



Massage Health & Healing *Energies*, LLC

Types of Bodywork That Aid Recovery from Breast Cancer

At Massage Health & Healing *Energies*, LLC we specialize in the type of bodywork massages that have been documented to aid in the recovery from Breast Cancer. *We feel strongly that the integration of modalities gives one the optimum result from massage, providing health maintenance and aid to healing.* Come *Relax, Restore, Recover* with us!

The following excerpts are from Eeris Kallil Certified Massage Therapist, NCBTMB approved provider and breast cancer survivor who is dedicated to helping women who are going through breast cancer treatment and recovery.

There are different types of bodywork that will support a cancer patient:

Energy Work is soothing and balancing and helps with calming the nervous system.

Shiatsu is a form of bodywork that is based on Chinese medicine. Its focus is on restoring Chi/Qui, rather than stimulating muscles. Chi/Qui is believed to be the life force behind our existence. Shiatsu will help restore the body Chi/Qui flow and will help the client thrive through surgery, chemo treatments and radiation. It will help support the immune system, increase the release of toxins and decrease fatigue due to treatment. Shiatsu uses thumb and palm pressure on specific energy pathways (meridians) along the body.

Swedish Massage is soothing and relaxing and especially good for recovery time after surgery and chemotherapy. Massage will restore range of motion; decrease scar tissue and speed release of toxins and healing of wounds. Due to the relaxing nature of the work it helps with relieving mental and emotional stress that accompanies dealing with cancer.

There are many benefits from receiving bodywork on a regular basis and this is especially so during a time of stress and health crisis. Many people use Massage Therapy as part of their regular preventative health maintenance program. Some benefits are:

- Massage is relaxing and rejuvenating
- Calms the nervous system
- Helps cope with mental and emotional stress
- Relief of physical pain and fatigue
- Increase flexibility and range of motion
- Speeds recovery from surgery and treatment
- Improves circulation and immune system
- Improves skin tone
- Speeds the removal of metabolic wastes

Our goal at Massage Health & Healing *Energies*, LLC is to help you and your body heal from the daily stress and strain that today's lifestyle places on you.