

## Massage Therapy for People with Cancer

Ahhhhh, Massage!

Just the sound of it is relaxing. But did you know that researchers have found that it is good for your health too? The primary benefit of massage is relaxation. Regular visits to your massage therapist can help reduce the side effects your cancer treatment may cause.

### **Massage therapy can also-**

- decrease pain by releasing your body's endorphins or the "feel good hormones"!
  - decrease fatigue
  - decrease nausea and constipation
    - promote better sleep
  - enhance joint mobility and flexibility
    - soothe painful muscles
    - decrease feelings of anxiety
  - decrease stress by decreasing your cortisol level
    - boost the immune system
- improves your overall quality of life by putting you back into control
  - promotes the Body-Mind-Spirit connection

**Mandatory Orientation Class is required for all new SDRCI clients  
before appointments can be made.**

Call 760-536-7679 today to sign up!