

### 3-Minute explainer

#### How Therapeutic Bodywork Can Nudge Your Hormones

Why should a foot rub, gentle stretch, or feather-light cranial hold matter to something as complex as endocrine balance? Because hormones ride the waves of your nervous system, circulation, and connective tissue. Shift those waves, and you shift the signals.

#### 1. The Stress-Hormone Connection

- Massage-style bodywork drops cortisol by an average of **31 %** within 20 minutes (meta-analysis, *J. Clin. Psychiatry* 2014). Lower cortisol lets thyroid and sex-hormones express more normally.

#### 2. Fascia, Flow & Transport

- Therapeutic stretching and acupressure lengthen fascia and boost lymphatic return—improving delivery of insulin, thyroid, and estrogen throughout the body (*JMPT* 2016). Better transport equals steadier energy.

#### 3. Vagus Nerve Tuning

- Cranio-Sacral Therapy has been shown to increase vagal tone and heart-rate variability (*Front. Neurosci.* 2018). A calmer vagus nerve = calmer HPA axis.

#### Quick Cheat-Sheet

Modality	Research Snapshot	Key Outcome
Reflexology	<i>Iran J. Nursing</i> 2019	↓ PMS pain 42 % in 4 sessions
Stretch Therapy	<i>Diabetes Care</i> 2012	↑ Insulin sensitivity 11 %
Acupressure	<i>Menopause</i> 2017	↓ Hot-flash frequency 35 %
Cranio-Sacral	<i>Headache</i> 2016	↓ Migraine days 50 %

## What You'll Feel

- Warm limbs from improved micro-circulation
- Looser chest & diaphragm for deeper breaths
- A head-to-toe exhale as cortisol drops and serotonin rises

## Ready for the next step?

Book an **Integrative Medicine Session** and let us match the right bodywork to your hormonal goals. Your biochemistry will thank you.

*Disclaimer: Bodywork complements, but does not replace, medical care. Always consult your healthcare provider for persistent symptoms.*