



# Tiger Lily Studios

Original Article  
by Susan Epperly

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Researchers at Loma Linda Give Us One More Reason to Schedule a Massage...

By Susan Epperly, B.A., L.M.T.I., C.M.T.

In 2008, researchers at Loma Linda University in California discovered that looking forward to an event boosts immunity.

They compared the stress levels of two sets of students - one group was anticipating a positive experience; the other group was feeling neutral. Those in the first group had lower levels of stress hormones, including cortisol and epinephrine (adrenaline), which are known to weaken the immune system over time.

"Our studies show that biological changes take place before and in anticipation of an event. Specifically, detrimental stress hormones decrease when you look forward to something you enjoy," says Lee Berk, the study's lead author.

SO, not only does massage itself boost immunity, but just the act of anticipating your appointment does too!

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