



Manual Lymphatic Massage



IPHM International Practitioners
of Holistic Medicine
APPROVED TRAINING PROVIDER

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Introduction

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This course is amazing, in that you get to workso enjoy the journey and let's get started.

Anna Joti Low Cert Ed ITEC Dip Acup MCMA

www.theschooloffinetuning.com anna@theschooloffinetuning.com



Manual Lymphatic Massage

Manual Lymph Drainage was first discovered and developed by Dr. Emil and Estrid Vodder in France in the 1920's and 1930's. It premiered in Paris in 1936 to great acclaim and both went on to teach their method in countries all over the world.

The method that constitutes MLD is an exceedingly light skin manipulation applied without oils or powders. Moving the skin gently over the underlying tissues triggers the musculature of the lymph vessel system to contract more frequently – increasing the absorption of excess fluid and waste products.

Manual lymphatic drainage is primarily used to enhance the functioning of the lymphatic vessels whose role is 'filter' interstitial fluid before returning it to the circulatory system. Therefore the circulatory and lymphatic system are closely connected, working in unison with each other.

Manual lymphatic drainage promotes the action of the sympathetic and parasympathetic nervous systems which in turn enhances the function and activity of the immune system. It is effective in the treatment of a wide range of disorders ranging from headaches to post operative mastectomy procedures.

The western world's diet increasingly relies heavily on processed and saturated foodstuffs. This places an increased pressure on the lymphatic system with excess toxins and wastes. Fluid intake which in western society is generally limited combines with a poor diet to make the lymphatic system slow, unresponsive and sluggish. Clients can benefit from lymphatic drainage as part of a general detox program which will in turn improve energy, increase cellular oxygen uptake and nutritional exchange as well as building immunity levels.

Whilst lymph flow does not require a heart (a pump) to power the fluid through the body it does make use of the muscular-skeletal action, movements and exercise as well as non-return valves which act like lock gates and seek to prevent backflow.

Manual lymphatic drainage is extremely gentle. Receiving the treatment is wonderfully relaxing. Therapists who provide the treatment will tell you that it is just as relaxing to apply with a natural rhythm that enhances bodies cadium cycles.

The understanding of the lymphatic system and research into the functioning of it has, in recent years accelerated. The lymphatic system is an important biological system, which functions to provide immunity and to transport the excess tissue fluid from amongst the capillaries in the loose connective tissue into the vascular system. Much research has been conducted on the circulatory system, however very little has been attempted on the lymphatic system. Research into microcirculation is being conducted in a few institutions worldwide. Research into the microcirculation of the lymphatic system is still mostly hypothetical and little research within the biomedical engineering field exists on the flow of the lymph within the lymphatic system.

The Benefits of MLM

Manual Lymphatic Massage alleviates many chronic conditions:

- Sinusitis, Nasal Congestion, Catarrh
- Irritable Bowel Syndrome (IBS), Constipation
- Arthritic Swelling, Pain and Inflammation
- Puffy eyes, Swollen legs, Swollen Ankles
- Post Operative Inflammation and Swelling
- Post Plastic Surgery (speeding up healing)
- Calms the central nervous system for stress reduction
 - Cellulite
 - Stress and Anxiety
 - Digestive Conditions

With a positive effect on

Respiratory system dysfunctions
Clients suffering with low energy levels
Before (and following) a long airline flight

Manual Lymphatic Massage stimulates the body to boost the immune system, assisting in protection and warding off of illness
Physically, it improves the appearance of skin. It reduces puffiness caused by retention of water, circulatory difficulties and pregnancy

As a physical therapy it can help to alleviate client pain from conditions such as fractures, strains, sprains and rheumatism, assisting the bodies healing mechanism

Therapist Considerations

Consultation – A full consultation should take place with each *new* client and follow up with each returning client. During the consultation process it is important to gain as much information relevant to the treatment that they are about to undergo. This is especially important if your client is recovering from disease or disorder or when referred by a medical or healthcare specialist

The aims of the consultation are:

Record an accurate medical history. Find out the client's treatment aims

Ensure that the client is suitable for treatment. Identify any contraindications (if any)

Determine any referral issues Establish a professional rapport

Answer any client questions Agree a treatment plan

Client Record and Treatment plan – The consultation process will involve you sitting with your client and completing a client record and treatment plan. A sample consultation form is attached at APPENDIX A although any similar form or format can be used. The forms themselves contain personal information and should be treated within the boundaries of the Data Protection Act 1998 and must be kept securely (under lock and key for paper records and password protected for electronic data for a minimum of seven years) **Contact the Data Protection Information Commissioners Office on 01625 545 745 or by fax on 01625 524 520** Through this consultation and discussion you will learn more about your client, building up a professional relationship which will lead towards the achieving of their treatment aims.

