Massage and Toxins Key Facts

Summarizes what the article says about so-called toxins released after massage.

1. The article says the substances are better described as metabolic wastes than as stored chemicals.
2. Lactic acid is produced by muscles during exercise, and massage improves blood flow to help reduce soreness and fatigue.
3. Uric acid is a waste product from breaking down purines, normally removed by the kidneys.
4. Carbon dioxide is removed when you breathe out, and better blood flow after massage supports its clearance.
5. Cortisol is a stress hormone, and the article says massage lowers cortisol levels.
6. Inflammatory cytokines are signaling molecules that may decrease after massage.
7. Massage stimulates the lymphatic system, which helps remove waste and excess fluids.
8. Mild fatigue, mild headaches and increased thirst may follow a massage, according to the article.
9. The article suggests water, fresh foods, a short nap and a warm bath after massage.

Notes

For general education only. Not a substitute for professional medical advice.