



<https://bearshearttherapeuticmassagell.godaddysites.com/>

Healing Reactions

Healing reactions present an opportunity to go back through everything not previously resolved in one's life. We carry our entire personal histories in our bodies. Every injury that has not healed fully – whether physical, emotional, or mental – as the potential to be corrected. All obstructions, toxins, aberrations, and pain must be cleared in a total healing.

The nature of a reaction indicates which phase of life is being healed. The reactions feel like the original disease or emotional trauma, but usually appear in a diminished form. If the reaction is an emotional discharge of anger, the feelings surrounding the discharge will remind one of anger earlier in one's life, even though the present anger be "caused" by different circumstances. Physical discharges are also reminders of old conditions. If chronic sore throats occurred during childhood, a healing reaction could involve one or two sore throats that would eliminate any residues that accumulated from the original infections(s).

As the body and systems (i.e. digestive, circulatory, lymphatic, etc.) heal, move, and grow stronger, the body begins to purge. Certainly, everyone wants healing reactions to be minimal or non-existent. However, if there is no healing reaction, there is no cure. Most reactions involve the body's purging itself of toxins. The outward manifestations of this elimination may be severe or moderate, depending on your condition.

It is common for a person to feel worse after a massage than when they initially came in. This is known as a healing crisis. Typically, a person will feel achy, or have cold like symptoms. This soreness may last a day or two. When there is chronic muscle tension or injury, there are usually adhesions (bands of painful, rigid tissue) in muscles, tendons, and ligaments. Adhesions can block circulation and cause pain, limited movement, and inflammation. Massage works by physically breaking down these adhesions to relieve pain and restore normal movement.

Examples of Healing Reactions

- Tension or pain in the area(s) that were worked. Headache is common
- Digestive imbalances may develop: gas, bloating, cramps, diarrhea, nausea, constipation, abdominal pain.
- Muscle weakness and sensations of cold and/or heat are signs that the body is first strongly eliminating before building and strengthening phase occurs.

- Typical emotional reactions include unreasonable impatience, anger, and/or depression. Sighing uncontrollably may occur.
- More sleep may be needed during transition, and dreams may be wild. You may experience insomnia. Unusual visions, apparitions, or altered states occasionally occur.
- Possible discharges include boils, pimples, rashes, body odors, etc.

These are all normal and good signs of healing.

To aid in your recovery after a massage:

- Drink Plenty of water. Drinking water after the massage may help to flush out toxins that are released from muscles and properly rehydrate muscles, which can help reduce muscle aches and stiffness after a massage. Similar to a workout, your muscle tissues can become dehydrated during a massage. It is recommended that you double or triple your normal daily water intake.
- Avoid caffeine! Drinking caffeine after a massage can tense the muscles just worked on, so it's best to avoid if possible and try herbal tea or water instead.
- Do not drink alcohol. This removes water from the circulatory system and can actually intensify the effects of alcohol.
- Avoid strenuous activity after a massage. Heavy lifting, intense workouts, excessive activity, etc. After a massage can cause the muscles to tense up again.
- Stretching can help to prevent muscle aches and pain after a deep tissue massage.
- Eat. Have a snack on hand to have after your massage. Because massage speeds up your circulatory systems, other body functions can also be increased – this includes your digestive system. Have you ever light headed a massage? This could be because your body needs a fuel boost. Of course, it could be because you're dehydrated, you're half asleep, or you have low blood pressure (and keep in mind your blood pressure will drop during a massage as the body becomes more relaxed). But needing an energy boost from a snack is up there on the list. However, I don't recommend you have a large meal right before a massage. Don't eat just before a massage session. Let your body digest your meal first.
- Take a bath. A nice warm bath is very soothing after a massage, particularly with Epsom salts. Epsom salts are just Magnesium Sulfate, which is a natural muscle relaxer. They are also wonderful at drawing out toxins in the body, as is massage, so you may get a sort of detoxifying effect which is very beneficial to the body.
- Rest. You may feel tired, as if you want to lie down and take a nap. This is completely normal, and you should listen to your body.