Aftercare and Homecare Advice – General aftercare and homecare advice can be applied across most complementary disciplines, with a few exceptions. Advice is best given verbally and confirmed with a paper record, a copy of which should be given to your client to follow

Professionalism – The consultation process itself is part of professionalism. Clients should be met and greeted warmly and sincerely. As a therapist dress code is of paramount importance, attire should be appropriate to the field in which you work, with tunic tops and skirts/trousers in pastel colours the general norm. Personal and environmental hygiene should be attended to with no strong odours detectable. Avoid the use of mobile phones within your treatment area, ensure that both yours and your clients are turned off on down to avoid any intrusion in the treatment. Finally, ensure that there are no interruptions.

Hygiene – Scrupulous personal hygiene is of paramount importance when carrying out treatments. As a therapist you work in close proximity to the client and therefore high hygiene standards must always be observed:

Wash your hands before and after treatment. Nails must be short and clean

Tie back hair and remove jewellery. Roll up sleeves or wear a short sleeved tunic

Avoid spicy foods/smoking/alcohol prior to providing treatments.

Ensure that your breath is fresh

Data Protection

The Data Protection Act 1998 was established to provide security to individuals, groups and business who are data controllers. In the therapist sense we are all data controllers, recording personal information as part of our business. The Act requires that you secure information (under lock and key for paper records and password protected for electronic records) for a minimum of 7 years. Allowing access to those with a 'need to know' e.g. Other therapist or healthcare professional and the client themselves. The Act itself is wide reaching. Further information can be obtained from www.informationcommissioner.gov.uk

The Lymphatic System – An overview

The lymphatic system is an important part of our immune system and is designed to assist in the removal of waste products from the cells. Unlike the circulation of the blood, there is no pump (the heart). This system can become very sluggish, not least because of our sedentary lifestyles, resulting in a build-up of and pooling of lymph.

Lymph itself is a colourless fluid which functions to breakdown harmful substances (viruses, bacteria), strengthen the body's immune system by producing white blood cells and eliminate excess fluid. The lymph nodes filter out toxic material collected from the body via the lymph. During the course of any infection, these nodes become enlarged and inflamed.

The lymphatic system consists of:

- Lymphatic Capillaries
- Lymphatic Vessels
- Lymphatic Nodes
- Lymphatic Ducts

And areas of specialised lymphatic tissue:

- Tonsils
- Thymus Gland
- Appendix
- Payers Patches

The functions of the lymphatic system are to:

- **Act as a drainage system**, collecting and returning interstitial fluid, including plasma protein, which in turn helps to maintain fluid balance and prevent odema
- **Remove waste** from cells, including fluid, debris, dead blood cells, pathogens and toxins
- **A fat absorption system** – taking lipids form the small intestine following chemical breakdown of food and transporting them to the blood

- **Assist the lymphatic system** - working with the circulatory system to deliver nutrients, oxygen, and hormones from the blood to the cells that make up the tissues of the body.
- **Form a defence system** – by combating infection, destroying pathogens and
- building resistance to future infection and disease by producing ‘T’ lymphocytes

Lymph

Whole blood never leaves your circulatory system but its derivative, interstitial fluid does. This fluid passes through blood capillaries delivering nutrients such as oxygen, sugars and proteins and collecting waste products such as carbon dioxide and pyruvic acid. Due to the difference in size of elements of the waste products and pressure within the capillaries not all waste can be transported back to the heart through the circulatory system. This fluid that cannot be transported in this manner is picked up by lymphatic capillaries and at that point referred to as ‘lymph’

Lymphatic Capillaries

In order to leave the tissues, the lymph must enter the lymphatic system through specialized lymphatic capillaries. Approximately 70 percent of these are *superficial capillaries* that are located near, or just under, the skin. The remaining 30 percent, which are known as *deep lymphatic capillaries*, surround most of the body’s organs.

Lymphatic capillaries begin as blind-ended tubes that are only a single cell in thickness. These cells are arranged in a slightly overlapping pattern, much like the shingles on a roof. Each of these individual cells is fastened to nearby tissues by an *anchoring filament*.

