

Lymph Drainage Therapy releases toxins



by Norma Hope
Lymph Drainage Therapist

It is a medical fact that 90% of all diseases are caused by toxins in the body. It is another fact that lymphatic drainage is one of the most effective ways to clear your body of these toxins.

I first became familiar with lymphatic drainage in 2001 when I had my first Lymph Drainage Therapy session. I could not believe the level of relaxation I experienced while I was being cleansed and detoxified at a cellular level. I felt so much better after one session that I knew that I had to learn how to do it!

Lymph Drainage Therapy, created by Dr. Bruno Chikly, is a gentle non-invasive hands-on technique. The light touch is no more pressure than the weight of a nickel. It stimulates fluid circulation, activating and cleansing body tissues. It enhances immune strength. The stimulation of the parasympathetic nervous system restores body functions, releasing tension and spasms.

By gently promoting the movement of lymph, the body detoxifies and decongests. Any pain, swelling, or stiffness in the body, is the lymph system crying out for help.

Lymph Drainage Therapy motivates stagnant pools of lymph all over the body to get it moving again. This reduces swelling thereby relieving pain and stiffness while promoting physical and emotional well being at a cellular level. It is quite common for clients to fall asleep during the session. Snoring is okay too!

An 80 year old female client had right knee pain and stiffness with swelling. She needed a cane to walk. After three sessions of Lymph Drainage Therapy the swelling and pain were gone and so was the cane!

A 42 year old female client had chronic sinus problems and daily headaches. After doing three sessions of Lymph Drainage Therapy (including inside the mouth), she had no more headaches and her sinus was 95% better.

It puzzles me still that no one talks about the lymphatic system. It is a major waste system plus transport system for the body. The lymphatic system is four times larger than the blood system. Our body holds 12 pints of blood in comparison to about 45 pints of lymph fluid. Without the lymphatic system, your immune system would be hopelessly impaired and your cardiovascular system would stop working.

The lymph system's job is to pick up excess fluid that contains toxins and also good substances from all over the body. It does not have a pump. It relies on contraction of hundreds of tiny muscular units built into the lymph vessel walls called lymphangions to move the lymph fluid through the vessels and into lymph nodes. There are 400 to 700 lymph nodes as part of the immune system in the body.



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Those fluid substances are metabolic waste from what the cells eat (as they eat like we do and give off waste). These include proteins too heavy for the blood to carry, toxins, hormones, fatty acids, immune cells, bacteria and viruses. The lymph nodes filter all the fluid, eliminating toxins, transporting good things elsewhere and cleaning up the fluid to return it to the blood circulation system.

Skin break outs are toxins coming out. Lymph vessels are anchored on the underside of your skin layer. Motivating lymph can clear skin. Cellulite can be reduced as it is toxins and fibers trapped in the lymph system, not just fat.

The lymph system and immune system work together to prevent disease. Plus the lymph system parallels the circulation (blood) system also. I find it interesting we are told its okay living without your tonsils, appendix and spleen. These are all lymphoid organs. The systems get overloaded with toxicity, injury and stress on a normal basis, let alone with parts missing.

Stress causes the whole body to contract (the lymph, the colon and even your breath) which interrupts natural flow and elimination. Stress makes us function in fight or flight mode. All tissues tighten, quadrupling the toxic load inside. Relaxing is a difficult task for most of us. Our own lymph system can take us there effortlessly including unwinding that belly!

A 41 year old male client suffered headaches daily, high blood pressure and fatigue. He completed six Lymph Drainage Therapy sessions and six Colon Hydrotherapy sessions in 2005 and is symptom free.

After a 48 year old client experiencing menopause completed three Lymph Drainage Therapy sessions and two Micro Current Lymph Detox sessions, she had no hot flashes for eight months. In 2006, the hot flashes I was experiencing daily were resolved after three Lymph Therapy sessions and colon hydrotherapy.

Clients with benign fibroids/cysts in breast tissue feel reduction of 50% in size during the session with specialized Breast Care protocol. The breasts' lymph drains primarily to the armpit area. Antiperspirants or deodorants contain harmful chemicals which go directly into your lymph system via the skin.

Remember, it is a medical fact that 90% of all diseases are caused by toxins in the body. The Canadian Cancer Society indicates breast cancer is number one for women. Statistics state 39% of Canadian women and 44% of Canadian men will develop cancer of some kind in their lifetime. Colon cancer is number two for men and women together.

Clients of all ages enjoy the benefits of Lymph Drainage Therapy. It provides immediate relief from fibromyalgia, headaches, numbness/cold limbs, carpal tunnel, sinusitis, PMS and menopause. Restless leg syndrome is simply stagnate lymph. A complete list of things that Lymph Drainage Therapy can help with can be found on our website.

Rebounding on a mini trampoline is the best exercise for the lymph system. It is the bounce back on the bottom of the feet that moves the fluid like a pump. Instruction classes are available on this.

When I discovered what a difference releasing toxins had on my health, it became my passion. I quit my job as an independent insurance adjuster (which I did for 21 years) and have dedicated my life to helping people become healthier by releasing the toxins in their body.

I first became a Certified Colon Hydrotherapist in 1999 and loved it so much that I took another three levels of Certification in Colon Hydrotherapy and am also National Board Certified. Then when I discovered how effective Lymph Drainage Therapy was, I completed that training including Advanced Level. I have also been a teaching assistant in these courses offered by the Upledger Institute since 2003.

My focus is on helping my clients cleanse and detox on all levels. I have three ways to detox the lymph system and offer consultation appointments to determine what treatments are the most beneficial for you physically, emotionally and economically. Plus, as a bonus with each clinic consultation, clients can experience a free VibroAcoustic relaxation session.

Norma is a Certified Colon Hydrotherapist, Lymph Drainage Therapist, Certified Natural Health Practitioner and more. Go to www.lifesynergyinc.com for more information or call 780-477-1100.

Note: This information is for educational purposes only. It is intended to supplement your current health program and not to replace the care of a doctor. For diagnosis or treatment of any disease please consult a licensed physician.

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