

**7 reasons
why choose
lymphatic drainage**



Bc. Anna Bartošová

Do you feel tired? Do you want to recharge your batteries and get your energy flowing again after winter?

With spring coming, do you want to start cleansing your body, loose a few pounds and get rid of cellulite?

Did you decide to undergo an esthetic surgery and want to speed up the recovery?

In that case, **LYMPHATIC DRAINAGE** is the best option for you.

Why lymphatic drainage?

Lymphatic drainage is a procedure supposed to help your body get rid of toxins and metabolic waste and accelerate the lymphatic system so that it can **transport and detoxicate** more effectively and improve function of the **immune system**.

Manual lymphatic drainage is a special massage technique, which optimizes the flow of lymph through the body and heightens its resorption. It regenerates and strengthens the function of capillary lymph pump and stimulates its activity. It also encourages disposal of surplus water in the organism and flushes out toxins and waste products out of the body.

This method has a vast usage in medical circles, cosmetic procedures and massage practices and recently also in sports medicine. Looking from the cosmetic point of view this method slows down the processes and displays of skin ageing as well as the hypodermis.

7 reasons for supporting your body with lymphatic drainage

- 1. Significant support during body cleansing and detoxication** – supports quick flushing out of waste and toxins from the body, in combination with cleansing course helps with deep detoxication of the whole organism.
- 2. Support of the immune system, improvement of the metabolism and all in all regeneration of the body** – improvement of the overall health condition, increase of resistance to civilization diseases, stimulation of energy flow and regeneration of the body after an illness. Support during the process of planned pregnancy.
- 3. Treatment of lower limb edema** – excess strain of legs – work related, sports, standing over a long period, sitting, traveling.
- 4. Prevention in case of positive family history** – cellulite, varicose veins, headaches, migraines.
- 5. Care after liposuction and other esthetic surgeries** – speeds up tissue regeneration, decreases swelling and soreness, tension, shortens recovery time.
- 6. Basic care in weight reduction programs and cellulite problems** – help and support for weight reduction and detox diets and for treating cellulitis.
- 7. Sports medicine** – drainage before or after athletic performance, prevention of sore muscles and muscle fatigue – faster disposal of lactic acid from the muscles.

Manual lymphatic drainage is a special manual massage effective on detoxication, regeneration and it also has a relaxing and cosmetic effect.

It is a procedure recognized for its value in treating problems connected with the lymphatic system's activity. It is also effective in prevention against many diseases.

What is the role of lymphatic system

Its main task is **draining excess liquid from tissue, detoxication of the organism and supporting the body's immune system.**

In other words, it is the only system that stores and transports toxins out of the body. These toxins are made as a byproduct of our body's daily functions, or they are absorbed by our body from our environment – unhealthy food, smog, medicine, alcohol, tobacco, etc. It is also a main factor in the body's **defense** function. It plays a crucial part in helping the body face stress, infections and other diseases.

If the lymphatic system doesn't work or its function is weakened and slowed down, **metabolic waste stays in our body's tissue**, fat cells increase its volume and create subcutaneous fat pads, dimpled “orange” skin and swelling.

Signs of weakened lymphatic system

- Fatigue, feeling of heavy legs and later of the whole body
- Swelling of the ankles, especially in the evening after a strain, swelling in the abdominal area, often viewed as weight gain
- Great physical and psychological fatigue
- Lowering of the body's immunity
- Swelling of the nodes, chronic cold
- Swelling of the eyelids

- Frequent and recurrent infectious diseases, tonsillitis, ...
- cellulitis
- occurrence of cancer

Factors weakening the lymphatic system

- sedentary job and lack of exercise in one's lifestyle
- stress, smoking
- wrong breathing technique, tight underwear
- wrong water and food intake habits
- surgery, accident of infectious disease can also lead to weakening or disrupting the lymphatic system

Solution for weakened lymphatic system is manual lymphatic drainage

Using manual lymphatic drainage, it is possible to **activate the lymph** by using the correct pressure and direction to flush out the waste and toxins from the body's cells and intercellular space (skin, hypodermis and muscles).

Lymphatic massage's task is to renew and support the circulation of lymph throughout the body by using **special touch techniques**. It uses small pressure

and lower frequency than what we are used to during classic relaxing massages. The target of the massage are the lymph vessels in the whole body or only a part of it.

By doing that, the insufficient function of the lymphatic system is improved, as well as metabolism, circulation of the lymph and detox of the whole body and self-healing processes in the body.

Why is it necessary to do drainages

The necessity of drainages can be explained using the difference between blood and lymph circulation systems.

The blood circulation system has its own pump – the heart, which speeds it up. The lymphatic system has nothing of the sort. It basically functions thanks to our muscle movement and breathing. Drainages are thus functioning as a pump for this system.

Due to insufficient movement of the lymph, many people suffer from weakened lymphatic functions.