These begin as blind-ended tubes that are only a single cell in thickness. These cells are arranged in a slightly overlapping pattern, much like the shingles on a roof. Pressure from the fluid surrounding the capillary forces these cells to separate for a moment to allow lymph to enter the capillary. Then the cells of the wall close together. This does not allow the lymph to leave the capillary but forces it to move forward. (Diagram 1 & 2 below)

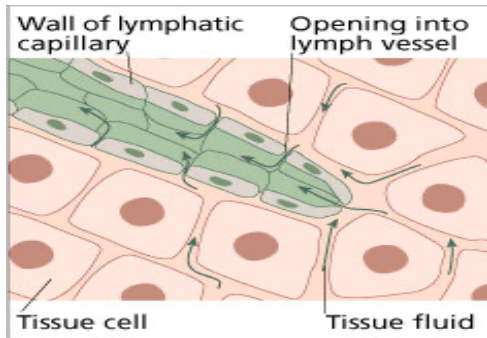


Diagram 1

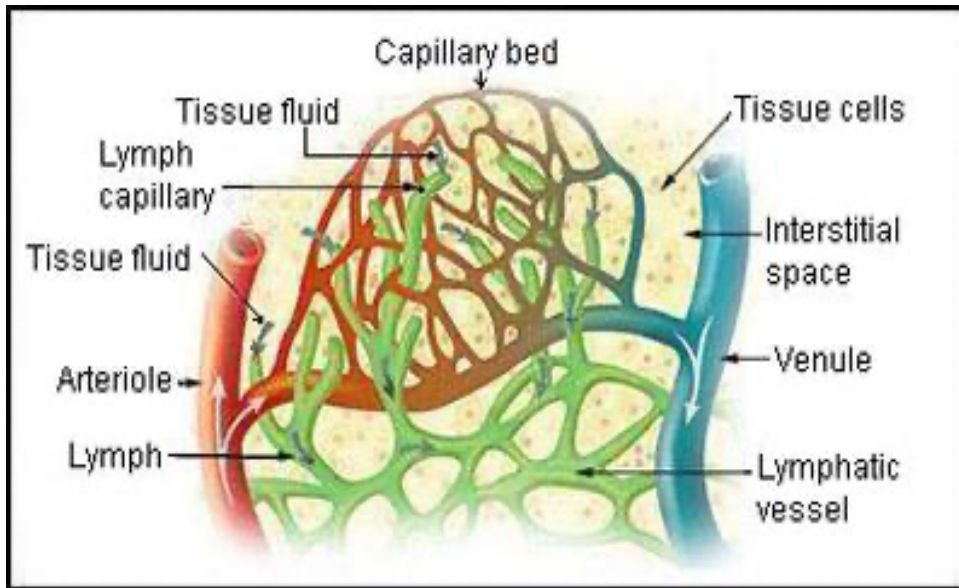


Diagram 2

Lymphatic Vessels - The lymphatic capillaries gradually join together to form a mesh-like network of tubes that are located deeper in the body. As they become larger, these structures are known as lymphatic vessels. (Diagram 3 below) They are:

- Deeper within the body the lymphatic vessels become progressively larger and are located near major veins.
- Like veins, the lymphatic vessels have valves to prevent any backward flow.
- Smooth muscles in the walls of the lymphatic vessels cause the vessels to contract sequentially to aid the flow of lymph toward the thoracic region.

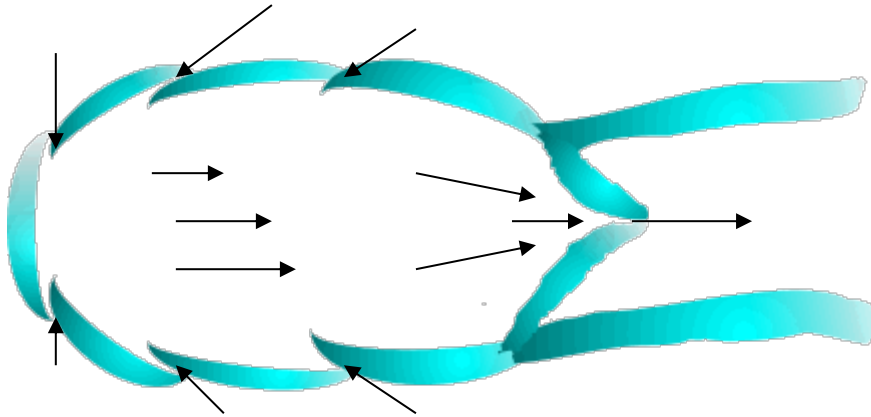


Diagram 3

Cross – section through a lymphatic capillary indicating how interstitial fluid pressure forces open overlapping cells (and is prevented from back flow by valves) Arrows denote the flow direction

Lymph Nodes

Lymph must be filtered before it returns to the circulatory system and this is the function of the lymph nodes. Lymph nodes are pea sized areas of tissue which are fibrous on the outside and with an inner network of reticular and lymphatic tissue called **trabecule**. This trabecule contains lymphocytes and phagocytes which filter and destroy invaders (A bit like ‘pacman’) These cells are specialised and kill pathogens that may be present. This causes the node to increase in size - swelling commonly known as swollen glands.

