ABSTRACT
The massage or touch is to give well-being through touch, body. A well-being not only physical, but also neural, social, rewriting neuronal circuits and improving synaptic plasticity. With this image I want to highlight the art of massage, manual techniques, rehabilitation and also movement and psychology. In a moment of uncertainty I want to give certainties; what we will return to instill well-being again. This is the topic of our research. We scientifically demonstrate how both the massage and the large method are fundamental for a better cognitive development, so please send me the material in private. If you want you can; you are a thinking being and while you think, think big. Imagine, create, thrill and expand. Reinvent yourself by creating the best version of yourself. Now imagine and create the desired reality. The amygdala, an almond shaped group of nuclei located in the limbic system, deep within the medial temporal lobes of the brain, is the boss when it comes to processing and storing memories of various emotions. In fact, the amygdala experiences emotions even before the conscious brain does. Repetitive triggering of the stress response makes the amygdala more reactive to apparent threats, which stimulates the stress response, thereby further triggering the amygdala, on and on and on in a vicious cycle. The amygdala serves to help form “implicit memories,” traces of past experiences that lie beneath conscious recognition. As the amygdala becomes more sensitized, it increasingly tinges those implicit memoirs with heightened residues of fear, causing the brain to experience ongoing anxiety that no longer has anything to do with the circumstances at hand. At the same time, the hippocampus, which is critical for developing “explicit memories” clear, conscious, records of what really happened gets worn down by the body’s stress response. Cortisol and other glucocorticoids weaken synapses in the brain and inhibit formation of new ones. When the hippocampus is weakened, it’s much harder to produce new neurons and thus make new memories. As a result, the painful, fearful experiences the sensitized amygdala records get programmed into implicit memory, while the weakened hippocampus fails to record new explicit memories.

Keywords: Neuroscience; Recognition memory; Spatial memory; Physical activity; Psychomotor skills; Fitness; Mental health; Rehabilitation; Cognitive exercise; Physiology; Neurophysiology

INTRODUCTION
We are doing research on the benefits of massage. Through science with Functional Magnetic Resonance Imaging (FMRI) brain maps with encephalograms and tests on individual energy fields with a gas release visualization machine. Through the touch on we rewrite the neuronal circuits through neurochemistry and neuroplasticity. Insula, posterior and anterior cingulate, inferior parietal cortex and medial prefrontal are involved in the neural correlates of consciousness, particularly in arousal and awareness. The massage activates the anterior cingulate cortex and the subgenual retrosplenial posterior cortex. This increase in Blood Oxygen Level Dependent signal (BOLD). Through the touch some mechanoreceptors are stimulated including: Merkel cells, Ruffini finals, Pacinian corpuscles, Meissner corpuscles, Free nerve termination. There is already research where the effects of body massage in premature infants have been explored and massage
has been found to accelerate the maturation of
electroencephalographic activity and visual function, particularly
visual acuity. Higher levels of IGF-1 in the blood were found in
massaged infants. The massage accelerated the maturation of
visual function even in rat pups and increased the level of IGF-1
in the cortex. The antagonizing action of IGF-1 by systemic
injections of the IGF-1 antagonist JB1 blocked the effects of
massage in pups. These results show that massage has an
influence on brain development and in particular on visual
development and suggest that its effects are mediated by specific
endogenous factors such as IGF-1. The connection between
touch and feelings of emotion seem to occur in the limbic brain.
In short, massage, in addition to the various bodily benefits, also
has positive effects on the mind, helping in the treatment of
anxiety or depression disorders or even diseases of the nervous
system. You may have always known this but now science
declares it more and more [1].

