

Stress

Stress is not necessarily good or bad. Some amount of stress is a natural part of life and our bodies are equipped to deal with it. When a situation we perceive as stressful arises, our bodies release hormones such as adrenaline, that increase our heart rate and metabolism, raise blood sugar levels, and tense our muscles.



Stress becomes a problem when these "situations" occur frequently or over an extended period of time. A build up of stress-produced hormones in the body can cause lack of concentration, irritability and disrupted sleep. These

symptoms then cause more stress that can lead to frequent headaches, ulcers, high blood pressure, insomnia and reduced immunities.

Stress can come from anywhere; our jobs, society, even our family. Stress isn't always the result of negative situations. Busy life styles, prosperity and positive changes can add to our stress levels. While we cannot avoid stress, we can manage stress and protect our health. The hydrotherapy provided by a Softub spa offers the perfect combination of elements for healing the mental and physical effects of stress.

Taking time for yourself

Taking time to relax and let our bodies recover from the efforts of the day is essential to relieving stress and truly enjoying life. In the warmth of a Softub spa, your blood vessels open up. The blood absorbs the warmth of the water and circulates the heat throughout your body.



As the warmed blood circulates, it travels deep into muscles, easing the tension. At the same time it carries nutrients to mus-

cles and washes toxins out of the system. The adjustable jets in a Softub, provide directed, gentle massage to muscles, adding to your relaxation. To better prepare your body for sleep, medical experts advise a warm soak 2 hours before bed. A warm dip in a Softub spa can be a healthful, long-term alternative to medication for improving your sleep patterns.

Before and after Exercise

A regular exercise regimen is also a highly recommended and effective way to manage stress. Proper warm-up in a Softub spa can help prevent injury during exercise by loosening and stretching your muscles in preparation for a good workout. During exercise, muscles release lactic acid as an energy source. Build up of lactic acid during exercise contributes to soreness and fatigue.



A 15-minute hydromassage in a Softub spa after exercising is an effective way to help prevent muscle stiffness. The massaging effect and improved blood flow facilitate the removal of the lactic acid from your system.

As most professional athletes know, relieving the "pain" and improving the "gain" of exercise can help you to keep a regular exercise routine.



Hydrotherapy & Your Health

Please consult your physician for proper treatment of your specific health issues. If you and your doctor agree upon utilizing the benefits of hydrotherapy, some or all of the costs of a Softub spa may qualify as a deductible medical expense.

For more information about Softub spas,
visit us at

www.softub.com

The Softub logo features the word "Softub" in a large, bold, black font with a registered trademark symbol. The letters are set against a background of blue water splashes and bubbles.

Arthritis
Diabetes
Fibromyalgia
Stress

Arthritis

Arthritis affects over 40 million people and causes pain, general stiffness, and for some, swelling and inflammation of the joints. Treatment by a physician may focus on controlling pain, minimizing degeneration or optimising a treatment plan for maximum benefits. Effective treatment often combines medicine with exercise and relaxation techniques.

Controlling Pain

Arthritis sufferers experience pain from sore and stiff joints. Worry, anxiety and the stress of chronic soreness can magnify the pain. A warm soak in a Softub spa relieves the pain of muscle and joint stiffness in four ways.

First, the buoyancy of the water reduces 90% of the body weight. The strain on muscles and joints is relieved as soon as you are immersed. Second, the warm water improves your blood circulation. As the blood flows through your body, the warmth relaxes muscles that have become stiff from protecting sore joints. Third, as you relax, your brain releases endorphins into the blood stream. Endorphins are the body's natural relaxant and pain reliever. Fourth, the gentle massage created by the Softub spa jets loosens knots of tension and enhances the muscle's range of motion.



Excercise

The Arthritis Foundation recommends exercise in warm water as being especially effective for treating stiff, sore joints because water helps support the body so there is less stress on your hips, knees, feet, and spine. There are several types of water exercise that are frequently recommended for the person with arthritis.

Range of Motion Exercise

Range of Motion exercise is a way to maintain and improve flexibility. Performing these exercises in a Softub spa can increase their effectiveness. The warm

water relaxes the muscles, aiding freedom of motion, while the buoyancy of the water relieves stress on the joints. The jets massage stiff muscles allowing you to extend them in fuller range.

