

Lisa's Healthy Body Newsletter

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Member, Associated Bodywork & Massage Professionals

How, Exactly, Does Massage Therapy Work?

The Anatomy of Happiness

Douglas Nelson

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As I greeted Craig in the waiting room, the radiant smile on his face told me we were making good progress on his shoulder pain.

"My shoulder is so much better," he remarked as he entered my treatment room. "I hardly think about it anymore." As a massage therapist who specializes in dealing with specific muscular issues, this is exactly what I hope to hear from the people I serve.

"I must say that the educational process has been just as valuable as the hands-on work. It has given me a greater

treatment is the effect on my mood. When I leave your office and go back to work, I seem to function much more efficiently; I get way more stuff done than usual. Mostly, I am in a much better mood, much happier, and more positive about the world. I have really enjoyed understanding how massage helped my shoulder, but now I'd like to understand how massage affects my mood."

Ready to accept the challenge, I jumped in.

"Here is one reasonable explanation based on emerging neuroscience. For many decades, the prevailing wisdom was that emotions are experienced in the

*Be happy for
this
moment. This
moment is your
life.*

-Omar Khayyam



Why do you feel so good after a massage?

understanding of my own body, what to do, and maybe more importantly, what not to do. I have a better sense of what was happening to my shoulder and why. This whole process is so interesting and educational.

"I came to see you for help with my shoulder," he continued, "but one of the most striking benefits of my massage

mind and, as a result, those powerful emotions then affect our body. For example, when someone offends us, we have the emotional experience of anger. Shortly thereafter, we experience physical symptoms of anger, such as increased muscle tension, constricted breathing, and an increased heart rate.

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On the other hand, powerful positive emotions like joy and happiness also have corresponding physical effects. Our emotions and thoughts have physical consequences. As it turns out, however, the new scientific understanding reveals that these mind-body experiences are at least bi-directional, if not completely the other way around."

"I'm a little lost," he said. "What do you mean by the other way around?"

"The emerging science is providing some really good evidence that the physical sensation can lead to the emotion, instead of the emotion manifesting as a physical experience."

"Wow, that seems completely backward!" he exclaimed.

"Your mind is always trying to make sense of what the body experiences. The brain needs a reason for what it experiences; we interpret meaning so we know how to respond appropriately. I am sure you can remember being really tense some morning, feeling completely out of sorts. If someone asked you why, you probably couldn't point to any specific offense as the reason. Throughout the morning, however, little things that would normally go unnoticed now really bothered you. You looked for things that were wrong to confirm that the tension you were feeling was perfectly appropriate for the terrible mood you were in. In essence, you created a viable emotional reason to explain your tense physical state."

"I assume that the reverse is also true, correct?" Craig interjected. "A better physical state should have a positive effect on emotions."

"Exactly. This might indeed explain what you experience after a massage. You leave my office with a very different physiology than when you arrived. The optimization of muscle function after massage will be experienced as efficient and effortless movement. The muscle tension in your shoulders is drastically reduced. Your breathing is slower and there is a heightened sense of awareness. Think about the emotional correlate your brain must then assign to this new stream of physical information. When do you normally feel such lack of tension, such lightness and freedom?"

"When I am extremely relaxed, happy, and contented; when the world seems like a wonderful place," he responded.

"The experience of physical ease is then interpreted by the brain as being a sign of emotional ease. Relaxation of the body is also relaxation of the mind, as evidenced by the fact that the same class of drugs (benzodiazepines) given as muscle relaxants is also used in the treatment of anxiety disorders. Furthermore, when you return to work with that emotional framework, it changes what you notice around you as well. Little annoyances don't seem as disturbing. Since attention is selective, your peaceful and positive emotional state predisposes you to notice lots of little blessings that you previously might have overlooked. This process becomes very self-reinforcing."

"I find this subject fascinating," Craig

said. "In fact, after each of our previous sessions, that evening I'd share with my wife some cool anatomy fact or principle I learned from you. I even gave each lesson a name."

"You're kidding," I said, bemused and curious. "If I might ask, what might you call this one?"

"The Anatomy of Happiness," he replied with a smile.

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Your physical state can affect your emotional well-being.

Happiness is Contagious

Maybe mom was right. Research suggests that surrounding yourself with friends and family who are happy can actually increase your own happiness.

Scientists at Harvard University and the University of California, San Diego, found that emotions, particularly happiness, have a viral effect in how they spread from one person to another. For every happy person in your physical social network, you have a 9 percent chance of increasing your own happiness. The effect is more pronounced the closer someone is to you geographically, and it does not seem to include electronic communications. The study, "Dynamic Spread of Happiness in a Large Social Network," can be found online in the British Medical Journal (www.bmj.com).

This is especially good news considering the potential health benefits of happiness and positivity. A study published in *Stroke* magazine has indicated a "significant association"

between optimism and a reduced risk of stroke. This is in addition to studies that have linked optimism to a healthier immune system, faster wound healing, and a lower risk of heart disease. While the exact cause of the benefits is not clear, one theory is that optimistic people are more likely to take care of their health. In addition, there is hope that teaching optimism could become part of a preventative program for various conditions.

What's one way to get happy? Try massage! Exposure to stress, a contributing factor to unhappiness, over a long period of time can increase the rate of neural degeneration and increase the risk for Alzheimer's disease. Luckily, a study from Umea University in Sweden has shown that just five minutes of massage has the potential to lower stress, and 80 minutes of massage has a tremendously positive effect on stress levels. Get massage, get happy, and cheer up your friends and family!



Surrounding yourself with happy people is healthy!

Foods to Boost Your Mood

Don't let your diet get you down. If you're looking for a quick pick-me-up that will boost your mood but go easy on your calorie count, consider these "superfoods" recommended by Mehmet Oz, MD, vice-chair and professor of surgery at Columbia University and contributor to Oprah.com.

KEFIR MILK

Try it if: you're looking to calm down. Made by fermenting more traditional milk with kefir grains, this drink is high in the amino acid tryptophan, which produces a relaxing effect on the nervous system. As a bonus, the drink also contains a healthy amount of B vitamins.

ASPARAGUS

Try it if: you're feeling low. This vegetable is loaded with folic acid,

which is good news for your mood, as low levels of the vitamin have been tied to depression. In fact, one 5.3-ounce serving contains 60 percent of your recommended daily folic acid allowance. Plus, asparagus is low in calories and contains no fat or cholesterol, so it won't ruin your diet.

ORANGES

Try it if: you're stressed out. Why? Vitamin C. This powerhouse nutrient can help support your immune system, skin, and more, but its stress-fighting powers come from its effect on your blood pressure. Studies have shown that consuming 500 milligrams of vitamin C daily can dramatically lower cardiovascular and stroke risk. One orange contains about 80 milligrams.

*Try to be a
rainbow in
someone's cloud.*

-Maya Angelou

Contentment is the reward of being appreciative and grateful.

It goes that if you are grateful in every situation, you will be happy with everything, and your happiness will be abundant and boundless.

I dedicate this newsletter to all my clients for their continuing support.

Call (607) 426-2630 for appointment

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