **Onions/garlic:** These aromatic ingredients are not a good idea for pets, particularly cats. Onions contain an ingredient called thiosulphate, which is toxic to cats and dogs. The ingestion of onions and onion-related foods can cause a condition called hemolytic anemia. This is damage to red blood cells that causes the cells circulating throughout the pet's body to burst.
- **Xylitol:** Keep pets away from sugarless gums and candies that contain Xylitol, which also may be used in toothpaste. The substance causes insulin to release in most species, which can lead to liver failure. Pet owners should be aware that the foods they eat regularly may not be safe for their pets. Always consult with a veterinarian before giving pets foods commonly eaten by humans.

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WHAT ARE COMPLEMENTARY AND ALTERNATIVE THERAPIES?

Lori Kleinsmith, RM, NLP, Certified Hypnotist

Alternative medicine is any practice that is put forward as having the healing effects of medicine, but is not founded on evidence gathered using the scientific method. It consists of a wide range of health care practices, products and therapies. Examples include new and traditional medicine practices such as homeopathy, naturopathy, chiropractic, energy medicine, various forms of acupuncture, traditional Chinese medicine, Ayurvedic medicine, and Christian faith healing. The treatments are those that are not part of the conventional healthcare system. Complementary medicine is alternative medicine used together with conventional medical treatment in a belief that it "complements" the treatment. CAM is the abbreviation for complementary and alternative

medicine. Integrative medicine (or integrative health) is the combination of the practices and methods of alternative medicine with conventional medicine. Many of these therapies have been used for generations with great success. For example acupuncture has been used for over 4000 years. Herbalism is very ancient and used by nearly everyone. In the wonderful Pennsylvania Dutch area that we live in, we have Braucher or "Powwowing". When considering alternative and complimentary therapies find out what feels right for you. Do your research on the therapies and also the practitioners. There are many excellent practitioners in this area. Ask your doctor if they recommend any "CAM" therapies. There are many therapies to choose from. A great way to investigate is go

to a holistic expo or wellness day. There is no cost or obligation to ask questions and everyone is happy to explain their therapy. Pinnacle Hypnosis & Therapies offers full range of hypnosis for all ages, reiki & foot reflexology sessions and classes. Every Wednesday 1:30 to 4:30, walk-ins are welcome for Detox Wednesdays. Join Debi Fegley for a 30 minute Aqua Detox and/or Lori Kleinsmith for a 30 minute foot reflexology session. Why not get both! For more information call Lori Kleinsmith, Certified Hypnotist and owner of Pinnacle Hypnosis & Therapies, now located at 400B South Fourth Street, Hamburg, PA 19526, 610-823-4160. www.pinnaclehypnosis.com. Hours by appointment except during Detox Wednesday.

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COPING AS A FAMILY CAREGIVER

Individuals are born into the world requiring the care of their parents and other adult guardians to grow and thrive. These adult children, in turn, may end up providing care when their parents reach senior age or face an illness or disability. Becoming a family caregiver frequently is a tough choice to make. It requires patience and time, and can be emotionally and physically taxing. An estimated 43.5 million adults in the United States have provided unpaid care to an adult or a child in the prior 12 months, according to the National Alliance for Caregiving and AARP Public Policy Institute. It's not uncommon for caregivers of any age to feel stressed and burned out by the demands of caregiving. The Mayo Clinic says

people who experience caregiver stress can be vulnerable to changes in their own health. Some signs of caregiver stress include:

- Feeling overwhelmed or constantly worried
- Feeling tired most of the time
- Gaining or losing a lot of weight
- Becoming easily irritated or angry
- Losing interest in activities you used to enjoy
- Having frequent headaches, bodily pain or other physical problems

Some caregivers even resort to drugs and alcohol to self-medicate, which can lead to further issues. To avoid the potential pitfalls of caregiver stress, individuals should always put their needs first and find ways to alleviate the added stress of caring for a loved one. These suggestions are just a start. **DON'T STRIVE FOR PERFECTION** - It isn't possible to maintain a patient attitude and get everything done perfectly each and every day. People are not perfect and mistakes will be made. Do not punish yourself if you lash out or simply need a

break **EAT HEALTHY** - As anyone who has dealt with a hungry toddler can attest, failure to eat well and frequently can result in an emotional meltdown. Be sure to always make time for nutritious meals. This will help keep up energy stores and enable you to better cope with caregiver stress. **PAY ATTENTION TO MOOD CHANGES** - Anxiety or depression can sneak up on you when you least expect it. Ask for help if you feel your tasks are becoming too overwhelming. Seek the help of a doctor if changes in mood, sleeping patterns, appetite, and the like become noticeable. **TAKE FREQUENT BREAKS** - Getting a break from caregiving and setting aside time for yourself can increase patience levels and the ability to bounce back from stress. Whenever possible, have a friend or another relative step in for you so you get a break. Explore resources available for professional aides to come and take some of the responsibilities off of your shoulders. Being a caregiver can be a rewarding, but challenging role to play. Caregivers should keep their health a priority.



