



Massage Health & Healing *Energies*, LLC

Massage Therapy Helps Cancer Pain

There are many benefits from receiving bodywork in daily life and especially during a time of stress and health crisis. Some of the benefits with massage and cancer:

- Relaxes and rejuvenates
- Calms the nervous system
- Helps you cope with mental and emotional stress
- Relieves physical pain and fatigue
- Increases flexibility and range of motion
- Speeds recovery from surgery and treatment
- Reduces build up of scar tissue
- Improves circulation and immune system
- Improves skin tone
- Speeds the removal of metabolic waste

Before you receive Bodywork as a cancer patient you must have it cleared with your Doctor first. There are different types of bodywork that will support a cancer patient, depending on the stage they are in their treatment process;

Energy work is soothing and balancing and helps with calming the nervous system. It is recommended for the first stages during crucial decision-making and is safe throughout treatment. It may include visualization and meditation.

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 existents. 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. It can reduce your anxiety prior to treatment and is 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.

Our goal at Massage Health & Healing *Energies* is to help improve your general comfort level, either before or after standard treatments for cancer. We will adapt the massage to meet your specific needs.

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