



Tiger Lily Studios

Original Article
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["Researchers At Cedars-Sinai Show That Massage Can Keep You 'In The Pink'"](#)

Ahhh, massage. We all know that it works out the kinks, kicks stress to the curb, and feels good. But now comes word that it could help you avoid colds & flus as well!

Researchers at Cedars-Sinai Medical Center in Los Angeles conducted a study wherein 29 volunteers underwent a 45-minute deep tissue Swedish massage, while a control group received just light stroking on their backs.

The participants who received the firmer-pressure massage sessions enjoyed significantly increased blood levels of NK cells and T lymphocytes, which are two types of antiviral defenders.

"This could suggest that immediately after a massage, you might be less likely to catch a cold," says study author Mark Rapaport, M.D.

The researchers have announced that further studies will investigate the reasons for this occurrence and evaluate how long such effects of a massage last.

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