

What Impacts the Lymphatic System?

The lymphatic system is vulnerable to trauma, illness, chemical sensitivities, food allergies, infections, and environmental pollutants. Applying sun block, practicing good skin care, and utilizing "green" cleaning products helps limit our vulnerability.

The lymphatic system can be damaged through trauma or surgery. This damaged area requires new pathways to compensate for injured tissue. Skin trauma including bug bites, sun burn, shaving, manicures & pedicures can actually invite bacteria into the body resulting in congestion from an overwhelmed lymphatic system.

To better support your lymphatic system, increase your water intake, get plenty of rest, use good skin care, increase your level of activity, and eat more protein and organic foods. Compression garments including socks, bike shorts and workout tights may also assist your lymphatic health. Please talk to your practitioner before considering these options.

Lymphatic Drainage

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What Is Lymphatic Drainage?

Lymphatic Drainage Technique (LDT) is a gentle hands on approach developed by Dr. Bruno Chikly as a way to assist our body's lymphatic system. Through the gentle manual pumping of lymphatic vessels and nodes, LDT increases the filtration of debris trapped within the body's tissues.

The lymphatic system serves as our body's natural filtration system. It cleanses our fluids of debris including protein, germs, toxins and other foreign substances. Lymphatic vessels follow our circulatory system, are uni-directional and respond to light touch and deep breathing. Their network begins in the extracellular tissue, moves towards larger nodes and eventually drains into the heart, kidneys and bowel. At any given time, 70% of all lymphatic fluid is just below the skin, which is important because hands on techniques are able to greatly assist lymphatic movement or drainage.

The circulatory system relies on the heart for pumping, but the lymphatic system relies on the very thin layer of muscle lining for pumping. This means the filtration vessels are able to respond to gentle skin movement techniques, increasing the removal of waste and debris.

What can LDT do for you?

Lymphatic drainage helps re-circulate protein that has leaked from our blood. This is important as these proteins attract water, creating a congested environment. On average, 50% of circulated proteins leak into the interstitial or extracellular tissue. Our lymph system is the only system that can capture these lost proteins. So, when the lymphatic system is over burdened or sluggish, it can result in swelling, fatigue and eventually illness. Although leakage into the interstitial area is natural, it may become excessive during times of poor physical activity, oxygenation & diet, as well as with excessive toxicity, stress and aging.

Through effective lymphatic drainage you are cleaning your system. This allows your entire body to minimize toxins and waste, eventually leading to diminished edema, less pain, increased energy and vitality.

Who Could Benefit From LDT?

Lymphatic Drainage can assist individuals with the following issues:

- Swelling
- Post surgical
- Fatigue
- Brain Fog
- Vertigo
- Breathing
- Skin conditions
- Allergies
- Headaches
- GI Issues
- Sinusitis
- Weight Gain

Who Should Not Have LDT?

It is not recommended for patients suffering from:

- Malignancy
- Acute Infections
- Cardiac Insufficiency
- Serious Circulatory Issues
- Major Diseases

What To Expect From A Session

Sessions for Lymphatic Drainage Technique (LDT) will utilize a gentle, full-body, hands on technique designed to aid your lymph vessels in moving fluid. A manual pumping technique will be used especially at areas with lymph nodes such as the neck, armpits, groin and deep belly.

A full session normally lasts 60-90 minutes. All clients are treated in a private room and use a gown or towel for privacy. No skin cream is used and care is taken to maintain a comfortable room temperature. Depending on your individual health and diagnosis, modifications will be made to tailor your session to your needs. The therapist will also incorporate therapeutic exercises and breathing techniques.