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HERBS FOR YOUR HEALTH

by: Nicholas Kleinsmith, Master Herbalist

Throughout history humanity has used herbs and spices as our restitue for health. Every ethnic tradition on earth has their own unique connection to herbalism, respecting both the culinary and medicinal aspects of herbs. Herbs have a way of taking us back to the familiar, a nostalgic connection to the sights, smells, tastes and textures. One only has to enter a spice shop, ethnic culinary kitchen, or flower field to be reminded of the potent majesty of herbs. These plants have been with us since the beginning, and will continue to be with us throughout the ages.

Incorporating herbs into our daily diet is one of the best ways to harness their nutritional and medicinal benefits. Many of us are already using herbs for their properties and are unaware we are even doing it! An easy example would be caffeinated teas, such as black, and green. We are tapping into the caffeinated properties of those particular herbs and using them for our own energy management.

There are a astonishing vast array of medicinal and nutritional properties of herbs, we can eat fresh basil to help lift our moods, drink ginger tea to calm an upset stomach and chamomile to help us sleep. Herbs and spices have immense practicality, start to use them and remember, the spice cabinet is the medicine cabinet.

Miach Herbs, located in downtown Fleetwood, has a variety of organic teas and five-core organic/wild harvested blends in stock. Custom blends can be made for your unique personal needs. To find out how herbs can help you, stop in or contact Nicholas Kleinsmith, Master Herbalist, Nutritional Consultant, Miach Herbs, 23 W. Main St., Fleetwood. Call Only: 484-668-1117, Call/Text: 484-706-3412 Store hours: Wed., Thurs. & Fri. 11 am to 6 pm. www.miachherbs.com Parking lot in back of store or across the street. Watch for Grand Opening in April!



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DO YOU HAVE CATARACTS?

Since we drive more often in the winter when it's dark in the early morning and evening, this is the season many people realize there is a problem with their vision. If you have noticed increased difficulty seeing at night, increased glare from headlights, blurred or hazy vision, or reduced intensity of colors, you may have a cataract forming on the lens of your eye.

At Hamburg Family Eye Care, Doctors John and Lori Smith are optometrists who often find cataracts forming as part of a patient's comprehensive eye exam. Most cataracts will form over a long period of time, so their initial symptoms can be solved without surgery.

One of the first solutions to early cataracts is an eyeglass prescription change, since cataracts tend to cause the lens of the eye to swell, and this will cause an optical change that can be improved with new glasses. Another solution to early

cataracts is an antireflective lens coating that will deflect annoying reflections and glare from computer screens and car headlights.

Most cataracts slowly cause a decrease in vision that eventually cannot be corrected with eyeglasses or lens coatings. This is when cataracts are referred to surgeons for removal. Drs. John and Lori refer patients with advanced cataracts to leading surgeons in the local area and co-manage care locally following surgery.

Both Doctors John and Lori Smith are long-time members of the American and Pennsylvania Optometric Associations and the Berks County Optometric Society.

More information about Hamburg Family Eye Care can be found online at Face book, at www.hamburgfamilyeyecare.com or by calling 610-562-4548.

CHOOSE PT FOR SAFE PAIN RELIEF

Opioid misuse is one of the hot topics right now in the media. The CDC reports that 11% of the adult population reports daily pain, that's 1 in 10 adults and probably someone you care about. Opioids are a common treatment for pain and it is reported that 1 in 4 adults who are prescribed opioids struggle with addiction. Allow me to provide some education on pain and how your physical therapist can help relieve your pain without the use of opioid medication.

