

# The Healthy Affects of Touch

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I love a good hug. Not only does it feel good, it's good for me. Medical research has shown that touching has great health benefits to people who hug, shake hands, snuggle, cuddle and get massages. When we pet or scratch our animals our blood pressure goes down, we feel more there is support to the notion that

When we have human contact in benefits are much greater. For bodies produce an increase in hormone". This feel-good together, helps relax our mood, happiness. In women oxytocin is breast feeding which increases the baby. We know that hugging and cuddling of new parents helps decrease post partum blues.



at ease with ourselves, and it improves immune function.

the form of touching the example, when we hug our oxytocin, the "bonding hormone brings us closer and increases our overall increased during childbirth and bond between mother and

Hugging has been shown to reduce stress and anxiety, lower blood pressure and heart rate, and can even improve your memory. Hugging increases the bond between people. It is shows that we care, acknowledges expectance, is a form of saying thank you and reaffirms commitment.

The hand shake has been used as a greeting, to seal a deal, and much more. The style of the hand shake is very important. A strong hearty hand shake gives the feeling of acceptance, truth and sincerity.



Snuggling and cuddling give us a stronger bond of attachment and affection which in turn is a healthy boost for the couple's wellbeing. It strengthens their bond and increases their odds of staying together. It also has all of the other health benefits previously mentioned. When you are happy in a relationship holding hands reduces the stress related activity of the brain. This actually helps reduce the feeling of pain. Cuddling can also release endorphins, which are the same chemicals released after eating chocolate or after a good workout. This contributes to feeling great.

Massage has been around for centuries. Even in the 1800's massage was considered a form of medical therapy. Before getting a massage ask yourself what kind of massage do you want or need. Is it simply for relaxation and stress control or do you need symptom relief for a certain health condition. There are many types of massage, but medical or therapeutic massage has come into its own over the past decade or so. Medical massage has come into the main stay of treatment options for a variety of injuries and chronic pain. It is very helpful when done by highly skilled and trained therapists. Medical massage has grown in popularity over the past few years because of the positive effects on conditions such as: carpal tunnel syndrome, sciatica, rotator cuff injuries, migraines/headaches, pain associated with pregnancy, range of motion issues, fibromyalgia, back and neck pain, work injuries and so many other conditions that the list is too long to list for this article. With a doctor's prescription medical massage might be covered by your insurance.



Virginia Satir, a psychotherapist states, "We need four hugs a day for survival. We need eight hugs a day for maintenance. And we need twelve hugs a day for growth". Did you get your quota of hugs today?