

## How I approach my work

“From a certified and insured massage therapist that respects conventional medicine treatments but also seeking for alternative options”.

Why do people use complementary therapies? How does massage therapy compare to traditional medicine in terms of addressing adverse effects on the body? How does the energy exchange between the massage therapist and client impact the final wellbeing of the client?

Massage treatments are part of the alternate therapies category generally named holistic and used instead, or as complementation of a traditional approach to medications. These treatments incorporate physical, emotional, and spiritual needs by looking at the person as a whole self connected body like oriental medicine does, and perhaps do not need to be exclusively used in conjunction to complete a healing process. Let's understand why.

People may have more than one reason for trying a complementary therapy. Some of the reasons include:

- Preventing injuries and illnesses
- feeling dissatisfied with conventional medical practices
- feeling unhappy with their doctor-patient relationships
- wanting to take charge of their own health and medical problems
- reading evidence of the benefits and safety of some complementary medicines and therapies
- feeling dissatisfied with limited success rates or adverse side effects of prescription medicines
- wanting to receive healthcare that treats the whole person and not just their symptoms (Note: both complementary healthcare practitioners and some conventional health professionals actively endorse holistic care).

## Energy exchange and the power of touch

There are different types of treatments and most important not all require either a touch or a “positive energy” to take action, however, I like to approach every massage with empathy and a desire to know more about the person who puts trust in me. This care can bring to the table a lot more than just a remedial session, as most people also suffer from general stress and do not perceive their loss of ground. Those individuals are unconcerned with what is really going on in their life believing that all traditional medicines could be a solution to everything, probably not knowing an alternate or complementary treatments. An interesting fact is that we carry and project energy and how its exchange affects your health especially when it has a quality. If you pay attention, you can perceive that quality when you are in the presence of another person. In massage treatments the therapist’s energy has a huge impact on the final wellbeing of the client, along with a good and professional session (obviously), positivity and mindset as well. Along with a positive attitude and energy comes the touch that has been used in medicine since the early days of care, able to improve digestion, boost the immune system, lower blood pressure, decreasing the level of stress hormones such as cortisol (triggering the release of the same kind of opiates as painkilling drugs, and reducing pain in pregnant women). Nothing can substitute the human touch!

## Choose a valid therapist

Are you willing to try alternate or complementary treatments but you don’t know where to go to look for them? Well, many therapists are out there working in studios or travelling mobile, definitely a growing number! Choosing the right one depends on your needs and the connection you will feel with that person, example: relaxation, reflexology, or Indian head massage are all different from the most popular requested “deep tissue” so feel your body and understand if you are just stressed, not centred or having an injury, built stiffness. Issues are different so therapists and their

knowledge and qualification along with their understanding and general energy.