

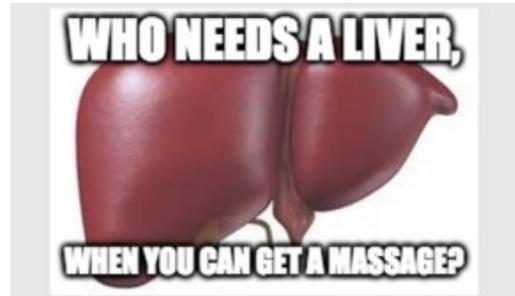
The Fantasyland of Healthcare Miracles

10/4/2016

Who needs a liver, when you can get a massage?

Sounds ridiculous, right? That's because it is.

I created this meme as a joke after having read a post from, unfortunately, a colleague about a downright false massage claim (aka miracle) on a social media site. The habit of re-posting these fluffy facts about massage, fitness and diet has hit epidemic proportions. The problem is that it is not just the general public posting them, its chiropractors, personal trainers, massage therapists, nutritionists. There needs to be some recognition that as a healthcare professional, you need to be more responsible than just hitting "share" every time you see some interesting picture with a quote you think will increase your business. It has to be TRUE.



As a healthcare professional, I feel that it's my responsibility to make sure that the information I provide is valuable, accurate and within my scope of practice. And guess what? Some of that has changed over my career. You know why? Because the evidence changes, research is done and a new "accurate" is established. And THAT'S OKAY. I used to tell every one and his brother to apply ice to an acute injury, but emerging research has changed my perspective on how to treat some of these types of injuries. So, I CHANGED MY MIND. And guess what? None of my clients thought I was an idiot, a bad therapist or untrustworthy. Guess what they thought? They thought I was well informed, stayed up-to-date with current research and was genuinely concerned about their recovery.

My fellow colleagues, STOP SPREADING GARBAGE. You are in a position to educate and empower people. Do it. If it seems unreasonable, or too good to be true? Then do some digging and find out if it is. If it's not, then post it. If it is, post it and tell people why it's not true or just ditch it and move on.

THINK BEFORE YOU POST.

Here are a couple of my fave miracles/"facts". If you have posted these, not to worry, just realize the error of your ways and next time think before you post. :)

“A 60 minute massage is about the same as 7-8 hours of sleep to your body”

Don't bother sleeping. Get a massage instead and then you can just work 23 hours a day, make more money and get more done. Sleep is for the weak people who don't get massages.

insert facepalm here

“Dihydrogen Monoxide is deliberately sprayed on organic crops”

(with scary pic of crops being dowsed by a big machine)

Eeeeeek. Noooooooooo. I think I saw dihydrogen monoxide as an ingredient in my kombucha. Is nothing sacred? Everyone must know about this travesty. Spread the word. Tell everyone.

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FYI: Dihydrogen monoxide is WATER