

There are so many more benefits of Manual Lymph Drainage and if you've never had a treatment before - now is definitely the time to get one

Remember prevention is better than cure. Once you show signs of improvement we will continue to work with you to keep harmony and balance already achieved. A regular treatment, depending on your timetable, will stop future stress accumulating.



48 hours notice of cancellation is required, or the full fee is payable.

*Independent Therapy Solutions exists to provide a range of high quality interventions to people experiencing physical, emotional, psychological or behavioural difficulties to facilitate change and well being. Releasing the unique potential of the individual through non-judgemental, self-empowering support.*

# MANUAL LYMPH DRAINAGE



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## What is Manual Lymphatic Drainage Therapy?

MLD is an advanced therapeutic method that has been proven to stimulate the lymphatic system.

The MLD therapist uses gentle rhythmic movements, which help to eliminate waste from the body returning vital proteins to the blood stream, crucial to our health and well being.

### How does MLD work?

MLD encourages the lymphatic system to work at its optimum efficiency. A healthy lymphatic system promotes healthy body tissue and functions, it also helps to guard against infection. It carries a mixture of vital nutrients, including plasma proteins to build cells. It also carries toxins.

The gentle movements of MLD therapy, increases the contractions of the lymphatic vessels. These vessels remove metabolic waste products and excess fluid from the body's tissues. Once this fluid enters the lymphatic system it is referred to as Lymph.

Lymph then passes through filtering stations called lymph nodes. We have about 600-800 nodes in our body. These nodes cleanse the lymph fluid of bacteria, dead cells and other waste products leaving cleansed lymph fluid, which is then returned to the blood circulatory system.

If our lymphatic system becomes insufficient, in other words, if some part or parts are impaired, MLD encourages the remaining functioning lymphatic vessels in our body to compensate for this deficiency.

### Conditions that respond to MLD Therapy

This gentle yet powerful therapy has a positive affect on the body in many ways. It helps with the relief of over 60 different ailments, both chronic and cosmetic.

- ✦ Reduction in oedemas (swelling) and lymphoedema's of various origins.
  - ✦ Detoxification of the body.
  - ✦ Relief of numerous chronic and sub acute inflammations, including sinusitis, bronchitis and otitis.
  - ✦ Relief of chronic pain.
  - ✦ Regeneration of tissue, including burns, wounds, stretch marks and wrinkles.
  - ✦ Stimulation of the immune system.
  - ✦ Reduction in the symptoms of chronic fatigue syndrome and fibromyalgia.
  - ✦ Ant spastic actions to relieve conditions such as muscle hyper tonus and some forms of constipation.
  - ✦ Deep relaxation to aid insomnia, stress, loss of vitality and loss of memory.
  - ✦ Anti-aging effects.
- Alleviation of adiposis and cellulite tissue.

### What happens during an MLD treatment?

You will be asked to lie down on the therapist's couch. Appropriate coverings will be offered to ensure complete modesty at all times. The technique is very gentle and pain free and should not cause any reddening of the skin. Therefore creams or ointments will not be applied to the skin.

Each and every treatment will commence with the therapist working on the neck. Placing her hands either side of the neck, gentle circling movements are performed, starting at a position just under the ears and working down the neck with a further two movements.

As MLD is a drainage technique, the experienced therapist will have worked out a plan of action in order to drain areas, which are above the problem area. For example, if there was a problem with the big toe, the therapist would commence with the neck, followed by work on the abdomen, the leg, the foot and finally the toe. During a treatment, three or maybe four body parts will be worked on.

The rule for the MLD therapist is to work Proximal to Distal. This means that, clearing the pathways above the site of the problem allows the congested area to drain effectively. It is only then that the MLD treatment can work effectively for you. This is why it is vital to have a course of treatment to ensure that the correct drainage is achieved.