There are between 600-700 lymph nodes present in the average human. Although these nodes can increase or decrease in size throughout life, any nodes that have been damaged or destroyed, do not regenerate.

The lymph nodes you are more likely to notice are those in your groin (Inguinal nodes) armpit (Axillary nodes) and neck (Cervical nodes) Diagram 4 below

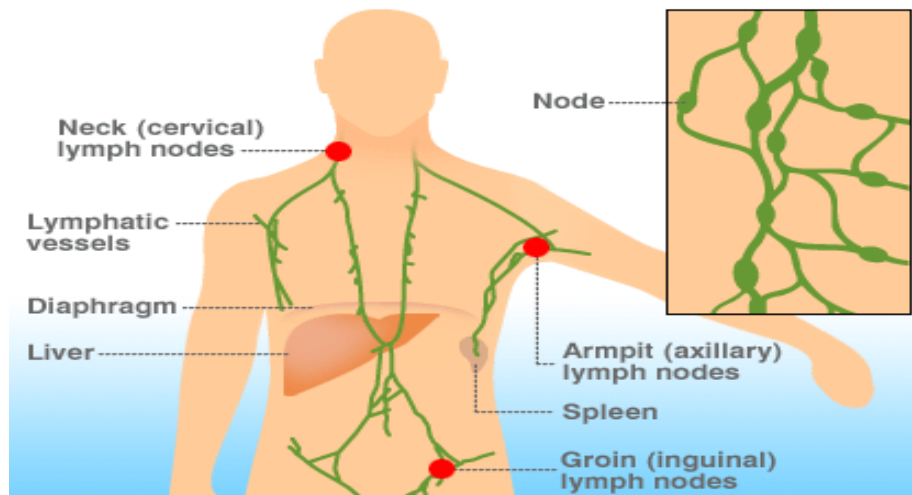


Diagram 4

Lymph is transported to the node via an AFFerent vessel and away from the node by EFFerent vessels. There are generally more afferent vessels entering a node than leaving due to the ‘filtering’ action of the node itself. Diagram 5 below

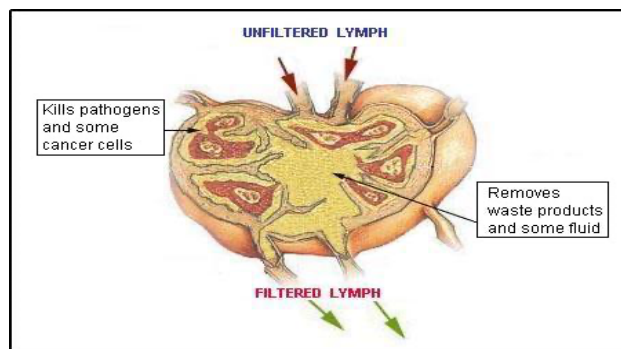


Diagram 5

How Lymph Circulates

The lymphatic system is a subdivision of the circulatory system. It does not have a heart, a pump, to power the fluid around and through the body. Instead it relies on:

The presence of valves – Semi lunar valves within the lymphatic capillaries form ‘lock gates’ (Diagram 3) which allow lymph through and upwards whilst preventing backflow

Outside compression – Manual lymphatic drainage techniques, massage or manipulation of body tissues

