



Massage Therapy

Boost immune system, alleviate stress, ease side effects of cancer and more.

February 10, 2025 By Craig Ramsay

The potential benefits of a back rub include:

1. Boosting immunity by increasing white blood cells;
2. Reducing bloating and mood swings;
3. Raising alertness and improving circulation and energy;
4. Curbing headaches and reducing migraines;
5. Increasing blood flow to encourage lymphatic drainage, which adds vitality to a dull complexion and lackluster hair;
6. Easing side effects of cancer treatment, such as fatigue, pain, anxiety, depression and nausea;
7. Reducing anxiety and depression by lowering levels of the stress hormone cortisol;
8. Relieving pain and decreasing stiffness;
9. Improving sleep and alleviating stress.

Craig Ramsay is a fitness expert, an author and a winner of season 8 of The Amazing Race Canada. Follow him on Instagram at [@craigramsayfit](#).

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