Strength Exercise

Strength Exercise is often recommended because strong muscles help support your joints. A 15 minute warm-up in a Softub spa prior to exercising is an effective way to loosen up stiff muscles and reduce the risk of injuries. While exercising, lactic acid builds up in the muscles. This build up causes that sore and tired feeling after exercising. Using a Softub spa after you exercise increases blood flow to your muscles, replenishing nutrients and removing lactic acid much faster.

Improved Sleep

A good night's sleep is often difficult for arthritis sufferers. Chronic pain can deprive a person of truly restful sleep. Many therapists recommend a warm soak before bed as an excellent aid to a good night's sleep.

Diabetes

Many people develop Type 2 diabetes, also referred to as "Adult Onset Diabetes." Watching our weight and moderate exercise is an essential part of managing Type 2 diabetes. There are many ways that managing diabetes can be improved through hydrotherapy in a Softub spa.

Exercise

Exercise is an essential part of any treatment plan. Hydrotherapy in a Softub spa increases blood circulation, delivering nutrients to muscle cells and carrying away lactic acids. The Softub spa's adjustable jets gently massage your muscles delivering warmth deeper into your tissue and providing greater relaxation and relief of soreness.



Stress Management

Diabetics are particularly susceptible to stress which can aggravate

complications associated with the disease. When stressed, the body releases hormones that cause elevated blood pressure, and increased metabolism. For the diabetic, this surge can release stored glucose from the liver and muscles, causing a rapid rise in blood sugar. A warm soak in a Softub spa with the gentle massage of the jets has been shown to reduce the effects of stress in many ways. As the body relaxes and the blood is warmed it flows more easily, reducing blood pressure. As circulation increases, more nutrients are delivered to muscles, replenishing tissue. At the same time, toxins that have built up in the muscle tissue is flushed away.



Limited Joint Mobility

People with Diabetes may develop joint stiffness and limited mobility. Hydrotherapeutic massage in a Softub spa is an excellent method for relieving both the pain and stiffness of sore joints. The gentle massage of the jets brings the warmth of the water deep into muscle tissue, relaxing muscles that have stiffened to protect inflamed joints. The buoyancy of the water eases the pressure on nerves and joints.

Improved Blood Flow

Diabetes is a major risk factor related to cardiovascular diseases. A recent British study demonstrated that lowering blood pressure can significantly reduce the diabetic's risks of cardiovascular diseases. Soaking in the warmth of a Softub spa dilates blood vessels and drops the blood pressure. The improved blood flow carries increased levels of antibodies and white blood cells to affected areas, stimulating the formation of new tissue. Hydrotherapy's positive effect on blood circulation can be especially helpful for diabetics who are unable to exercise.

Fibromyalgia

FMS (fibromyalgia syndrome) is a widespread musculoskeletal pain and fatigue disorder for which the cause is still unknown. Fibromyalgia means pain in the muscles, ligaments, and tendons - the soft fibrous tis-

ues in the body. Hydrotherapy appears to be particularly effective for those suffering from fibromyalgia. In particular, hydrotherapy techniques have been beneficial in helping to reduce muscle pain, improve sleep disorders, increase mobility and reduce stiffness.

A variety of studies involving fibromyalgia patients and hydrotherapy have been performed. In one study, fibromyalgia patients were given therapeutic whirlpool baths twice a week for six weeks. Upon conclusion of the study, the patients involved had better muscle and joint function, reduced pain symptoms and improved sleep quality.

Hydrotherapy

Hydrotherapy is one of the oldest types of health treatments in existence today. Hydrotherapy works because of two properties inherent in water: temperature and buoyancy.

Water is an excellent substance with which to carry temperature. It can retain heat in a form that can easily be applied to the body. These temperatures then affect the ways in which the body works. In particular, temperature helps to aid in the dilatation and constriction of blood vessels. This change in the blood vessels allows for improved circulation, better waste removal, and faster healing.

Water also appears to be an effective pain reliever



because of the buoyancy it offers. Water helps to support all areas of the body, contributing to reduce muscle and joint strain while invigorating muscles. The natural movement of water also helps to stimulate touch receptors in your skin.

This causes your body to produce electronic impulses, which trigger the release of various chemicals and hormones. These hormones help your body to heal and feel soothed.