

MASSAGE THERAPY

There are two processes constantly going on in your body's metabolic activity. There is cell building, or *anabolism*, and cell destruction, or *catabolism*. We believe that many diseases are crises of toxemia. This means that toxic wastes have accumulated in the blood stream above the toleration point, and the crisis, or disease, is an attempted vicarious elimination of that toxic material. As the tissues produce catabolic and metabolic debris, the blood carries it to the organs of detoxification and elimination (the liver, kidneys, lungs, colon and skin). When the body's nerve energy is normal, the toxic wastes are eliminated from the blood as fast they enter it. If, however, our reserve energy is low because of dissipation from a physical, mental, emotional or spiritual draining, then our exhaust system is enervated and toxicity is allowed to build up unexpelled. If the blood carries poisonous wastes to the organs of elimination and they are already working at capacity, they of course, cannot accept more. Your system becomes like a city without garbage collection - at first it is a minor problem and inconvenience, and eventually it becomes a major crisis of internal pollution. Diseases are the body's innate efforts to purge this toxic matter, and whatever we do to obstruct this attempted elimination will simply increase the problem. (Drugs do not make you well; they simply chemically suppress the symptoms so you are no longer aware that you are sick.)

A vital factor in this healing process is the speed at which blood is circulated through the body.

If it is sluggish and toxic, tissues will suffer both from not being properly supplied with nutrient material and from not having their waste products removed. Good circulation is imperative to digestion, heat circulation, and removal of toxins. If you have a problem with your kidneys, colon or circulation, and this problem is inhibiting your body's ability to cleanse itself of its accumulated toxicity, you might consider having a massage treatment (and/or colonic therapy) by a qualified professional in that field. Massage helps break down fixations and hardened toxic settlements which interfere with proper circulation.

Massage stimulates the circulatory system and nourishes the nerve centers and muscles. It also increases lymph flow, which is most important in filtering the blood and helps build immunity to disease. Massage can function as a preventive measure or as part of a therapeutic program to restore proper function to weakened body organs.

You make your own disease and you make your health. Doctors can guide you, but they cannot "cure" you. Place the responsibility for you regaining and maintaining your health squarely where it belongs; on *your* shoulders.

Your body carries on its functions well or badly according to the energy supply it has; it is strong or weak depending on the energy you have in reserve which has not been squandered through destructive foods, habits, or attitudes. If, however, you seek health, and make the decision to do so wholeheartedly, your reward will be worth the price you pay.