

Manage Your Pain Naturally With Massage Therapy

Millions suffer from acute or chronic pain every year. More and more people are looking for ways to naturally control or eliminate their pain. Massage Therapy provides pain relief for people of all ages and all walks of life, from famous sports figures and A list actors, to Doctors and busy professionals, to home gardeners and weekend warriors. The preferred way to help manage pain is naturally.

According to a study on the effects of massage therapy for pain management in the acute care setting at Flagstaff Medical Center, Flagstaff, Arizona, massage therapy significantly reduced pain levels and increased a patient's ability to cope with the physical and psychological aspects of their medical condition. The study also demonstrated that the patients ability to relax and sleep better, improved with massage therapy.

More and more medical centers, hospitals and clinics are responding to the demand for Massage Therapy's natural drug free ability to help patients cope with pain. Mayo Clinic, the number one rated medical facility in the United States, offers massage therapy for their patients. The famous clinic claims massage therapy is especially beneficial in managing pain if you suffer from fibromyalgia, back pain, headaches, neck pain, pregnancy and labor related pain, depression, arthritis, anxiety, and as part of cancer care.

Massage Therapy can trigger an endorphin release that can increase your ability to tolerate pain. With higher endorphin level, we feel less pain and fewer negative effects of stress. According to MedicineNet, endorphins reduce our perception of pain but, in contrast to drugs, the release of endorphins for pain relief, does not lead to addiction or dependence. Massage Therapy is natural, drug free therapy for pain relief.

If you are one of the millions suffering from pain, give massage therapy a chance to work for you. What have you got to lose, other than an hour of feel good therapy, that just might release you from your pain. Many area doctors refer their patients to our clinic, for muscle therapy and stress relief. Libertyville Massage Therapy Clinic is the longest established Massage Therapy Clinic in Lake County, Illinois, since 1985.

Benefits of Managing Pain with Massage Therapy:

- **Significantly reduces pain levels**
- **Natural drug free therapy**
- **Increases endorphins to help with pain tolerance**