



## "Avoiding the Dreaded 'Massage Hangover'"

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Q: "Sometimes, after a really deep massage, I may feel a little "under the weather" for the rest of the day. Why do I sometimes feel this way? And is there anything I can do to avoid it?"

A: After you have a very deep massage, it is important to take it easy.

As we discussed in the last two installments of "'Knead' Some Answers?," dissolving trigger points in muscles results in the release of metabolic wastes. Having that metabolic waste circulating its way through your bloodstream can make you feel dizzy, nauseous, "loopy," and generally "yucky." This phenomenon is what many refer to as a "massage hangover."

Drinking plenty of water is one of the best ways to avoid - or relieve - this feeling (the sooner the metabolic waste is flushed out, the sooner this feeling should subside).

But it's also important for you to avoid pushing yourself after a very deep massage. Slow down. Relax. Just be. Allow yourself this opportunity to remember that you're a human "being." Not a human "doing."

While this "massage hangover" phenomenon may trouble you for a few hours after a very deep massage, we believe the longer-term benefits of Trigger Point Therapy to be well worth it.

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