

Certificate of a Necessary Massage

For _____ From _____

Two or more checked indicates a massage is a necessity, not just a luxury.

- I need to be less cranky & uptight
- I need to think more clearly & focused
- My muscles are tight & they hurt
- I'm active & worry about injury due to tight or over-worked muscles
- I'm stressed & I need to improve my immune system
- I have headaches due to stress & tight muscles
- I'm depressed

A FEW BENEFITS OF MASSAGE

- One study found that just ONE 45-minute massage reduces cortisol levels (the stress hormone), decreases cytokine proteins (related to inflammation and allergic reactions), and boosts white blood cells that fight infection!
- An insurance company recently took a chance by allowing massage to be a "covered benefit." The results were amazing: 25% decrease in back surgeries, 30% decrease in neck surgeries, 40% decrease in TMJ, and almost a 50% decrease in stress leave.
- Premature babies who received 15 minutes of massage, 3 times a week, gained 47% more weight, and were discharged from the hospital six days earlier.