

## Massage Therapy Provides Drug Free Alternative To Pain Management

*Affordable and dedicated Massage Clinic in Flushing Main St where customers can go for stress reduction, neck, shoulder or back pain relief without drugs and surgery.*

Flushing, NY ([BizHWY](http://www.bizhwy.com)) September 24, 2012 - Flushing, New York, August 22, 2012--Flushing business owner and licensed massage therapist, Cameron B. Richards, and his staff, at Medical Massage Clinic and Holistic Center, have set out to change the way people think about pain management.

"We want people to know there is an alternative approach to dealing with their pain, their discomfort, and their stress, " says Richards. "They don't have to turn to drugs to manage their pain."

Richards knows firsthand how beneficial a good massage can be for the body, the mind, and the soul. After a car accident left him in excruciating pain, he turned to holistic medicine for treatment.

"After my car accident, I discovered massage therapy and chiropractic care and it made a huge difference in my life," Richards continues. "That's when I knew I had found my calling. I wanted others to know that they had a choice when it came to their health and well-being. So I attended two years of massage school, then went on to pass the New York State boards."

Today, Richards and his staff (all of whom are licensed and insured) make it a point to get to know their clients by having each client fill out a comprehensive questionnaire; a questionnaire designed to help the staff find the source (or the root) of their client's discomfort. Once the staff has a better understanding of what's causing the pain, and where it's centralized, a customized treatment plan is designed to help alleviate that pain.

"We don't diagnose medical conditions or advocate going off medication prescribed by a licensed physician," says Richards. "But we do try to understand the whole picture so that we can help alleviate as much pain as possible, naturally."

"We're the only massage therapy clinic in the area that offers personalized service without the high price of a spa," Richards continues. "We're also the only clinic in the area to accept Workman's compensation and no-fault insurance. We don't believe good treatment has to be expensive, but we do believe that massage therapy is a necessity in today's world."

"Massage therapy helps with general relaxation. It relieves sore and tight muscles. It helps eliminate tension headaches. It improves poor circulation. It allows sports injuries to recover faster. And it helps people in pain return to an active lifestyle."

When a client walks into the Medical Massage Clinic and Holistic Center facility, they immediately greeted with a warm welcome and a cup of herbal tea. Once in the massage room, soft music is played, and the lights are dimmed, to help the client to relax.

Once in the room, the client is asked to lie down on a heated table. The infra-red pad, on the table, deeply relaxes the body within just minutes, allowing the client to immediately release any built-up tension. Then the massage therapist gets to work.

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"I have a fractured coccyx and the massage I received from Dihaan was unbelievable," says Christine Pane of White Stone, New York. "She really knew how to work with my body, and customize my massage. It was the best massage I have ever received, and I have been back three times, and will continue to go every three weeks."

At one time, massage therapy was an after-thought; a luxury most Americans treated themselves to once every few months. Today, massage therapy is becoming a necessary way of life; a drug-free alternative to dealing with neck, shoulder, or back pain brought on by our demanding lifestyles.

To learn more about how massage therapy can alleviate your pain and get you feeling like your old self again, visit: <http://www.medmassageclinic.net>

\* See [citygrid.com](http://citygrid.com) for Christine Pane's full testimony

\*\* The massage therapists (both male and female) are licensed and insured by the state.

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**Web Site:** <http://www.medmassageclinic.net>

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