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Massage for Pain-Free Muscles

More effective than painkillers, say goodbye to back pain naturally with massage!

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New science is showing what many already knew: medications are often

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outperformed by natural healing techniques. If you've got muscle pain and aches, you may want to stop reaching for the pill bottle and opt for a hands-on approach - try massage!

How Painkillers Inhibit, While Massage Enhance Healing



A recent study published in the Science Translational Medicine, describes how researchers approached this question. First, they compared the muscle fibers of 11 male volunteers before and after they exercised, and then before and after massage. What they found was that while exercise creates tiny muscle fiber tears that cause inflammation, massage can actually reduce pain caused by inflammation in two ways:

- During massage, your body produces cytokines which are used to suppress the pathways of inflammation.
- Massage stimulates the production of mitochondria which converts glucose to energy - a process necessary for cell function and repair.









The end result is that massage suppresses the inflammatory reaction, and helps your muscles feel less sore more quickly. By contrast, NSAIDs (non-steroidal anti-inflammatory drugs) and other anti-inflammatory drugs actually inhibit the healing response, and prolong the pain. In other words, when compared to painkillers, massage will speed and enhance the healing process and suppress the pain naturally, without pharmaceuticals.

Use Massage to Cope with the Pain of Sore Muscles



Although in general, NSAIDs are considered safe, and they're certainly more

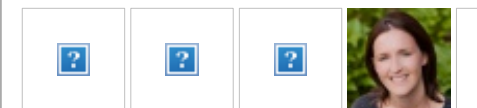
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affordable than a professional masseuse, the long-term benefits of choosing massage over medication may be enough to encourage you to switch. Consider that with medications, you must continually re-administer, and may actually prolong the need for them as a result. Massage, on the other hand, offers relief that can speed your healing, which may ultimately be more cost-effective. What kinds of muscle pain benefit from massage?

- Repetitive motion injuries
- Rotator cuff tears
- Muscle strains
- Neck injuries
- Sore muscles from exercise
- Sprains
- Foot pain
- Tension headaches
- Tendonitis

There are numerous common, often sports-related injuries that can benefit from massage over painkillers. If you don't have the budget to see a professional, consider doing some research on self-massage, or have a friend do it for you. Next time you're feeling the burn, try massage and see if you experience the healing benefits!



About the Author:

Maryruth has been seeking the keys to environmental justice – both at home and at work – for over a decade. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about

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Maryruth's work by [visiting her site](#).

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