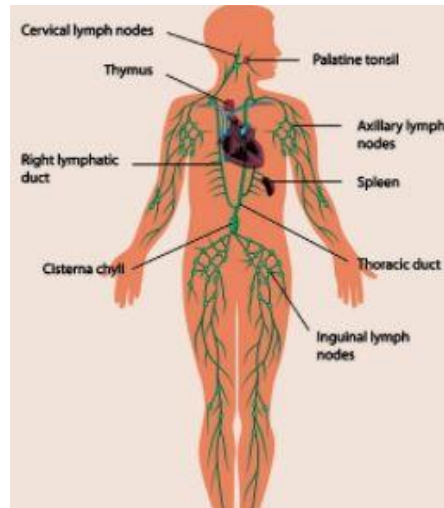


Lymphatic Healthcare

Manual Lymphatic Drainage and Lymphatic Massage Therapy



There are three main types of Lymphatic Therapy:

Traditional Manual Lymphatic Drainage MLD for Lymph Node Removal

Lymphatic Drainage Massage for Post -Op Swelling

Lymphatic Massage for Bloating, Toning and Detox

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 system does not have a pump, as your heart pumps your blood, the lymph system does not pump on its own to circulate lymph fluid. The way fluid is circulated is by your movement. In the picture above, there are clusters of lymph nodes in the neck, inguinal (upper thigh), and in the (axilla) armpit. Your movements stimulate those nodes.

Traditionally, Manual Lymphatic Drainage, MLD 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. A doctor would write a referral for MLD to be provided by a Lymphedema Therapist. MLD is used in hospitals, rehabs and clinics all over the world and is considered the Gold Standard in Lymphatic Healthcare.

Why does everyone need Lymphatic Healthcare?

MLD is very gentle, safe and 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 etc.

From teens, to elders, to athletes, Lymphatic Therapy is proven beneficial for all stages and lifestyles.

Do you feel tired all the time? Or have constipation?

Manual Lymphatic Drainage, Lymphatic Massage and Treatments can decrease toxins that are trapped in the body, boost energy, assist digestive issues and reduce bloating.

A sluggish Lymphatic System is often a culprit to many ailments.

Lymphedema Therapy and Post-Op MLD decreases swelling and infection.

What does Lymphatic Therapy feel like?

It feels similar to a massage, very relaxing. The therapist follows a very specific sequence of movements. Gentle pressure is applied to specific areas of the body that have high concentrations of lymph fluid. After treatment, fluids are safely eliminated, naturally with more frequency.

How do you feel after Lymphatic Therapy?

For Post Op Swelling, we can reduce swelling and increase range of motion. Generally, your limbs feel lighter, you may see a reduction in cellulite and feel energetic.

With many people we can visually see the decrease in swelling, water retention and bloating. Most commonly we see this in the abdominal area, the low back and ankles. Upon request photos are taken of before and after therapy.

Please drink plenty of water and healthy fluids after therapy to avoid dehydration.

What are the different Lymphatic Healthcare Treatments?

Manual Lymphatic Drainage, Lymphatic Massage Therapy, Complete Decongestive Therapy-Bandaging, Dry Brushing, Red Light Therapy, Medi Cupping, Gua Sha Lymphatic Facials and Lymphatic Yoga

How often do you need Lymphatic Drainage?

For those with Lymphedema, are Post-Op 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: One treatment every two weeks for 6 weeks. Then a future plan will be discussed.

To learn about Lymphatic Healthcare please consider research from the American Cancer Society, Lymph Rehab, Lymphie Strong and Lymphatic Education & Research Network

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