
Benefits of Manual Lymphatic Drainage

- ♦ Stimulates the functions of the immune system (promotes healing and general well being)
- ♦ Detoxification of the entire body—alleviates heavy metal, pesticide and metabolic waste toxicity
- ♦ Reduces pain (fibromyalgia, chronic fatigue syndrome)
- ♦ Restores hydration of the skin and stimulates the overall skin
- ♦ Promotes the healing of fractures, torn ligaments, sprains, and lessens pain
- ♦ Reduction in fluid retention & edemas (swelling) of various origins. Reduces swollen ankles and swollen legs during pregnancy.
- ♦ Enhances body contouring and reduces cellulite
- ♦ Aids in stress reduction by causing deep relaxation
- ♦ Aids in the reduction of insomnia
- ♦ Relieves congestion for those who suffer sinus and allergies
- ♦ Helps with some forms of constipation
- ♦ Reduces puffy eyes and “bags” under the eyes
- ♦ Improves chronic conditions such as sinusitis, arthritis, acne and other skin conditions.

“The lymphatic system has a vital role in the body by regulating the immune system, which protects the body against infection. It transports nutrients to cells and eliminates metabolic wastes, toxins and excess fluids from the body. Manual lymphatic drainage is also a very effective way of detoxing the body plus stimulating vital immune defenses. This is a powerful, deep cleansing treatment.” David Goddard, ND

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LYMPHATIC DRAINAGE



Debra A. Stoltzfus
NATIONALLY CERTIFIED
AROMATHERAPIST

What is the Lymphatic System?

The lymphatic system is one of the 11 systems that make up our human anatomy. The lymphatic system is composed of lymph vessels, lymph nodes, and organs. Many immune processes occur in the lymph nodes. Part of the body's defense system, the lymph nodes remove microorganisms and other foreign substances. They act as a filtration system that keeps particulate matter, such as bacteria, from entering the bloodstream.

The lymphatic system is responsible for carrying excess fluid, proteins, bacteria, and waste materials from the tissues, thus cleansing the tissues of debris. Once fluid and particles enter the lymphatic system, they are called lymph. The lymph is transported to lymph nodes where it is cleansed and filtered, and then it is returned to the blood stream. The lymphatic system plays an important role in the body's defense against infection.

When the lymphatic system is blocked, we become defenseless against attacks, virus, fungi, and bacteria.

A well-functioning lymph system contributes to healthy body tissue and plays an important part in the body's immune system responses.

What is Lymphatic Drainage?

Manual Lymphatic Drainage (MLD) is a form of massage that stimulates the lymphatic system with gentle massaging strokes. The light rhythmical massage encourages the lymphatic system to eliminate metabolic waste products, excess fluid and bacteria. The technique was invented by massage therapists Dr. Emil and Mrs. Estrid Vodder in the early 1930s.

Stimulating the lymphatic system through manual lymphatic drainage will activate all of the above functions as well as encourage fluid circulation and cell regeneration. These actions promote detoxification, facilitate healing and support the immune system.

What Happens During Manual Lymphatic Drainage?

During MLD, muscles relax, heart and breath rates decrease, and clients move into a state of relaxation that promotes healing and balance. Symptoms like fatigue, mild depression, and chronic soft-tissue pain call for the gentleness of lymph massage. It will stimulate the immune system and has an energizing effect on the body's vital energy.

The effects of Manual Lymphatic Drainage are numerous and include general benefits to the nervous and muscular systems. It is a great addition to other detox measures as it encourages fluid flow in the connective tissues.

Inshanti's Lymphatic Support Oil ~ 1 oz.

- ◆ Encourages Lymphatic Decongestion & Detoxification
- ◆ Circulatory and Lymph System Stimulant
- ◆ Aides in Reduction of Lymph Node Swelling

The essential oil of **Grapefruit** is a lymphatic stimulant. It is also cooling, cleansing, and decongesting. Is beneficial for an overheated liver and sluggish lymphatic system. I love Grapefruit most for its sparkling aroma—the scent adds such sunshine and happiness! **Juniper Berry's** detoxifying effects are outstanding. Juniper Berry is used widely for edema (swelling), lymph congestion, bloating, varicose veins, and fluid retention. The essential oil of **Laurel Leaf** intensifies the detoxification process and lymphatic cleansing. Immuno-stimulant.

Aroma: Fresh, sweet and fruity, camphoraceous

Directions: Apply freely to lymph node areas—neck, underarms, behind the knees, chest and throat.

Ingredients: Pure Organic Essential Oils of Grapefruit, Juniper Berry, and Laurel Leaf.

Our Price: \$23.00