

Massage Your Way to Crohns Relaxation

The mind is a powerful tool that can help you overcome physical suffering if you know how to use it. However, not everyone can benefit from guided imagery. Therefore, it's not a bad idea to explore other forms of alternative and complimentary treatment such as massage therapy to help bring some Crohn's relaxation. What is massage therapy? Massage therapy is the method of applying various pressure techniques to the body's muscular structure and soft tissues, in order to improve various systems in the body including the musculoskeletal, circulatory-lymphatic and nervous systems. The most common massage techniques include applying stationary or moveable pressure, kneading, holding, rocking, friction or vibration. These techniques are usually applied with the hands, but the elbows, forearms or feet can also be used. General message therapy benefits – Massage therapy offers many physical and mental benefits that may include:

- Full body relaxation
- Relieves tight, aching and tired muscles
- Increases range of motion and flexibility
- Calms the nervous system
- Lowers heart rate and blood pressure
- Relieves chronic pain
- Helps speed recovery from illness and injury
- Strengthening of the immune system
- Helps one achieve mental relaxation
- Encourages goodnight sleep
- Alleviates tension headaches
- Reduces stress.

How does massage therapy benefit Crohn's sufferers? Studies, conducted on massage therapy as treatment for Crohn's disease symptoms, found that massage therapy can have a powerful and positive effect on the emotional distress that is psychologically caused by the condition. Stress plays an integral role in Crohn's disease symptoms. Stress has been know to make Crohn's symptoms worse, which often results in pain and in some cases even more serious conditions that require hospitalization and can lead to death. Massage therapy has also provided many Crohn's sufferers relief from pain, and also reduces the frequency of attacks. Different types of massages. There a diverse number of massage techniques that can be combined or used separately depending on the needs of the individual. For those with Crohn's disease, some massage therapies that may be used include but are not limited to: Swedish massage – This is the most common massage used in North America and is characterized by long smooth motions, kneading or applying friction to the surface of the muscles. This type of massage encourages overall relaxation, improves circulation, and relieves tension within the muscles. Deep tissue massage – This massage involves the use of deep slow stroking motions, friction, or direct pressure to the muscles. Intense pressure is applied for this massage to penetrate deeper into the muscles. It helps relieve chronic muscle tension. Neuromuscular massage – This massage focuses on the deep penetration of individual muscles. Its purpose is to increase blood flow and release knots of tension that exist in muscles connected to other areas of the body where pain is present. The release of this muscle tension often reduces painful symptoms. Acupressure – this is a massage-like therapy similar to acupuncture. However, pressure is applied to the specific points within the acupuncture meridians with the finger or thumb, and not with acupuncture needles. Like neuromuscular massage, acupressure is designed to help relieve painful symptoms and also works to bring balance to the body and mind. If you are considering massage therapy, seek treatment from a qualified massage therapist who has experience treating inflammatory bowel disease symptoms. Since you are seeking relief from Crohn's symptoms, you need to find someone who understands how to use different massage techniques and applies the right amount of pressure. For instance, applying too much pressure can cause the body to tense, while not enough pressure will lead to insufficient results. Thus, each person receiving massage therapy needs to be accessed differently. To find a skilled massage therapist that specializes in crohn's relaxation ask your health care provider, a physiotherapist, your local hospital, check the yellow pages or conduct a search online.

About the Author

Information about a new type of treatment called gene therapy, which is still being developed. It describes how it can be used to treat cancer.

Source: <http://www.productsherbal.com>