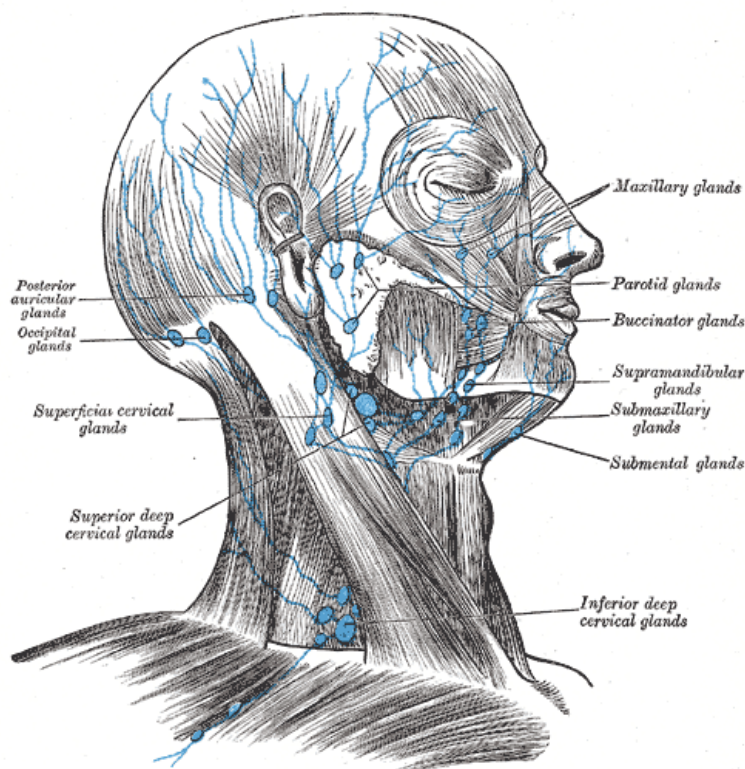
Negative pressure – During inspiration

Pressure difference - in Lymph capillaries compared to blood capillaries

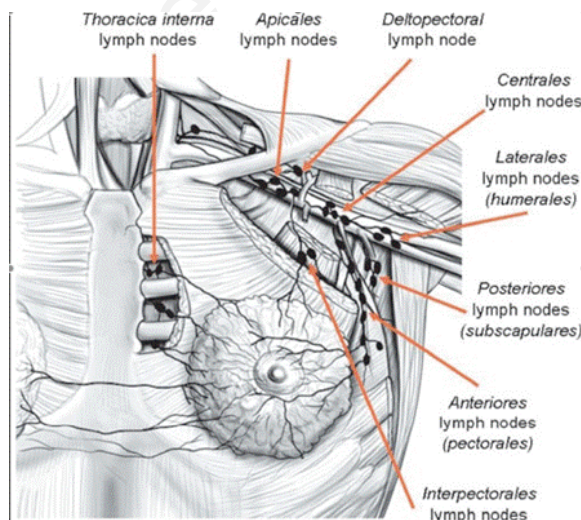
Muscular- Skeletal pump – Body movements, muscular contraction affect the lymph within the interstitial spaces

Lymphatic pathway head to toe

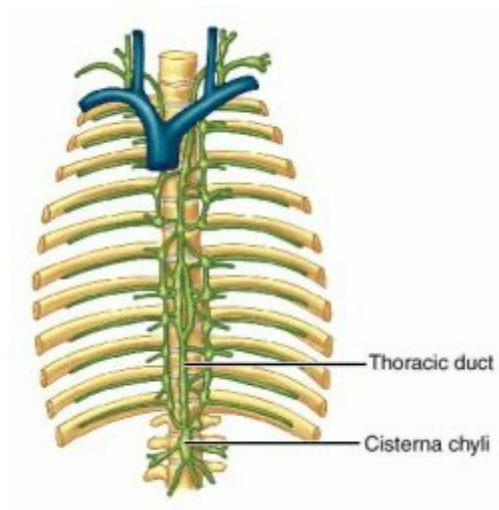
Lymphatic capillaries – lymphatic vessels – lymph node – (Cisterna chyli) - lymph ducts



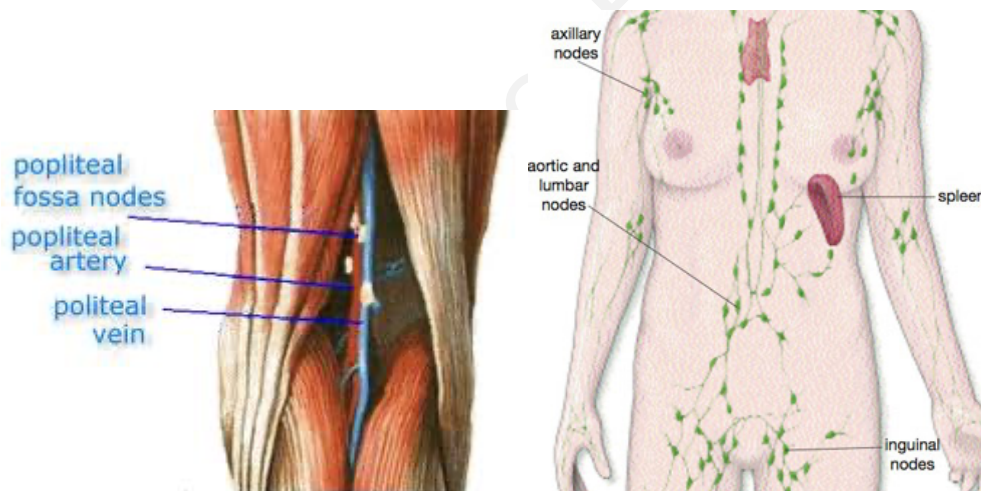
Lymph from the head and neck passes through superficial and deep **cervical nodes**