There are 3 types of pain. The first is acute pain, which occurs suddenly as the result of trauma, such as a broken bone, back strain or ankle sprain. This type of pain typically subsides in 7-10 days. The second type of pain is recurrent pain. The hallmark sign of recurrent pain is having periods of time with pain and then periods of time without pain. Recurrent pain is usually due to poor posture or improper movement patterns. This type of pain can only resolve my addressing the issues causing the pain. Finally, the last type of pain is chronic

pain. Chronic pain is the result of persistent pain stimulation of a previously injured area. This is the most difficult type of pain to address because there are a variety of body systems involved.

Opioid medications, such as Percocet, are often prescribed for pain. Opioids effect your perception of pain, but they do not do anything to the body to speed up healing and recovery. They essentially make the pain easier to tolerate. It is well documented that persistent use of opioid medication can lead to dependence and misuse. Everyone has a different response to pain medication, and I have had patients report having withdrawal symptoms after 7 days of opioids use.

Physical therapists are here to provide pain relief without the use of opioid medication. I treat a wide variety of diagnoses associated pain. My approach to delivering physical therapy is unique and personalized. It all starts with an extensive evaluation where I look at how you move in order to determine the

cause of your pain. After assessing the results of your evaluation, I will design a custom treatment program for you. It will be my pleasure to help you improve your quality of life. I am dedicated to providing you with the best quality of care. I have sought out extensive training and education to so that I have the most up to date, proven strategies to exceed your expectations.

If you or a loved one are living with pain, don't wait another minute. Give me a call or stop by for a free consultation, so I can help you get your life back. Thanks for reading!

Robert Gieringer, PT, DPT, OCS, SCS, COMT, FAAOMPT Bob specializes in the treatment of neck and back pain. He also has expertise in treating orthopedic injuries throughout the body. He believes in an intensive hands-on approach to treating his patients, emphasizing both corrective manual techniques and exercises to facilitate the changes in patient response during each session

DID YOU KNOW... The U.S. Environmental Protection Agency notes that there is no practical way to eliminate all mold and mold spores in an indoor environment, including a home. But by controlling moisture, one can control indoor mold growth. One way to do just that is to prevent condensation in a home or business by adding insulation. In addition, clean building materials or furnishings that become wet as promptly as possible, and no more than 48 hours after the items have become wet. Mold produces allergens and irritants, and inhaling or touching mold or mold spores can trigger allergic responses such as sneezing, runny nose, red eyes, rashes on the skin, and even fever-like symptoms.

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HOW TO ENCOURAGE KIDS TO TAKE CARE OF THEIR TEETH

Parents of young children know that getting kids to brush their teeth can sometimes feel like pulling teeth. Kids have a long history of disliking dental care, which can frustrate parents who know the importance and long-lasting benefits of proper dental hygiene.

While many youngsters may never excitedly run to the bathroom to brush their teeth, parents can try various approaches to get kids to embrace proper dental care.

- Start early. Parents should not hesitate to begin cleaning kids' teeth once the first tooth appears. The earlier dental care is part of a child's routine, the more likely he or she is to accept it as part of everyday life. The American Academy of Pediatric Dentistry recommends using a soft-bristled brush with a small head. Ideally, use a toothbrush designed for infants, brushing teeth once per day at bedtime. The AAPD advises taking kids to visit a pediatric dentist when the first tooth appears, or no later than the child's first birthday.
- Make it a group effort. Young children love to imitate their parents' actions and behaviors, and moms and dads can use that adoration to their advantage when trying to get kids to brush their teeth. Brush teeth

together as a family, making it seem like an enjoyable twice-daily activity. Get down on kids' level and show them how to brush. If kids are resistant, engage them in conversation while brushing so they don't even realize they're cleaning away.

- Involve kids in choosing their dental care products. While parents should be mindful of the type of toothbrush their children use, always sticking with products recommended by their child's pediatric dentist, let youngsters choose their toothbrush and toothpaste. Kids might prefer a particular flavor of toothpaste, and a colorful toothbrush with a favorite film or television character might make kids more enthusiastic and less fussy about brushing.
- Compliment kids after positive dental appointments. When pediatric dentist appointments go well, compliment children and express your pride in them for taking dental hygiene as seriously as they do.



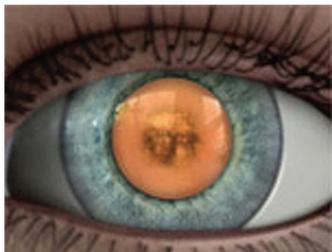
BELIEVE IT OR NOT, SOME HEALTH PROBLEMS CAN BE PREVENTED BY KEEPING THESE CLEAN AND HEALTHY.

ANSWERS: TEETH AND GUMS

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Do You Have Cataracts?



