



Lymphatic Healthcare

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There are four main types of MLD, I offer each and blend them as needed:

- Manual Lymphatic Drainage for Lymphedema
- Manual Lymphatic Drainage for Lymph Node Removal
- Lymphatic Massage for Post Op Cosmetic Surgery swelling
- Lymphatic Massage for Chronic Conditions, Detox for everyone

About the Lymphatic System

Your lymphatic system filters waste fluids and toxins. The lymphatic system is an organ system that is part of the circulatory system and the immune system. The way lymph fluid is circulated is by your movement or manual stimulation. You have over 600 lymph nodes in your body. In the picture above, there are clusters of lymph nodes in the neck, inguinal (upper thigh), and in the (axilla) armpit. These are the areas that are focused on during treatments.

What is the history of Lymphatic Healthcare and who needs it?

MLD was developed by Dr Emil Vodder in the 1930's. Traditionally, Manual Lymphatic Drainage was reserved for those with compromised lymphatic systems, such as Lymphedema, conditions where lymph nodes were removed, cancer survivors or any condition that affects the system's ability to operate properly. MLD is used in hospitals and clinics all over the world and is considered the Gold Standard in Lymphatic Healthcare. CDT, Complete Decongestive Therapy is used in combination with MLD to reduce swelling. CDT treatment will depend on your needs.

Why does everyone need Lymphatic Healthcare?

MLD is very gentle and deeply relaxing, everyone can benefit from treatment. There are more environmental toxins around us now compared to years ago. Everything we eat turns to waste. Each cell in your body is constantly absorbing. Lymph nodes hold toxins and waste products, they are storage tanks and can become full. When this happens, the cells begin to look for other ways to store toxins and create their own waste cells referred to as mutant cells; hence cancer, diseases, sickness, autoimmune problems, bloating, puffiness, unexplained discomfort etc.

Does Lymphatic Therapy feel the same as regular massage?

No. It feels similar to a massage, however it is a highly specialized sequence of techniques. Typical massage therapist training is in muscle fiber release. A CLT Certified Lymphedema Therapist is the only healthcare professional to provide proper lymphatic treatments and lymphatic massages. The CLT has specialized education and follows a protocol of gentle pressure applied to specific areas of the body that have high concentrations of lymph fluid.

How do you feel after Lymphatic Therapy?

For Post Op Swelling, we can reduce swelling, pain and increase range of motion. Generally, your limbs feel lighter, you may see a reduction in water retention and puffiness. Most people feel deeply relaxed and even feel energetic, as they feel better. After treatment most also feel the urgency to eliminate and use the restroom. Later in the evening or next day frequency of using the restroom may increase; this is subtle and easily navigated. Please drink plenty of water and healthy fluids after therapy to avoid dehydration.

How often do you need Lymphatic Drainage?

For those with Lymphedema, Post-Op surgery or a condition where lymphatic system is compromised: Your doctor will recommend frequency. Generally, the first week thru third week is 1- 2 treatments, fourth week 1 treatment and adjustments with treatment plan will be discussed.

For those who do not have a compromised lymphatic system and detox goals: One treatment every two weeks for 6 weeks. Or one treatment every 3-6 weeks. This is based on your body's response to your first treatment and information provided on your intake form.

After benefits are felt and seen the Lymphatic System is now jump started, we call the next frequency Maintenance stage. Maintenance frequency for most clients is once every 4-12 weeks. I like clients to feel empowered to drop in on how they feel and reach out when the time is right to return, (this is not a post op recommendation). Most will come for treatment after traveling or recovering from illness. Stress can also lead to recurrence of lymph stagnation.

Are there more ways to help stimulate Lymph?

Dry Brushing, Red Light Therapy, Medi Cupping, Gua Sha Lymphatic Facials and Lymphatic Yoga, Clinical Essential Oil Blend, Lymph Detox Tea - all available at Renew + Restore. Ask for the Lymphatic Cleanse Grocery List or Lymphatic Movements info.

Are there more therapies available with Leah?

Yes. Leah is trained in a variety of Integrative, Alternative and Spiritual therapies. Leah wrote her Master's thesis on the Theological Applications in the Practices of Complementary Alternative Medicine.