

# Lymphatic

Massage is a therapy that addresses the lymphatic system of the body. The lymphatic system aids the immune system in destroying pathogens and filtering waste, to clear the fluid before it's return to the circulatory system. It removes excess fluid, waste, debris, dead blood cells, pathogens, cancer cells and toxins from these cells and the tissue spaces between them.

Lymph originates as plasma (the fluid portion of blood). Some plasma leaves the circulatory system to flow into the tissue where it becomes tissue fluid. This interstitial fluid delivers nutrients, oxygen and hormones to the cells. As it leaves the cells, it takes cellular waste products and protein cells. These important protein molecules are too large to enter the capillaries. They must be transported by the lymph into the bloodstream at the ducts. 90% of this tissue fluid flows back into the circulatory system. The remaining 10% becomes lymph.

The lymphatic system is not pumped by the heart, so it is designed to flow upward through the body towards the neck. As it travels through the body, lymph passes through lymph nodes where it is filtered. At base of neck, the lymph enters the subclavian vein and once again becomes plasma in the circulatory system.

The lymph capillaries from tissue are mostly superficial to the skin. Therefore, work on this system requires a specialized movement and pressure to help the lymph move up towards the neck so it can become part of circulatory system again.

These ducts do not allow lymph to drain properly, the protein-rich lymph in the swollen cells become stagnant and prone to infections. You may notice areas of your body more swollen, heavy, achy, or fatigued.

Lymphatic flow may become decreased due to many issues such as:

- Surgery for cancer (that may have removed lymph ducts)
- Radiotherapy
- Infections
- Inflammation
- Venous diseases
- Obesity
- Trauma and injury
- Immobility

How do I know if lymphatic drainage massage is for me? One, get in touch with Lizzie and you can communicate what you are looking for and any conditions that would be considered a reason not to get this service (contraindications). For now take a look at benefits and contraindications for this treatment.

### Lymphatic drainage massage benefits

- Boosting immunity (weak immune systems, post cold/flu/seasonal tune up)
- Better blood circulation
- Lymphedema
- Decreases swelling
- Fibromyalgia/ Chronic Fatigue
- Lyme's Disease
- Post surgery
- Pregnancy edema- not if pre-eclampsia or blood clot potential
- Weight loss /Reduction of cellulite
- Cleansing before conceiving

### Contraindications for this work:

- Blood clot
- Currently being treated for cancer with chemo or radiation. May have session 6 months post treatment
- Current autoimmune flare-ups for Rheumatoid arthritis, MS, Lupus, and other immune deficiencies
- Fever
- For very young and the elderly
- Kidney Dialysis
- Kidney stress
- Congestive heart failure
- Avoid swollen varicose veins

This treatment includes skin brushing and specific movements to move the flow of lymph up the body. A castor oil pack is also placed on the abdomen as a natural lubricate to move lymph.



Similar treatments for immune boost:

Nervous System Reboot/Somatic Exercise  
Bowen Therapy