

A REVIVING MESSAGE

Stephen Dean, LMP
@ W8LIFT Personal Training Studio
1467—130th N.E.
Bellevue, WA 98038
Phone: 206-384-0491
E-mail: 2revive@comcast.net
Website: www.w8liftstudio.com



INVEST IN YOURSELF...INVEST IN YOUR HEALTH

Spring into Spring during April and May

\$20 OFF CERTIFICATE

Goodbye, pain

Rubdowns are especially effective for aches like low-back pain. Studies show massage reduces levels of the stress hormone cortisol while boosting the feel-good hormones serotonin and dopamine. Those changes slow your heart rate, reduce blood pressure, and block your nervous system's pain receptors.

Hello, dreams

Fluctuations in several types of brain waves either relax you or wake you up. Massage increases delta waves—those linked with deep sleep. That's why it's easy to drift off on the massage table.

Nice to have you back, brain power

The study that connected massage to sleep also found that a 15-minute massage boosted alertness. Tests also show that brain-wave activity stimulated by massage is linked to improved attention.

Take that, colds

Massage helps ward off bugs by boosting your "natural killer cells", the immune system's first line of defense against invading illness. Cortisol destroys natural killer cells, therefore, since massage decreases cortisol, your immune cells get a boost.

Blues, be gone

Less cortisol and more serotonin and dopamine in your system may also mean less stress, anxiety, and depression. The right side of the frontal lobe of the brain is more active when we're sad, and the left side's activated when we're happy. Studies have observed that massage decreases activity in the right lobe and increases functioning in the left.

Shove off, PMS

A small study of 24 women with severe PMS found that massage reduced symptoms such as pain, water retention, and mood swings. Try it with proven remedies such as exercise (and who-cares-if-they-work solutions like a little dark chocolate).