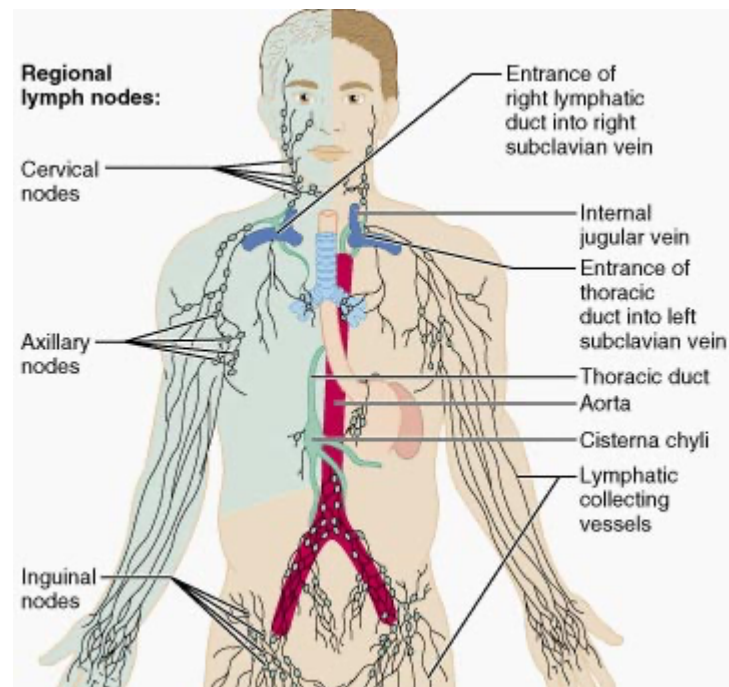
Lymph from the arms pass through nodes in the elbow (**supratrochlear** nodes) and superficial and deep **axillary** nodes. The majority of lymph from the breast also passes through the **axillary** nodes.



Lymph from the pelvic cavity and abdominals pass through lymph **intercostals**, **brachiocephalic**, **broncopulmonary** and **oesophagus** nodes before entering the **Cisterna Chyli** (a dilated sac at the lower end of the thoracic duct into which lymph from the intestina trunk and two lumbar lymphatic trunks flow).



Lymph from the legs drain through superficial and deep **popliteal** and **inginal** nodes before draining into the **cisterna chyli**



All filtered lymph now passes into one of two lymphatic ducts. Lymph from the right side of the head, neck and right arm pass into the **Right Thoracic Duct**. (Approx 1.5 cm long and situated in the root of the neck) before emptying into the right subclavian vein to rejoin the circulatory system.

Lymph from the left side of the head, neck, left arm, trunk and lower extremities passes through the **Cistern Chyli** then into the **Left Thoracic Duct** (Approx 40cm long and extending from the second lumbar vertebrae to the root of the neck) before emptying into the left subclavian vein to rejoin the circulatory system

Disorders of the lymphatic system

All of the below are contraindicated.

Any MLM treatment for clients presenting with any of these conditions should only be carried out with the permission (and guidance) of a qualified medical practitioner

One function of the lymphatic system is to drain excess fluid from tissues. If the lymphatic system is disrupted or damaged, it can lose this ability and the excess fluid will cause the tissue to swell (Oedem) .Oedema is the medical term for fluid retention in the body.



