

# Lymph Drainage Therapy at



Improves immune system, drains stagnant fluid and detoxifies body  
with focus on lymphatic system.

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## **The Role of the Lymphatic System**

Our lymphatic system is a series of fluid paths and pooling areas (lymph vessels and nodes) located throughout our entire body, from just below the surface of our skin, to the deepest areas surrounding all of our major organs. The purpose of this important system is to help the body drain stagnant fluid, detoxify, regenerate tissues, filter out toxins and foreign substances, and to maintain a healthy immune system. The lymphatic system uses contractions of a series of tiny muscular units (lymphangions) to move lymph fluid and transport a variety of substances to the nodes for processing. These substances include excess proteins, toxins, hormones, fatty acids and immune cells).

In optimum conditions, the body moves these substances freely throughout the lymphatic system for processing. However, when we undergo surgery, or experience trauma, burns, infections, substantial swelling, fatigue, stress or even with aging – the natural lymphatic rhythm can be hindered or stopped. This causes a chain reaction of lymph circulation stagnation, and the accumulation of fluid, proteins, cells and toxins. The body can not function properly with these excess substances, and begins to create physical ailments, pain and ages more rapidly.

## **Lymph Drainage Therapy**

Lymph Drainage Therapy describes a specific trained hands-on approach to help the lymphatic system attain and sustain proper functioning. It originated with the work of several osteopathic physicians in the early 1900's and was enhanced by many physicians including Bruno Chikly, MD, DO. Today's techniques used at Balance are followed today around the world by healthcare providers and national insurers such as Medicare. A wide variety of practitioners use Lymph Drainage Therapy as offered at Balance including medical doctors, osteopaths, chiropractors, physical and occupational therapists, naturopaths, nurses, dentists, massage therapists and other bodyworkers.

## **What to Expect**

As much of the lymphatic system is located just below the surface of the skin – we use a very light touch to detect the rhythm, direction, depth and quality of the lymphatic flow. The results of this work are often profound and clients report significant swelling reduction within a few hours of the treatment, and sensations of fluid movement often while lying on the table in session. The process is pleasurable, and often clients find it creates a deep state of relaxation.

## **Benefits of Lymph Drainage Therapy**

Not only can Lymph Drainage Therapy help improve and correct numerous health conditions effected by fluid accumulation, it also is a wonderful way to prevent problems and maintain health. This form of bodywork helps to re-circulate body fluids, stimulate immune system function, and balance the autonomic nervous system – resulting in:

- Reduction in edema (swelling)

- Relief of chronic and subacute inflammation and conditions such as acne, eczema and allergies
- Immune system stimulation for preventive and therapeutic effects
- Regeneration of tissues (from burns and pre/post surgical scarring) and anti-aging effects
- Detoxification of the body
- Relief of chronic pain
- Deep relaxation to aid insomnia, depression, stress, loss of vitality, loss of memory
- Reduction in muscle spasms
- Reduction in symptoms of chronic fatigue syndrome and fibromyalgia

**Suggested Approach**

We request a pre-visit phone consultation to discuss your condition and how Lymph Drainage Therapy may be used to assist. In most cases, we will suggest an initial package of treatments that includes three subsequent sessions of 20, 40 and 60-minutes. We have found that this approach helps the body to more gently process the increased movement of fluids. Following the 3-session approach, future treatments will be scheduled as a 60-minute session. Please note – Sorry, but we do not accept health insurance payments. You will be responsible for submitting any insurance claims to your insurer.

Please call Marty Harger at 435-654-2532 to discuss Lymph Drainage Therapy prior to scheduling your first session.

**Marty Harger**

Marty Harger became a certified massage therapist in 2000. She has studied a variety of techniques over the years, but was drawn to Lymph Drainage Therapy as taught by the Upledger Institute, as a means to help clients address inflammation more effectively. After taking her first course in 2006, she was able to study directly with the Upledger Institute’s Lymph Drainage Therapy developer, Dr. Bruno Chikly in 2007. Dr. Chikly has continuously advanced the efficacy of lymphatic system work and Marty considers her studies with him to be one of her career training highlights. She says *“more than any other technique I have learned over the years, Lymphatic Drainage Therapy has provided more immediate, proven results for clients with conditions I would otherwise never have been qualified to help. This technique allows us to truly touch a key system of the body and make a difference for our clients’ wellbeing. It is appropriate for everyone, but particularly valuable to those with chronic pain and inflammatory conditions. I am grateful to be able to facilitate this unique and powerful form of healing.”*

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**Balance** is a wellness-based center that offers therapeutic services, ongoing client education opportunities and natural and organic products that promote health and overall well being. We strive to provide quality care and a calming atmosphere to nurture your body, mind and spirit on the physical, mental, emotional and energetic levels.



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