



Staying in Touch®

Here comes Spring!

It's about time to get outside and immerse yourself in the coming season. Whether you want to spend time gardening or just take a walk in the woods, a little nature time is sure to enhance your life.

Increasing your physical activity levels can boost your energy and your spirit, as well as reminding you to schedule your next massage.

When you set your priorities in life, your health and well-being deserve to be at the top of your list. All aspects of your life should be more enjoyable when you're feeling your best.

The lead article this month really brings home just what massage can do to help your body function at its best. Read on for a great reminder of the many health benefits massage offers you.

Getting proper rest is a vital part of staying healthy. The "Tired Nation" article is a reminder that many folks are sleep deprived. Your regular massages should make a noticeable difference in the amount and quality of sleep you get.

Help yourself to stay healthier and happier by making regular massage a priority in your life; see you soon!

Here's Why You Have to Pee So Much After Getting a Massage, According to a Urologist by Iman Balagam

There's truly nothing quite like getting a massage. Amidst the hectic pace of modern life, where it can be difficult to find moments of peace and relaxation, massage therapy provides a welcome escape. That hour of respite from the distractions of work and technology can do wonders to help you to feel rejuvenated. It can even be an antidote to high levels of stress, inadequate sleep, and prolonged periods of poor posture from hours of looking down at your phone. Of course, if you get massages regularly, you might have noticed there is one unfortunate side effect—the intense urge to pee after your massage.

Here's why: According to board-certified urologist Anika Ackerman, MD, who practices in Morristown New Jersey, massage, especially deep tissue or sports massage, invigorates the body, causing fluid to be expelled from soft tissue and muscle into circulation. The kidneys, as the body's filtration system, then concentrate these circulating fluids, leading to increased urine production and a full bladder. It's not uncommon for some people to "feel a strong urge to urinate even on the table during the massage."

One of the main reasons for a frequent need to pee after a massage is the release of toxins. Massage is known to stimulate the lymphatic system, which is responsible for removing waste and toxins from the body. "By stimulating the lymphatic system with massage, you are speeding up the process, and that causes an increase of fluid delivery to the kidneys," says Dr. Ackerman. This stimulation causes the lymphatic system to work more effectively, resulting in the release of toxins and other impurities from the body via urine.

Moreover, when a therapist applies pressure and movement to the muscles, it stimulates blood vessels to dilate, or widen. This allows for an increase in blood flow and the delivery of oxygen and nutrients to the tissues. As a result, fluid that was previously trapped in the tissues is moved into the bloodstream, helping to flush out waste and toxins from the body. This not only promotes overall health and well-being, but can also help to reduce swelling, pain, and discomfort.

Additionally, massage can activate nerve endings in muscles and skin, causing bladder muscles to contract and trigger the need to urinate. This is a normal and natural response to massage and is not a cause for concern unless it becomes persistent or frequent.

What types of massages make you have to pee? ... [A]ny type of massage therapy can stimulate the lymphatic system, increase blood flow and circulation, and stimulate nerve endings in the muscles and skin, which can all contribute to an increase in urine production.

The frequency of urination after a massage can vary greatly between individuals and may be influenced by factors such as age, health conditions, and the type of massage therapy received. ...

Why it's important to stay hydrated after your massage— Notice an insecure-attachment style to your water bottle post-massage? There's a reason for that, too. "The release of the excess fluid can leave the body dehydrated," says Dr. Ackerman. This is why massage therapists often advise their clients to stay hydrated after their treatment.

(See [Here's Why...](#) on back page)

Here's Why ... (cont. from front page)

By drinking water, you aid your body in eliminating these toxins and replenishing lost fluids, reducing the risk of soreness or discomfort after a massage. Water also helps hydrate the body, which is particularly important if you have received a deep tissue or sports massage, as these types of massages can be quite intense and can cause dehydration due to the increased movement of fluids in the body.

So, the next time you feel the urge to pee as soon as you get up from the massage table, you'll know that it's totally normal.

Source: wellandgood.com

What are your favorite massage benefits?

- Relaxes the body
- Calms the nervous system
- Lowers blood pressure
- Strengthens the immune system
- Reduces anxiety
- Promotes quality sleep
- Reduces mental stress
- Speeds recovery from illness
- Reduces heart rate

Tired nation: Average American wakes up well-rested only 3 days a week by Chris Melore

If you're waking up feeling more exhausted than when you fell asleep, you're not alone. According to new research, the average American wakes up feeling well-rested only three mornings out of the week. The survey of 2,000 U.S. adults reports that the average person doesn't get anywhere near the quality or amount of sleep they want. On average, Americans only get six hours of sleep on any given night ...

Currently, 39 percent of Americans rate their sleep pattern—how often they wake up during the night, when they fall asleep, whether or not they wake feeling rested—as below average. Only eight percent claim they have an "excellent" sleep pattern.

Similarly, more than a third also rate their sleep routine—preparing to go to sleep, nightly routine, usage of sleep time products and bedtime consistency—as below average (36%). ... **Source:** studyfinds.org



Celebrate the coming of Spring with a massage gift certificate for that special person in your life! Call today to order ...

An optimist is the human personification of spring.

—Susan J. Bissonette

The content of this newsletter is not intended to replace professional medical advice. If you're ill, please consult a physician.