



YEAR ROUND BEACH THERAPY

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THE WARM PLUNGE.

The warmer gulf waters of the summer season increase blood vessel dilation, circulation, and white blood cell production for the cleansing and removal of acidic irritation around fatigued and injured muscles. Osteoarthritis often prefer the soothing effects of the warm water. The heat stimulates metabolic repair activity and the delivery of nutrients to muscle and joint tissues. Collagen tissue as well as joint capsules, scar tissue and tendons can be extended when heated. Warmer waters are good to counter the stress and strain of overwork and to prepare for the challenges of each day.

THE COLD PLUNGE.

In the winter season, the water temperature can be very challenging. The gulf temperature gradually cools and swimming regularly during the transition offers an opportunity for the conditioning of the body's cardiovascular system. The winter swimmer can best prepare for this process by being cleared for readiness by a physician. The cold water stimulates blood vessel constriction and tonification. It rapidly relieves tissue inflammation and facilitates deep vascular flow to muscles, joints and organs. Red and white blood cell production is increased by cold water stimulation, which is good for the immune system and blood oxygen delivery to the whole body. After proper conditioning, people with rheumatoid arthritis may learn to appreciate the benefits of cold. Begin by walking daily in the water up to the ankles, and proceed little by little until over a period of time, you can handle full immersions. Cold water effects are refreshing, pain relieving and sedating all at the same time!

OTHER HEALTH FACTORS OF THE BEACH

The coastal air: Negative ions and ozone create feelings of well being, clear bacteria and freshen the air. Lungs and body are refreshed from breathing it.

The sun: Sun exposure for short periods of time is healthy for most people. It helps calcium absorption for the bones and assists the endocrine system.

The sand: Being packed in sand radiated by the sun seems to help with arthritic pain, stress and is enjoyed by fun seekers.

The hydrostatic pressure: The weight of the water pressure against the body assists in the return of blood back to the heart and the flow of nutrient rich lymph fluid through the muscles.

The waves: Great massage for easing neuromuscular tension and increasing the circulatory benefits of the water pressure.

The salt water: This provides buoyancy which creates easy movement and exercise with less strain. People are much "lighter" in salt water.

The water's minerals: Megaminerals, trace elements and peroxides are absorbed into the body, helping balance PH and relieving tissue acidity from fatigue, arthritis and the physical by-products of stress, strain and injury.

After twenty five years of pioneering Neuromuscular Therapy in Atlanta, Jim Gabriel and his wife, Becky happily returned to Sarasota to open the Gabriel Center for Massage Therapy. As an accomplished public speaker, he loves to share his experience and perspective on holistic pain management.