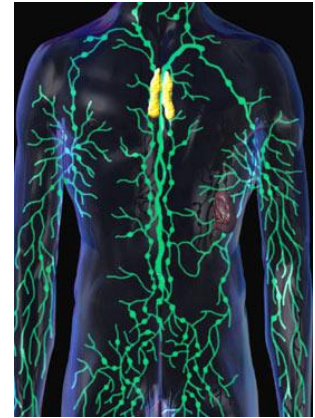


Manual Lymphatic Drainage (MLD)

What is the lymphatic system?

The lymphatic system is one of our body's major systems. It is the front line in our body's ability to fight disease and infection, and remove toxins. Lymphatic fluid contains immune cells, which circulate around the body, mopping up toxins and transporting them to the lymph nodes (or "glands"). It is in the glands where these toxins are broken down, and the lymph fluid is filtered so it can continue to circulate around the body and collect more toxins. Toxins include viruses, bacteria, pollution, food additives, drugs and metabolic waste. A healthy lymphatic system is vital for immunity.



Unlike the circulatory system (where the heart pumps blood around the body) your lymphatic system does not have a pump. The only thing that gets lymphatic fluid circulating is muscle contraction. Therefore lymphatic drainage massage is incredibly helpful for people who are not so mobile. And because the lymphatic system is quite slow-moving (and can easily become sluggish) lymphatic drainage is something that almost everyone can benefit from.

Did you know?

Our bodies contain almost twice as much lymphatic fluid as blood!

In a 24 hour period, thousands of litres of blood are pumped through the heart, yet only 2 litres of lymphatic fluid will be (that's how slow moving this system is)! However in the 24 hours after a lymphatic drainage massage, 20 litres of lymphatic fluid will circulate through the heart!

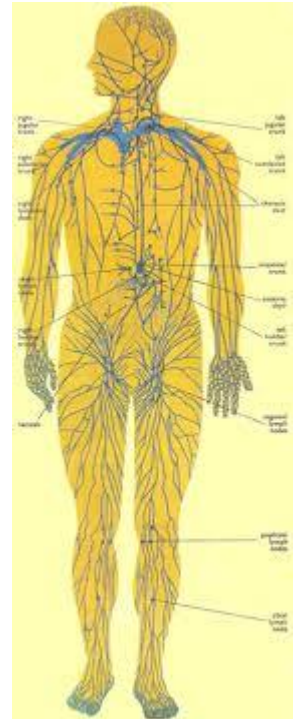
What is Manual Lymphatic Drainage (MLD)?

MLD is a very specific massage technique- it involves clearing the lymph nodes (which are located throughout the body) and directing the lymphatic fluid towards these nodes, so the fluid can be filtered and refreshed. The fluid can then continue to circulate and effectively clean up more toxins.

The sequence needs to be performed in a very specific order for MLD to be effective. The pressure used is very light (the opposite of a myotherapy treatment!) because 75% of the lymphatic fluid is located directly under your skin. MLD is not a muscular massage.

What does MLD help with?

- Increasing our body's ability to rejuvenate
- Increased immunity
- Increased rate of toxin removal (detox)
- Increased rate at which vital immune cells are transported to where they are needed, thus increasing healing time (after injury, illness or surgery)
- Fluid retention
- Lymphodema
- Sinusitis/hay fever
- Breast surgery & mastitis
- Migraines
- Pain relief & anti-inflammatory effects
- Digestive disorders & IBS
- Carpel tunnel syndrome
- Pre & post surgery (increased healing and decreased scar tissue formation)
- Post sporting injury (the fluid that swells around injured joints is excess lymphatic fluid)
- Chronic fatigue syndrome and fibromyalgia
- Oedema during pregnancy



Is there anyone that MLD isn't suited for?

MLD is not an appropriate treatment if you are currently experiencing any of the following:

- Malignant tumours
- At the beginning of a cold or flu (however it is very effective in aiding recovery once things are settling down)!
- Acute bronchitis or chronic bronchitis where infection is present
- Asthma due to heart problems
- Deep vein thrombosis (DVT)
- Within 72 hours of a long plane flight (risk of DVT)
- Arteriosclerosis
- Undiagnosed abdominal pain
- Hyperthyroidism

MLD treatments are 90 minutes in duration and can be booked by calling reception on 9882 7135. Please make sure that you let reception know that it is an MLD treatment that would like to book (rather than a regular myotherapy visit). If you have any questions, please don't hesitate to contact us.

A note about breast cancer:

- Lymphatic drainage is beneficial for women who have had several lymph nodes removed as a part of mastectomy surgery.
- If you have had all of your lymph nodes removed from under one arm, we can refer you to another lymph drainage specialist who can re-train your lymphatic fluid to drain to other lymph nodes instead. It's amazing what our bodies can learn to do!
- If you are currently in remission but are receiving chemotherapy, MLD can be very beneficial. However MLD is not an appropriate treatment with all types of chemotherapy, so it is vital that you contact us and speak to your doctor first.