

Detoxification at a cellular level



by Norma J. Hope
Certified Lymph Therapist

One of my best AHA moments was discovering Lymph Drainage Therapy at a colon hydrotherapy convention in 2000. It cleanses and detoxes at a cellular level but the surprise for me was that a mini-session relaxed me so deeply that I felt renewed.

That mini-session awakened a gentleness in me I had not felt or touched before. This motivated me to complete the Upledger Lymph Drainage Therapy training to advanced level, then to assist in teaching classes for Upledger. This opened a new door inside of me - this deep well of immeasurable gentleness that had been untapped before.

I know (from living it) that trauma/stress in childhood shuts us down inside physically but it also blocks us emotionally, intellectually and spiritually from who we are actually meant to be - who we are at our core (that we got separated from in order to survive).

Trauma and stress absolutely buried my vulnerable, gentle, spontaneous spirit - the real me that I can now feel every day. I've gone from being a disconnected, "go hard or go home" independent insurance adjuster to a feeling, gentle, present and grounded holistic practitioner who can actually feel another human being's inner ocean (lymph system) under my hands! Incredibly AWESOME!

Stress and/or trauma causes the whole body to contract in many places (the lymph, the colon and even your breath, etc.) which interrupts natural flow inside, stopping elimination of our toxins from the lymph, colon, liver, lungs, etc. It causes us to function in the fight, flight or freeze mode whereas Lymph Therapy moves us into a parasympathetic state of well-being which is that deeply relaxed state we all need.

It puzzles me still that not many talk about the importance of the lymph system. It's a major waste and transport system for the entire body (it's the garbage collector whereas the colon is the sewer system). Its job every second of every minute, of every hour, of every day is to constantly pick up excess fluid from all over the body which has metabolic waste, toxins and other substances in it. It then moves the fluid through lymph nodes to cleanse and filter it.

The lymph system is four times larger than your blood system! There are 12 pints of blood in our body yet 45 pints of lymph fluid. There are 400 to 700 lymph nodes also so without your lymph system, your immune system would be hopelessly impaired and your cardiovascular system would stop working.

The lymph system does not have a pump like the heart so everyday stress, let alone trauma, causes contracting, slowing or stopping of the natural flow resulting in an accumulation of toxins. So, over time, you get a murky, stagnant lymph system (kind of like an Alberta slough inside) instead of a clean, free moving waterway of your inner ocean. Deodorants and hair dyes also poison our lymph. See my website for a list of symptoms.

I researched and trained for different varieties of lymph therapies as clients have different needs. Some like hands-on-touch like the Lymph Drainage Therapy and some like the microcurrent method of Lymph Detoxification from Europe which I added NeuroAcoustic Sound to.

Another method chosen by clients to detoxify and rebalance the lymph system is Biofeedback Stress Reduction Therapy.

Any pain, swelling or stiffness in the body is the lymph system crying out for help. Lymph therapies gently promote movement of lymph to detoxify and decongest you at a cellular level for a fresh cleanness inside that radiates outward. That connecting with your lymph can reconnect you to a deeper awareness emotionally and spiritually, is the added gift.

Norma Hope is a Certified Biofeedback Specialist, Colon Hydrotherapist, Lymph Therapist, Microcurrent Therapist, Life Coach, NeuroAcoustic Sound Therapist, and more... Call 780-477-1100 or go to www.lifesynergyinc.com

Note: This information is for educational purposes only. It is intended to supplement your current health program, not to replace the care of a licensed medical doctor. Please research all topics for yourself.



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