

# MASSAGE THERAPY

## An Asset to Healing with Innate Chiropractic

Most of us set aside our health and wellbeing in order to take care of those things that we consider to be our “priorities.” We let our jobs, families and other obligations take precedence over things such as massage and chiropractic care. After all, our health can wait.... The carpool cannot. We think of massage as a luxury, one that we seldom invest the time and resources to enjoy. What we often forget, though, is that we handle the stresses of daily life best when we are physically and mentally fit. Proper diet, exercise, rest and attitude all help and so does regular massage therapy.

Anyone living in today’s hectic world can benefit from massage. Those who are particularly good candidates are athletes (both weekend and competitive), office workers who spend many hours at a desk or computer, people who stand all day (waiters, for example) as well as those who do a lot of lifting and anyone in highly stressful situations. Muscle pain and nervous tension are two manifestations of everyday stress and strain that most of us experience. Massage helps to alleviate symptoms and restore balance to frenzied lives.

Massage assists our healing in many ways. It melts away tension, relieving pain and discomfort, and this helps us relax physically, mentally and emotionally. Massage improves circulation and lymphatic drainage, thus improving the flow of nutrients to the tissues and the removal of toxins from the body. It improves flexibility and joint range of motion, reduces inflammation, and improves muscle tone. It has a positive effect on the immune system. Massage can help restore emotional balance by releasing the accumulated tension caused by repressed feelings. Regular massage helps us cope with life’s challenges better because we feel both mentally and physically fit.

At Innate Chiropractic Healing Arts Center, we recommend Massage Therapy not only for pain relief but as a powerful adjunct to healing with Network Spinal Care. With this in mind, massage becomes a way to honor your body as you move through your healing process, not just a way to "fix" symptoms. Make massage an integral component of your total mental and physical fitness program. It’s time to think of you as number one.

### *Relax and Enjoy a Professional Spinal or Full Body Massage!*

To discover more information on current health trends, alternative health approaches, and/or information about how massage and chiropractic can help your family, visit Dr. Jackie St.Cyr at the Innate Chiropractic Healing Arts Center, 230 Westcott St, Suite 220, Houston, TX 77007.

**To schedule a [complimentary consultation](#) with Dr. St.Cyr, a chiropractic doctor who can address any questions or concerns you might have, call 713-521-2104 or visit [www.n8chiro.com](http://www.n8chiro.com)**

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*Dr. Jackie St.Cyr graduated from the Parker College of Chiropractic / Parker University in 1995 and holds a Doctor of Chiropractic degree and a Bachelor of Science in Anatomy. With postgraduate education and advanced certification in Network Chiropractic / Network Spinal Analysis, she continues to study Network Spinal Care at the Mastery Level.*  
*([full bio here](#))*

*The Innate Chiropractic Healing Arts Center is located at 230 Westcott St., Suite 220 in Central Houston. For more information please call 713-521-2104 or visit the center online at [www.n8chiro.com](http://www.n8chiro.com)*

