

Lymphatic Drainage Therapy



The proper functioning of the lymphatic system is critical to our body's ability to drain fluids, detoxify, regenerate tissues, filter out toxins and foreign substances, and maintain a healthy immune system. If lymph circulation stagnates, toxins accumulate and cellular functioning is compromised, opening the way to physical ailments. Lymphatic Drainage therapy (LDT) is an original hands-on method of lymph drainage developed by Bruno Chikly M.D. that offers a highly efficient approach to working with the body's fluid system. Using exacting anatomical science and distinctive manual processes, LDT enables trained therapists to detect the specific rhythm, direction, depth and quality of lymph flow. The subtle manual maneuvers of LDT help re-circulate the lymphatic flow, activate fluid circulation and stimulate the functioning of the immune and parasympathetic nervous systems. The techniques include light, gentle touch and are very comfortable to receive.

Due to the nature of the lymphatic system and its role in the body, LDT can prove beneficial in the correction of numerous conditions, as well as a useful tool in preventive health maintenance. The positive results that may be achieved using Lymph Drainage Therapy include:

- **S**timulation of fluid circulation to improve edemas (swelling) of numerous origins and venous conditions.
- **A**bsorption of toxins and deep cleansing of the body to promote detoxification, regeneration of tissues from burns and scars (pre- and post-surgical), rejuvenation, anti-aging effects, alleviation of wrinkles, and reduction in the symptoms of chronic fatigue syndrome and fibromyalgia.
- **S**timulation of the immune system for preventative health maintenance as well as relief of chronic and sub acute inflammations and conditions such as sinusitis, acne, eczema, and allergies.
- **A**bsorption of fat molecules to alleviate adipose and cellulite.
- **D**eep relaxation and rhythmic effects to help in cases of insomnia, stress, depression, loss of vitality and loss of memory (sympatholytic effects).
- **S**timulation of the parasympathetic nervous system to relieve chronic pain.
- **A**ntispastic actions (spasm relief) for conditions such as muscle hyper tonus or constipation.

HOW LYMPH DRAINAGE THERAPY IS PERFORMED:

The LDT process involves the use of subtle manual maneuvers to aid the re-circulation of the lymphatic flow. Specifically the therapist works with flat hands using all the fingers to stimulate wave-like movements. The pressure applied is very light about the weight of a nickel. The therapist is able to detect the specific rhythm, direction, depth and quality of the lymph flow anywhere in the body. Manual lymphatic mapping of the vessels is used to assess the overall circulation and determine the best alternate pathways for draining body-fluid stagnations.

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Lymphatic Drainage Therapy:

- Purifies and detoxifies
- Rejuvenates
- Recirculates stagnant fluid
- Regenerates tissues
- Bolsters immune system
- Alleviates chronic pain
- Relieves chronic inflammation
- Releases stress

Where Wellness is Always a Growing Matter!