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REASONS TO GET A MASSAGE

1. Relieve stress
2. Boost immunity
3. Reduce anxiety
4. Manage low-back pain
5. Help fibromyalgia pain
6. Reduce muscle tension
7. Enhance exercise performance
8. Relieve tension headaches
9. Sleep better
10. Ease symptoms of depression
11. Improve cardiovascular health
12. Reduce pain of osteoarthritis
13. Decrease stress in cancer patients
14. Improve balance in older adults
15. Decrease rheumatoid arthritis pain
16. Temper effects of dementia
17. Promote relaxation
18. Lower blood pressure
19. Decrease symptoms of Carpal Tunnel Syndrome
20. Help chronic neck pain
21. Lower joint replacement pain
22. Increase range of motion
23. Decrease migraine frequency
24. Improve quality of life in hospice care
25. Reduce chemotherapy-related nausea

Massage is good medicine.
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