- Blurred or hazy vision
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FORTIFY AGAINST THE FLU AT WORK WITH FENG SHUI

(NAPS) - Chances are your job makes you sick, literally. According to one recent survey, conducted by Morar Consulting for Staples, 73 percent of American workers report catching a cold or the flu at work. Fortunately, there are ways employers and office managers can reduce this risk for employees. To help maximize total well-being this season, Staples, along with Feng Shui expert Susan Chan, created energy-enhancing tips for your office space.

MAKE YOUR OFFICE A FLU-FREE AND MORE ZEN ZONE

- According to the Centers for Disease Control and Prevention, the flu virus can live for up to 48 hours after being left behind on a surface, so make sure employees have access to surface-cleaning wipes and hand sanitizers.
- Fixes that improve air quality not only help overall office health traditionally, but also holistically, by improving energy flow. Solutions include: dusting air vents regularly, opening windows whenever possible, introducing plants, which are natural air purifiers, or purchasing air purifiers and filters.
- Replace fluorescent lighting with full-spectrum lights (lighting that mimics natural light) or add a full-spectrum lamp to your desktop to use during the day. Office managers can use the Staples Business Advantage program to purchase these lights for the office.
- Use upward-facing lighting as much as you can. Chan says it lifts chi and overall energy.
- Introduce revitalizing colors. Green and purple are considered wood elements in Feng Shui. Lush and healing, wood elements bring the energy of vibrant health, vitality and growth to a workspace. Yellows, Chan says, promote health and help you feel grounded. These colors can be added in the form of photos, images or accent pieces such as desk accessories.
- Add natural elements such as living things to common areas, like plants or a fish tank, to promote optimum chi.
- These tips can apply to employee workspaces and common areas. Keep common areas such as breakrooms and conference rooms clean to help workers feel smooth energy.
- Encourage staff to return things to where they belong to stay focused and conscientious.
- Keep the doors to conference rooms open between meetings to promote airflow.

Learn More... For more information on how to fight the flu, visit Staples Health & Wellness Center at www.staplesadvantage.com/healthandwellness. Office managers and decision makers can visit StaplesAdvantage.com for everything from design tips to improve office energy and productivity to whatever you may need to increase total wellness. Learn more about Feng Shui and its principles at www.fengshuicreative.com.

Improve total wellness and enhance office energy this flu season by pairing common flu-preventing activities, such as promoting regular hand washing and disinfecting surfaces, with Feng Shui principles.

MANAGE PAIN WITH MASSAGE THERAPY

Addiction to opiates is a growing problem in the United States and Canada. Pain relief therapies, such as massage therapy, can be viable alternatives to the prescription pain medicines that often serve as a gateway to illegal drugs such as heroin.

Addiction to prescription painkillers is common. NIDA says that up to 7 percent of people who are prescribed opiate or analgesic pain killers will become addicted. To help reduce the overprescribing epidemic and keep people from becoming addicted to pain meds, people can look for other ways to alleviate pain.

Massage therapy is a viable option that can work wonders to improve flexibility and offer relief from pain in different parts of the body. In addition to alleviating pain, massage therapy can promote relaxation, reduce anxiety and improve quality of life.

Research indicates that massage therapy can reduce the incidence and frequency of back pain, headache and leg pain and can even reduce stress and tension. Massage therapy can be an asset to those with myalgia, carpal tunnel syndrome and other conditions.

Researchers at McMaster University in Canada found that massage therapy affects the activity of certain genes, which directly reduces inflammation in muscles — the same results that would occur if a person took pain medication. Researchers tested people who exercised and received massages afterward against a control group, discovering that "massage dampened the activity of proteins known as inflammatory cytokines, which cause inflammation and pain. It also increased levels of proteins that signal the muscles to produce more mitochondria, the cell structures that produce energy and help muscles recover from activity."

A review published in the journal Complementary Therapies in Clinical Practice noted that moderate pressure massage can lead to decreased cortisol levels, helping to reduce stress and anxiety. Massage may help stimulate serotonin products, improving mood and feelings of well-being. Also, according to AMTA, deeper massage stimulates blood circulation to improve the supply of oxygen and nutrients to body tissues while helping the lymphatic system to flush away waste products. It also eases tense and knotted muscles and stiff joints, improving mobility and flexibility.

Massage therapy can be a viable alternative for pain sufferers who are reluctant to take potentially addictive prescription pain medications.

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