

Too much massage? Now I have shingles
Posted by ontheedgeman - 04 Oct 2011 20:22

Chevra, you are not going to believe this.

Okay so as most of you know, I have a certain addiction to massage places. Well, thanks to the programme, I stopped going to ones that offered inappropriate endings, but I figured I could still go to ones that did not offer the extras. That is, the regular, regulated massages, including RMT and other holistic massages. I wasn't sure, in my heart of hearts, whether my intentions were pure - I do have significant muscular pain from strains etc - and whether I secretly hoped that they offer something at the end. They never would, of course.

Well I was thinking that even this habit should stop. But I wasn't sure. Lo and behold, I broke out into a rash around my belly. I thought I got bitten by something. I went to the doctor and she told me that I have herpes! I'm like, what? I've only slept with one woman all my life, and she is clean! The doc said, no, herpes zoster, aka shingles. 10-20% of adults get it if they've had chicken pox. It's not an STD. But it's in the same family as herpes simplex.

How and what triggers herpes zoster aka shingles is still unclear. Age, immune issues, and stress are the main culprits. In the meantime, I am on anti-virals that are given to people with genital herpes.

Whether I got shingles from massage parlours is highly unlikely - no evidence suggesting this is possible. But H" works in amazing ways. Shingles and herpes are the same family.

Going to a massage parlour, even though I wasn't getting the happy ending, is in the "same family" as acting out, and so, I now have a disease that's in the same family.

I also wonder whether the Prozac contributed to this. I read of someone else online who thinks he got shingles after taking Prozac.

Anyhow, all this to say, there is a great irony - one of the effects of shingles is extreme pain at the slightest touch. So now, when I used to seek "touching" to relieve my stress/pain, now the

slightest touch is far from pleasurable!!

What a lesson.

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Re: Too much massage? Now I have shingles
Posted by gibbor120 - 04 Oct 2011 20:26

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Re: Too much massage? Now I have shingles
Posted by alexeliezer - 05 Oct 2011 15:21

It's great that you can see the message so clearly. This is a sign of great progress. Hashem sees that you are now close enough to him to properly interpret such a nisayon. He is also letting you know that he now expects more from you.

Nice going!

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WOW, what a *message* from a *massage*

Re: Too much massage? Now I have shingles
Posted by JackAbbey - 05 Oct 2011 15:49

i wish you a refoueh shleimeh

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Re: Too much massage? Now I have shingles
Posted by obormottel - 05 Oct 2011 16:39

Refuah shleimo ukroivo lovoy! Great learning curve!

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Re: Too much massage? Now I have shingles
Posted by Kedusha - 05 Oct 2011 21:27

Refuah Sheleimah. For the record, there's nothing wrong with a therapeutic massage from a male massage therapist (not that I've ever had one).

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Re: Too much massage? Now I have shingles
Posted by ontheedgeman - 06 Oct 2011 02:20

lol Kedusha. Yes, of course you never had one... Okay maybe really you didn't.

Hey you know what I wonder. How come we all don't wish each other refuah shelelmas when we hear about how sick we all are? Why is it only sickness of the body that we say "Refua Shelema", but when someone relates their sick mental story of acting out etc, we don't just say, hey, ya know, refuah sheleima.

Between pain in the body that will get better in 2-5 weeks (BH), and a pain in the head that can last years, I'd take the 2-5 week shingles any day!!

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Re: Too much massage? Now I have shingles
Posted by Back on Track - 06 Oct 2011 05:23

4 sure... But my friend o think kdsha has a good point. Why can't you get a massage from a male practitioner. Or go to a chiropractor.

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Re: Too much massage? Now I have shingles
Posted by Kedusha - 06 Oct 2011 13:47

[ontheedgeman wrote on 06 Oct 2011 02:20:](#)

lol Kedusha. Yes, of course you never had one... Okay maybe really you didn't.

In fact, I never did. But, again, there's nothing wrong with a heterosexual male receiving a therapeutic massage from a male massage therapist.

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Re: Too much massage? Now I have shingles
Posted by ontheedgeman - 06 Oct 2011 17:42

Fair enough... I can start going to male practitioners. Truth be told, I rationalized that because I was going for "medically necessary" reasons (I have a prescription), I relied on (invented) leniencies that one can be seen by "female" doctors. The reality of course is that one would have to be in a very serious condition to require female massages therapists.

As to why I didn't go to male practitioners, well, I think the answer is obvious (or maybe not). They don't have the same quality, and it's harder for the mind to wander from the male touch - at least for me (I am heterosexual).

Although it's a sheilah- are gay frummies required to go to female massage therapists??

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Re: Too much massage? Now I have shingles
Posted by 1daat - 07 Oct 2011 01:20

OTEM, that you can make a funny about this makes it easier I think to listen to what Hashem teaches us. It was a good funny. thanks

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Re: Too much massage? Now I have shingles
Posted by ontheedgeman - 09 Oct 2011 19:00

oh by the way, proof that not even herpes zoster can fix me... my mind is now starting to think maybe once the shingles goes away, I can return to my hold habits. I'm just trying to find comfort that maybe I don't have to say goodbye to this bad habit just yet. anyhow wow, just goes to show what Dov always says...

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Re: Too much massage? Now I have shingles
Posted by JackAbbey - 24 Oct 2011 15:54

when kayin brought a korben of flax hashem told him "if you improve i will accept you" but he didnt do tshuveh then, only later after he killed havvel, only then after reaching bottom, only then he did tshuveh, so why wait for that, messages from hashem WONT do the job, you have to say "enough is enough"

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