



## What Is The Lymphatic System?

The lymphatic system is a complex network of vessels and ducts that move fluid throughout the body and is responsible for moving toxins away from healthy cells and carrying germ-fighting materials to the cells when they are under attack by viruses. Though fluid moves through the lymphatic system, it does not have its own pumping mechanism. Lymphatic drainage is a type of therapy that is intended to help the body produce a free-flowing lymphatic system.

## What Is Lymphatic Drainage Massage Therapy?

Lymphatic drainage massage therapy combines gentle pressure with soft pumping movements in the direction of the lymph nodes in the body. Lymphatic drainage massage pressure is usually much lighter than other forms of massage therapy, but is still very effective.

Lymphatic drainage is used to promote a healthy lymphatic system. The Vodder Manual Lymphatic Drainage (MLD) technique was pioneered by Dr. Emil Vodder in the 1930s and is now practiced worldwide. Manual Lymphatic Drainage is an advanced massage therapy in which the therapist uses a range of specialised and gentle rhythmic pumping techniques to move the skin in the direction of the lymph flow. This stimulates the lymphatic vessels and nodes that carry substances vital to the defense of the body, and removes waste products.

## What Are The Benefits Of Lymphatic Drainage?

- Clears blockages in the lymphatic system
- Assists the elimination of metabolic wastes and toxins from the body
- Reduces excess fluid
- Calms the nervous system and helps relieve stress and tension

## What Conditions Can Lymphatic Drainage Help?

- Chronic Swelling from Injury or Surgery
- Fluid Retention Issues
- Constipation
- Hormonal Imbalances
- Chronic Fatigue
- Migraine
- Acne
- Anxiety and Tension.
- Recurrent Colds or Flu
- Ear, Sinus and Chest Infections



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## Why Is The Lymphatic System Important?

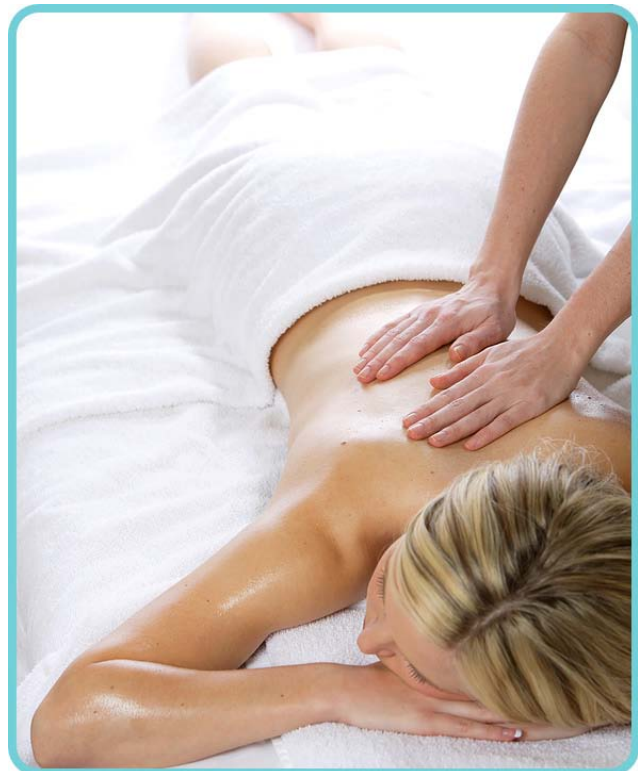
The lymphatic system plays a vital role in the body by regulating the immune system, which fights infection and eliminates foreign substances and bacteria from the body. To function efficiently, the lymphatic system requires the free flow of lymph in a specific direction through a complex system of lymphatic capillaries, vessels and nodes.

The lymphatic system is a subsystem of the circulatory system. Its principal functions are to:

- Collect and return interstitial fluid and help maintain fluid balance within the body tissues and organs
- Defend the body against disease by producing lymphocytes that fight infection

When the lymphatic system becomes blocked, lymphatic fluid builds up and stagnates causing a variety of symptoms including:

- Chronic swelling of the limbs
- Recurrent infections
- Impaired organ function
- Fatigue



## How Often Should I Have Lymphatic Drainage Massage?

In the first consultation, the therapist will outline the number and frequency of sessions required, which will depend on the severity and duration of the condition. Maintenance visits may be required for long-term benefits to be achieved. Each session lasts approximately one to one and a half hours.

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