

The Importance Of Lymph Drainage For Good Health

The proper functioning of the lymphatic system is critical to our body's ability to drain stagnant fluids, detoxify, regenerate tissues, filter out toxins and foreign substances, and maintain a healthy immune system (Asdonk, 1970, Adair & Guyton, 1982). It is a complex system comprised primarily of lymph vessels and nodes working in cooperation to accomplish these tasks.

Unlike the circulatory system, which uses the pumping of the heart to circulate its blood flow, lymph vessels rely upon hundreds of tiny muscular units (lymphangions) contracting throughout the body to propel lymph flow (Mislin, 1961). These contractions enable the lymph vessels to transport numerous substances (i.e., proteins, toxins, hormones, fatty acids, immune cells) to lymph nodes, which can then process them. The action of these muscular units can be hindered or stopped, however, due to surgery, trauma, burns, infections, substantial swelling, fatigue, stress or age. When the lymph circulation stagnates, fluids, proteins, cells and toxins accumulate, and cellular functioning is significantly compromised (Adair, Guyton, 1982). This may open the way to many physical ailments and hasten the aging process.

Lymphatic drainage is a hands-on technique designed to attain and sustain proper functioning of the human fluid system. Its origins can be traced to two traditions in particular: the published research of osteopathic physicians E. Miller (1920) and F. Millard (1922), and E. Vodder, a Danish massage practitioner and doctor of philosophy (1932). Over the years, methods based on the discoveries of these

"The completely new enhancement of LDT is the palpation of the lymph flow — including its rhythm, quality and direction — in the different layers of the tissues. [Bruno Chikly's] work has opened the possibility for practitioners to map the lymphatic flow, greatly enhancing the effectiveness of the work."

— R.S., Medical Doctor

pioneers have been honed, refined and expanded. Today lymphatic drainage techniques are employed as standard scientific practice throughout Europe and continue to gain recognition in the United States — both from healthcare providers and national insurers such as Medicare.

LDT...Taking The Techniques To A New Level

Lymph Drainage Therapy (LDT) is an original hands-on method of lymphatic drainage developed by Bruno Chikly, MD, DO. Created out of his award-winning research on the lymphatic system, LDT takes traditional lymph drainage techniques and adds a new level of precision in keeping with the latest scientific discoveries and exact anatomical science.

LDT enables practitioners to detect the specific rhythm, direction, depth and quality of the lymphatic flow. As a result, therapists can achieve profound, more precise outcomes in shorter periods of time. For clients, the process is very pleasurable and induces deep states of relaxation.

The Benefits Of Lymph Drainage Therapy

Due to the nature and role of the lymphatic system, LDT can prove beneficial in the correction of numerous conditions as well as in preventive health maintenance. This is why you'll find a wide range of practitioners using LDT. Among them are medical doctors, osteopathic physicians, doctors of chiropractic, physical therapists, occupational therapists, naturopaths, nurses, lymphedema specialists, dentists, massage therapists and other bodyworkers.

In essence, Lymph Drainage Therapy works to help recirculate body fluids, stimulate functioning of the immune system, and balance the autonomic nervous system. It is shown that when these actions are accomplished, the results may be:

- Reduction in edemas (swelling) and lymphedemas of many origins
- Relief of chronic and subacute inflammation and conditions such as acne, eczema and allergies
- Immune system stimulation for preventive and therapeutic effects
- Regeneration of tissues (e.g., from burns and pre- and post-surgical scarring) and anti-aging effects
- Detoxification of the body
- Relief of chronic pain
- Deep relaxation to aid insomnia, depression, stress, loss of vitality, and loss of memory
- Antispastic actions to relieve conditions such as voluntary or involuntary muscle hypertonus
- Reduction in the symptoms of chronic fatigue syndrome and fibromyalgia
- Alleviation of adiposis and cellulite tissue
- Advanced techniques for fascia, viscera and joints