Oedema

It occurs when there is a build-up of fluid (mainly water) in the body's tissues, causing swelling to occur in the affected area. As well as swelling or puffiness of the skin, oedema can cause:

- skin discolouration
- fluid-filled areas of skin that temporarily hold the imprint of your finger when pressed (known as pitting oedema)
- aching, tender limbs
- stiff joints
- weight gain or weight loss
- raised blood pressure and pulse rate

Oedema is often a symptom of an underlying condition. It can also be caused by a variety of factors such as high salt intake in the diet or being immobile for long periods of time and by the following conditions or treatment:

- pregnancy
- kidney disease
- heart failure
- chronic lung disease
- thyroid disease
- liver disease
- diabetes
- arthritis
- malnutrition
- medication, such as corticosteroids or medicine for high blood pressure
- the contraceptive pill

If it occurs in the leg, the cause may be any of the following:

- a blood clot
- varicose veins
- a growth or cyst

Oedema may also result from the following factors:

- a high intake of salt in the diet
- sitting or standing still for long periods of time
- hot weather
- exposure to high altitudes
- burns to the skin

When doctors cannot find an obvious cause for oedema, it is known as idiopathic oedema.

Where it occurs

Oedema can occur in any tissue in the body, but it most commonly affects the hands, arms, feet, ankles and legs (this is known as peripheral oedema).

Other types of oedema include cerebral oedema (affecting the brain), pulmonary oedema (affecting the lungs) and macular oedema (affecting the eyes).

Outlook

Oedema is usually cured by diagnosing and treating the underlying condition causing the imbalance of fluids in your body.

Your GP may recommend some simple self-care techniques to reduce the build-up of fluid in your body, such as reducing your salt intake, losing weight (if you are overweight) and raising your legs three to four times a day to improve your circulation or refer you to a complementary therapist who provides Manual Lymphatic Drainage.

Drugs called diuretics may also be prescribed to reduce the build-up of fluid in your tissues. Diuretics increase the amount you urinate and are not suitable if you are pregnant or have weakened valves in the veins of your legs.

When a lymph vessel is obstructed by damage or disruption, there is an accumulation of lymph. This condition is called lymphoedema.



Lymphoedema

Types of lymphoedema

There are two main types of lymphoedema:

- Primary lymphoedema develops at birth or shortly after puberty and is caused by faulty genes.
- Secondary lymphoedema is caused by damage to the lymphatic system as a result of an infection, injury, trauma or cancer.

Secondary lymphoedema often develops as a side effect of cancer treatment. Surgery is often necessary to remove lymph glands to prevent a cancer from spreading. This can damage the lymphatic system.

Radiotherapy, where controlled doses of high-energy radiation are used to destroy cancer cells, can also damage the lymphatic system.

Secondary lymphoedema occurs more frequently in women, possibly because it can sometimes be a side effect of breast cancer treatment.

Outlook

There is no cure for lymphoedema, but it is possible to control the symptoms using a combination of different techniques, such as massage and compression garments.

People with lymphoedema are more vulnerable to infection. This is because infection-fighting white blood cells, called lymphocytes, which travel in the lymphatic system, are prevented from reaching the part of the body where they are needed.

Lymphoma

Lymphoma is a cancer of the lymphatic system.

The lymphatic system is part of your immune system. Clear fluid called lymph flows through the lymphatic vessels and contains infection-fighting white blood cells known as lymphocytes.

In lymphoma, these lymphocytes start to multiply in an abnormal way and begin to collect in certain parts of the lymphatic system, such as the lymph nodes. The affected lymphocytes lose their infection-fighting properties, making you more vulnerable to infection.

The most common symptom of lymphoma is a painless swelling in a lymph node, usually in the neck, armpit, breast or groin.



There are two main types of lymphoma:

- non-Hodgkin's lymphoma
- Hodgkin's lymphoma

About 80% of all lymphomas diagnosed are non-Hodgkin's lymphoma.*
Source NHS Choices The causes of both types of lymphoma are still unknown

Non-Hodgkin's lymphoma

Non-Hodgkin's lymphoma is the most common type of lymphoma. More than 9,700 people in the UK are diagnosed with non-Hodgkin's lymphoma each year.

Non-Hodgkin's lymphoma refers to any type of lymphoma that does not have the distinctive Reed-Sternberg cell that is present in Hodgkin's lymphoma (see below).

There are many sub-types of non-Hodgkin's lymphoma, but they can all be put into one of two broad categories:

- high-grade or aggressive non-Hodgkin's lymphoma, where the cancer develops quickly and aggressively
- low-grade or indolent non-Hodgkin's lymphoma, where the cancer develops slowly and you may not have any symptoms for many years

Who is affected

Non-Hodgkin's lymphoma is associated with ageing, as the chances of developing the condition increase as you get older. The average age at diagnosis is around 65.

For reasons that are not understood, the rates of new cases of non-Hodgkin's lymphoma have been slowly but steadily rising for the last 50 years. The rate of increase in the UK is around 4% a year.

