

Banish Stress During Stress Awareness Month

Posted on [April 15, 2013](#) by [Janet Muniz](#)

Today may be Tax Day, but what better day is there to banish stress?



Modern Epidemic. April is [National Stress Awareness Month](#) and for the last 21 years, America's health care professionals make a special effort this month to educate the public about the nature of stress and ways to cope with its harmful effects on body, mind and spirit. Even though stress-induced disease has become somewhat of an epidemic in today's world, we're getting really savvy about effective remedies.

"Even though we've learned a lot about stress in the past twenty years," says **Dr. Morton C. Orman, M.D.**, founder and director of [Health Resource Network](#), the non-profit that sponsors the event, "we've got a long way to go. New information is now available that could help millions of Americans eliminate their suffering."

Proven Stress Reliever. "Listening to your body is important," says Maya massage practitioner **Kari Hanson**. "It will tell you when you need to rest, when you need to stretch, when you need to exercise, and when you need nourishment. My body definitely lets me know when I need a massage!"

The benefits of massage for stress relief are well-known. Just a few years ago, the American Massage Therapy Association (AMTA) reported that one in six adults had at least one massage, and this number is growing. From chronic pain and headaches to injury recovery and weight loss (yes, weight loss), massage has joined the ranks of mainstream treatment options that really work on alleviating today's brand of stress.

"Are the gray skies and raindrops of April in the Northwest making you feel gloomy?" Kari asks. "See me for a massage to boost those feel-good endorphins in your body, lifting your mood."

So ... how does a massage help with weight loss, you wonder?

Nutritionist and wellness consultant **Haylie Pomroy** -Dr. Oz calls her "the metabolism whisperer"- recommends massage during Phase 3 of her breakthrough research, [The Fast Metabolism Diet](#). "Do at least one day of stress-reducing activity like yoga or deep breathing, or enjoy a massage," she says. "Yes, massage counts! It increases blood flow to the fatty areas of your body, reduces cortisol and does the work we want for you during this phase."

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