By activating and arousing the lymphatic system you can

- ✓ **eliminate chronic fatigue syndrome**
- ✓ **flush impurities out of the body**
- ✓ **improve metabolism**
- ✓ **improve immunity and get better resistance to infectious diseases**
- ✓ **regenerate the whole body**

- ✓ **reduce swelling**
- ✓ **reduce painful tension**
- ✓ **faster recovery after surgeries and injuries**
- ✓ **harmonize the body's energy**
- ✓ **it is also good as a prevention and treatment of cellulitis**

How often should You get a lymphatic drainage

That depends on each individual, and it is necessary to take indications and current health condition of the client into consideration.

General recommendation:

- prevention, maintaining healthy immune system – 1 per month
- prevention of cellulitis, heavy legs, varicose veins – at least 2 per month
- prevention of migraines – 2 per month
- treating cellulitis, swelling (heavy legs, etc.) – at least 10 treatments with 2-3 times a week interval, after that 2 times per month
- at the beginning of treatment of a specific problem, it is recommended to have a more intensive frequency, around 1-2 times a week for several weeks, afterwards switching to maintaining form

Massage packages for special price



Indications for lymphatic drainage

- swellings, except for serious heart, liver or kidney disease
- prevention of varicose veins
- feeling of heavy legs
- after surgery or injury
- weakened immune system
- migraines, repetitive headaches and their prevention
- malfunction of metabolism in joints: arthrosis, gout
- detox of the body

- faster regeneration after heavy strain
- cellulitis, weight loss
- water retention in the body
- chronic fatigue

Contraindications for lymphatic drainage

- acute bacterial, infectious or viral disease – streptococcal infections, virosis, fever, flu, ...
- acute vascular disease – inflammation of blood vessels, thrombosis, ...
- neurological diseases – epilepsy, ...
- purulent skin injury
- high risk pregnancy and pregnancy within the first 3 months
- untreated high blood pressure
- swelling of the heart, or other heart, kidney or liver disease
- heightened function of the thyroid gland and acute asthma
- glaucoma
- all malign tubercular diseases
- antibiotics – lymphatic drainage is possible only after 10 days

What to pay attention to before and after lymphatic drainage

Before lymphatic drainage:

- ✓ please read through **contraindications** for lymphatic drainage
- ✓ please pay attention to a sufficient daily water intake. Water intake is very individual and depends on many factors, such as weight, amount of physical activity, year season, outside temperature and so on. It is recommended to increase one's water intake before and at least 48hours after lymphatic drainage.
- ✓ at least one day before and after lymphatic drainage reduce alcohol and coffee consumption and smoking
- ✓ in case of big swelling, weight reduction and skin problems it is recommended to combine lymphatic drainage with deacidification of the body, limit consumption of dairy products and gluten
- ✓ don't forget to breath the right way – especially to your abdomen

After lymphatic drainage:

The reaction to a lymphatic drainage depends on the indications, due to which the client came, his current state of health and number of undertaken drainages.

There can be some unpleasant reaction, which should subside in 48 hours. These reactions include: headache, nausea, dry mouth, fatigue, urine color change and especially with skin problems – their temporary worsening (acne, psoriasis, atopic eczema). It is a reaction to toxins being flushed out.

Positive reactions to a drainage are: heightened physical energy, feeling of light legs, more frequent urination, overall calming of the organism. Positive health,

cosmetic and esthetic results appear after undertaking the necessary amount of drainages.

After a lymphatic drainage it is recommended to use compression underwear and maintain sufficient water intake, into which you can add teas that support body cleansing.

I believe, that answers to these questions:

Why should You support your body with lymphatic drainage?

What is manual lymphatic drainage?

Why is it important for healthy body function?

What are the results of manual lymphatic drainages?

What is the lymphatic system and its functions?

What are the indications and contraindications for manual lymphatic drainage?

What should you pay attention to before and after manual lymphatic drainage?

- ✓ Have been given to you via this ebook, and that I showed you **how important it is to pay attention to a correct function of the lymphatic system,**

- ✓ **That the care of one's lymphatic system means improving of one's overall health, increasing immunity, treatment of various health problems and help during weight loss and cellulite problems.**

Now you know

7 reasons for supporting your body with lymphatic drainage

Whether you are currently interested in dealing with a concrete health problem, faster recovery, weight loss and body detox or becoming a mom

Choosing manual lymphatic drainage is definitely a suitable and effective solution

I have prepared a **complex solution** for you, which, I hope and believe, will satisfy you and help you eliminate fatigue, feeling of heavy legs, cleanse your body and prepare yourself for pregnancy.

Your health problems surely have their solution and I will gladly help you by the means of manual lymphatic drainage.

Packages of lymphatic drainages for special price



I will be glad of you write to me on my personal email address anna@annabartosova.eu , if you liked this ebook, if it helped you in deciding whether to grant your body support in the form of lymphatic drainages, or if you have any questions, to which you did not find an answer. I will gladly answer them.

Bc. Anna Bartošová

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