LITERATURE REVIEW

Exercise encourages the brain to function at its optimal level of
capacity, thus favoring the multiplication of neurons and the
strengthening of neural connections, with the "side effect" of
amplifying intellectual abilities. Motor coordination occupies a
relevant part of what we mean "quality" of movement and is the
basis of the integrated training method that we want to propose.
The classic traditionalist view holds that a movement is
coordinated when the content of the central impulse that
commands the efferent impulses towards the periphery performs
movements identical to the copy of this central impulse, the
cortical one. The new concept of coordination maintains that it
is not enough for the brain to send an impulse to ensure that
the body moves accordingly but it is necessary, in addition to the
efferent system where the last motor neuron is too influential, a
series of auxiliary systems that make this impulse controlled and
constant. The result of this controllability is included in the
environment surrounding the action. Research on expertise
(competence) discusses this assumption and shows that
performance can be greatly influenced by voluntary intensive
training. Evidence on the plasticity of the human mind and
body suggests that the acquisition of skills should rather be
described as a process of specific adaptations to the typical
activities of the domain rather than as a development of the pre-
existing innate ability muscles "don't move" without brain. The
amygdala, an almond-shaped group of nuclei located in the
limbic system, deep within the medial temporal lobes of the
brain, is the boss when it comes to processing and storing
memories of various emotions. In fact, the amygdala experiences
emotions even before the conscious brain does. Repetitive
triggering of the stress response makes the amygdala more
reactive to apparent threats, which stimulates the stress response,
thereby further triggering the amygdala, on and on and on in a
vicious cycle. The amygdala serves to help form "implicit
memories," traces of past experiences that lie beneath conscious
recognition. As the amygdala becomes more sensitized, it
increasingly tingles those implicit memoirs with heightened
residues of fear, causing the brain to experience on going anxiety
that no longer has anything to do with the circumstances at
hand. At the same time, the hippocampus, which is critical for
developing “explicit memories” clear, conscious, records of what
really happened gets worn down by the body’s stress response.
Cortisol and other glucocorticoids weaken synapses in the brain
and inhibit formation of new ones. When the hippocampus is
weakened, it’s much harder to produce new neurons and thus
make new memories. As a result, the painful, fearful experiences
the sensitized amygdala records get programmed into implicit
memory, while the weakened hippocampus fails to record new
explicit memories. The large Fitness Method using the mega
former, because of its innovative design is optimally suited to
rehabilitation type exercise. While known primarily for its use in
the fitness industry, the mega former has several mechanical
features, which make it suitable for use in rehabilitation. It is a
very solid and stable platform. Even morbidly obese patients will
be able to use the machine safely. The patient can be sitting,
lying down supine, prone, or standing, which is helpful for
disabled patients.

With over 300 defined exercises, and countless user described
modifications there is a very large selection of ways to train each
muscle group. Their springs provide many different resistances,
so adjusting the resistance to even severely weak patients
feasible, as in this case. In addition, counter intuitively, exercises
done on the front of the machine, get easier as resistance is
added. Rehabilitation of deconditioned muscles is a difficult
and complex process. In many cases neurological and
psychological dysfunction is on going. Large Fitness training
with the mega former can be a valuable tool in this patient
population. Disabled patients can improve muscular strength,
endurance, coordination, and balance using a modified version
of LF training. For appropriate patients in a well monitored and
controlled environment, LF training can be used to reverse the
debilitating effects of many neurologic disorders. Medical
clearance should always be sought before starting any
rehabilitation program [2].

Learning and memory

Memory is a wonderful mechanism, a means of transporting us
back in time. We can go back a moment, or a large part of life.
Sometimes not perfect, sometimes not authentic, sometimes
with nuanced details, memory is still the system that allows us to
recall the information we have stored and learned from both the
external and internal environment. It is the experience that
changes us, the contact with the environment that modifies our
behavior through a series of both structural and functional
changes of our nervous system. The last challenge of
neuroscience is precisely to better understand the complexity of
these mechanisms and how complex phenomena such as
learning and memory can occur.

Although the changes that occur within individual brain cells
can be relatively simple, given that the brain is made up of many
billions of neurons, the overall phenomenon is certainly very
complex and makes the isolation and identification of the
specific changes responsible. Of a certain really difficult
memory. Similarly, although the elements of a specific learning
task may be simple, its implications for the organism can be very
complex.
From a neurobiological point of view, learning and memory are adaptations to the environment of the brain circuits that allow us to respond appropriately to situations we have previously experienced. Therefore, learning (process through which the nervous system acquires new information and experiences) and memory (the ability to retain, preserve and recall such information) are the main mechanisms through which environmental events shape behavior. Experiences are not simply "accumulated" in the brain, but are able to cause plastic changes in our nervous system and to alter the circuits involved in our more sophisticated functions; in this way they change our way of acting, thinking, perceiving, planning. Memory and synaptic plasticity are thoroughly studied by neuroscientists who can now rely on the use of different methodologies and technologies ranging from behavioral studies to the investigation of gene expression. Thus, understanding the changes in synaptic efficacy represents the most well-known field of investigation to date, even if memory is not just a succession of synaptic events.

In a more holistic view of the process, memory is determined by the integration of multiple signals and activities that affect the brain (attention, intention, interest, emotionality), but also that which involves the emotional state of the subject (hormonal structure, physical stress, etc.) [3].

Recent data, obtained thanks to the development of morphometric techniques, underline how experience is also able to cause changes in the morphology of the neuron and in particular of the synapse. Three significant examples of morpho-functional alterations reported here have been chosen. A first example constituted by the demonstration that an environment rich in visual, auditory, tactile stimuli, etc., induces in the rat, modifications at the level of the visual cortex which can be quantified as an increase in:

- Weight and thickness of the cortex.
- Size of the cell bodies of neurons.
- Length and number of dendrites.
- Diameter of synapses and dendritic spines.
- Number of synaptic contacts of cortical neurons.

These modifications can be induced in both young and middle-aged or old animals, suggesting that neuronal plasticity, very pronounced in developmental age, is maintained throughout life. A second example is represented by the modifications of the CA1 area of the hippocampus, both in the number of neurons between synapses and dendrites and in the shape of the dendritic spines after induction of Long-Term Synaptic Enhancement (LTP).

