

3 – How massage lowers blood pressure

Stress-induced tensions are one of the leading causes of high blood pressure, but medicine shouldn't be considered the only form of therapy. Massage is a healthy, enjoyable way to reduce or eliminate the need for medical prescriptions. And, results from massage therapy provide you with more energy, less fatigue and a greater sense of connection with mind and body.

If you suffer from high blood pressure and are looking for holistic ways to alleviate stress, tension and high-risk circulator problems massage has prescription-free solutions that help you achieve a higher level of stress-free health.

Not many people realize that massage provides a role in training your body to relax. As you become more aware of the toll that daily stress levels have on your physical health you learn to focus your mind on relaxation and letting go of stressful thoughts that create tension in the muscles. Long-term awareness allows you to utilize the mind to reduce stress even in between your massage therapy! And everyone knows, a stress-free mind helps enhance your ability to cope with and enjoy your life!