



"Why is it so Important to Drink Water After a Massage?"

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

Q:

"Why is it so important to drink water after a massage?"

A:

While drinking enough water is always an important part of maintaining good health, maintaining proper hydration after a massage is particularly important. Drinking ample amounts of water will assist your body in eliminating the metabolic wastes that have been released during your session.

A trigger point (a.k.a. a knot) is a site of high metabolic activity, but low circulation. This means that the metabolic waste that is being produced at the site is not being flushed out of the area, and is creating stagnation. (Think what would happen if you had a big party at your house every night for a week, and no one ever bothered to take out the trash! - Ewww!) When the trigger points are "dissolved," and circulation is improved by massage, those metabolic wastes are released into the bloodstream (the "trash" has finally been taken out to the curb). At this point (post-massage), it is important to flush those metabolic wastes out of your body by drinking water and, of course, urinating (this process makes sure that the "trash" collector comes and takes the trash away).

Proper hydration is particularly important when our DMS (Deep Muscle Stimulator) unit is incorporated into your massage session. Using the DMS unit enables us to release even more trigger points than using our hands alone, which means that even more metabolic waste will be released into your bloodstream. So, "Drink Up!"

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