The third example of morpho-functional alteration is provided by the increase and decrease of presynaptic markers in neurons. These various experimental observations clearly indicate how the memorization processes are also related to morphological modifications at the synaptic level as anticipated by the intuitions of Hebb who proposed that if two neurons are active at the same time, the efficiency of the synapse is strengthened [4].

Anatomical structures

Learning and memory are not functions confined to a single brain area or a limited number of cells, but in different brain areas as already demonstrated by studies on rats with brain lesions carried out by the American psychologist Karl Lashley, in the first half of the 20th century, and by his pupil, Donald Hebb. The latter's hypotheses stimulated the development of computer models of neural networks; his assumptions have contributed to the study of memory, demonstrating that this information is not stored in the hippocampal structures and in the connected diencephalic structures and that the cerebral cortex may be the main long-term storage site of different aspects of memory.

Since different cortical areas preside over different cognitive functions, it is not surprising that information related to the specific cognitive function of the corresponding cortical area is stored in these regions. The frontal cortex is part of the neocortex, which covers most of the surface of the cerebral hemispheres and is so called because it developed in a recent evolutionary period. It is divided into the prefrontal cortex and the motor cortex, which in turn is divided into the premotor cortex, the supplementary motor area and the primary motor cortex. In addition to involvement in some aspects of memory, the frontal cortex also performs executive functions that affect the organization of behavior.

Medial temporal lobe

The temporal lobe is important for recording past events and contains two important areas in the processes of declarative memory, the hippocampus and the amygdala, located in the medial part of the temporal lobe.

Hippocampus

Although different areas of the brain play a role in the consolidation of different forms of learning and memory, the hippocampus has been recognized as having a vital role in particular in the formation of declarative memory, such as semantic and episodic memory. In 1957, Scolville and Milner observed that bilateral removal of the hippocampus, as a treatment for epilepsy in the patient H.M., caused anterograde amnesia. Since then, several studies have been conducted and the specific role of the hippocampus and temporal lobes in the formation of memory was explicitly identified [5].

Amygdala

The amygdala plays a decisive role in physiological and behavioral reactions towards stimuli or situations with a biological significance, such as those related to pain or the presence of food; therefore emotionally relevant. Neurons in the central nucleus of the amygdala project to the brain regions that oversee the expression of the different components of emotional responses; in particular in emotional learning linked to aversive situations. So the amygdala is a brain structure essential for the acquisition and expression of conditioned fear. In this regard, several behavioral studies have been carried out with Fear Conditioning. As already mentioned, the latter is a test which
An important aspect of therapeutic massage is non-verbal psychological effects that include mental relaxation, the massage is the reduction of stress and relaxation, with relaxation and available energy, making it easier to deal with tension. A moderate pressure massage contributes to many magnetic resonance data show that this massage is represented.

Anyone can enjoy therapeutic massage, both as a treatment complementary therapies in the world. The need for contact is one of the basic needs of the human being and massage, as a notional and encyclopedic sense of the term: we could consider this cortex as the conscious part of us, the one regulated by the will.

However, there is an internal part of our brain (subcortical or limbic) made up of different systems connected to each other (a skein of ganglia and neurons) that act on our hormonal (endocrine) system and regulate instinctive, affective and vegetative functions. We could consider the limbic system as our instinctive part.

The movements used as a treatment in the Amazonian Massage and the manual skills aimed at forming waves that propagate inside the person's body, act on the human brain at the subcortical level. The human body's response to the solicitations of the Amazonian Massage is therefore produced at the subcortical level and cannot be controlled. That is, there is evidence that the movements practiced in the modalities of our massage result in automatic responses of the brain.

**CONCLUSION**

Signals from the sense organs (skin for touch, eyes for sight, ears for the vestibular system of balance, proprioceptive muscle-tendon systems) travel first to the thalamus and then immediately to the amygdala. There is a very thin bundle of nerve fibers that go from the thalamus to the amygdala, so the response to stimuli begins in the amygdala before the neocortex.

Where is the amygdala located? Below the cortex, it is part of the limbic system, above the brain stem. It is a core of gray matter. It is considered a center of integration of emotions. It is also involved in emotional memory systems. It begins to respond to stimuli before the neocortex. When a particular movement is perceived as in the case of our Amazonian Massage practiced with rocking and oscillations that have a given frequency, the amygdala immediately sends an automatic, subcortical, uncontrollable response of well-being.

The amygdala is a subcortical mechanism that is activated by any basic mechanism. Emotions (anger, fear, happiness, surprise, relaxation) are not controlled, they are not mediated by the cerebral cortex, which is an evolved zone. As we grow up, as we "get older" we learn to control emotions, because the reactions mediated by the cortex that are acquired over the years, with the experiences tested, which have determined a cortical specialization, intervene.
REFERENCES