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The following is from a study that was also published in the New York Times Science Section. During the holidays time for self to relieve stress and increase health can be especially beneficial. Remember the added benefits of specific Light Color Energies and Essential Oils to magnify the positive effects exponentially!

Benefits of Massage

This letter and the article that follows below are dedicated to a dear friend of mine and Wilbur's, Paul Zamarian, Esq. Over 30 years ago Paul was a major force in legitimizing massage and moving it from the public's prior perception of a seedy, slightly disguised form of prostitution, to its present acceptance as a healing modality. Paul's abundant skills contributed to both the creation of schools of massage and the State of California's massage license.

The beneficial health effects of massage have been known at least since the time of ancient Greece; however, this study brings massage into scientific light and paves the way for insurance companies to provide reimbursement. Thank you Paul.

Many of us have wondered if a good massage does more than just relax our muscles.

To answer this question, researchers sponsored by the National Institutes of Health recruited 53 healthy adults and randomly assigned 29 of them to a 45-minute session of deep-tissue Swedish massage and the other 24 to a session of light massage. All subjects were fitted with intravenous catheters so blood samples could be taken immediately before the massage and up to an hour afterward. The researchers found that a single session of massage caused health positive biological changes.

Volunteers who received Swedish massage experienced significant decreases in levels of the stress hormone cortisol in blood and saliva, and in arginine vasopressin, a hormone that can lead to increases in cortisol. They also had increases in the number of lymphocytes, white blood cells that are part of the immune system.

Volunteers who had the light massage experienced greater increases in oxytocin, a hormone associated with contentment, than the Swedish massage group, and bigger decreases in adrenal corticotropin hormone, which stimulates the adrenal glands to release cortisol. The study can be found online at *The Journal of Alternative and Complementary Medicine* <<http://www.liebertonline.com/doi/abs/10.1089/acm.2009.0634>

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