If the occurrence of non-Hodgkin's lymphoma continues to rise at the current rate, it is estimated that it will be as common as breast or lung cancer by 2025.

Outlook

Survival rates for non-Hodgkin's lymphoma vary greatly depending on the exact type, grade and stage of the lymphoma, and the person's age.

Despite their names, high-grade non-Hodgkin's lymphoma is easier to treat than low-grade non-Hodgkin's lymphoma. Cure rates depend on individual circumstances and the subtype of the lymphoma, but an average of 60% of people with high-grade non-Hodgkin's lymphoma are cured.

The difficulty with low-grade non-Hodgkin's lymphoma is that it does not cause symptoms until it is well advanced, by which time it is often too late to cure. However, it is possible to control symptoms for many years.

Hodgkin's lymphoma

Hodgkin's lymphoma is one of the rarer types of lymphoma, but it is one of the most common cancers among younger people. It is named after the doctor who first described the condition in the 19th century.

Hodgkin's lymphoma is characterised by the presence of a distinctive abnormal cell known as a Reed-Sternberg cell (a B-lymphocyte that has become cancerous).

Nearly 1,500 people are diagnosed with Hodgkin's lymphoma in the UK each year.

Who is affected

Hodgkin's lymphoma mostly affects young adults aged between 15 and 35 and adults over the age of 50. More men than women are affected.

Outlook

Hodgkin's lymphoma is a relatively aggressive cancer and can quickly spread through the body. Despite this, it is also one of the most easily treated types of cancer.

Almost all young people with Hodgkin's lymphoma will be fully cured. For older people over the age of 50, the cure rate is around 75-80%.

Contraindications

Inflammatory/Infectious diseases

Fever

Active Cancer Patients

Malignant Melanomas

Circulatory problems – Risk of embolism

Heart conditions – Lymphatic techniques may increase the lymphatic load on the heart

GP Referral:

Diabetes – If treating a client with this condition ensure that they have their medication as well as sugar based sweets or snacks with them

Low blood pressure – Work only small areas initially, building up the area covered over an extended period of time

Thyroid problems – Avoid the area

Kidney problems

Epilepsy – Avoid the sternum area.

Menstruation – Avoid treatment as MLD can increase the menstrual flow

Planning a treatment

A full consultation should take place with each new client and follow up with each subsequent session. A consultation should take approx 15 minutes and NOT form part of the treatment time/price.

Consultations should take place in a quiet, well lit, ventilated room. Ideally therapist and client should sit at right angles to each other in seats of a similar height. This ergonomic positioning will encourage a more relaxed form of consultation.

Use the consultation process as an informal fact finding session, where you the therapist seeks to gain as much relevant information about the client that will assist you in providing customer based high quality treatment.

During the process you should consider, client:

- Age
- Medical condition or disorder
- Any other treatment currently being provided
- Reason(s) for treatment

Treatment times will need to be adjusted for weak, infirm, elderly clients or post surgery clients. Initially short session of 15-20 mins will suffice, building up to 25 – 30 mins over time.

It is recommended that more frequent shorter treatments are carried out rather

than longer infrequent treatments

What is Body Brushing?

Using the gentle massaging action of a dry natural sisal brush stimulating the circulation and lymphatic system, helping to eliminate toxins from the client's body. The elimination process of the body and becomes more effective, improves blood circulation and enhances the immune system, improves the appearance of cellulite and reduces water retention leaving the skin firmer and smoother. Dry Body brushing is often done in spas as part of detoxification and slimming treatments.

Dry skin brushing is one of the healthier self-help methods available to us today. Stimulation of the skin sets in motion natural healing pathways within the body. Additionally, it encourages nerve beds within its structure that in turn increases normal healing processes throughout the body.

There are several automatic systems contained by the body including healing processes. The heart beats by design—you breathe automatically—and your body's "automatic healing process", is another. It is set in motion when your body generates an itching response to the required areas. You will obviously scratch that area, and in turn, the area turns red with a fresh blood supply and the natural healing process has now been set in motion. This is the same healing process that will follow a skin brushing session.

Your skin is the primary sign of an internally toxic body. As soon as your internal body becomes toxic, it will spread out into your skin causing your skin to become irritated and itchy. There are numerous ports of elimination of the skin including your mouth, face, and arm pits, the inside of your upper thigh region, feet, and toe nails. Did you know that body odour is also an additional indicator of toxic build-up and is eradicated through the same

channels. Let's not forget your tongue, which builds up a plaque and is yet another gauge of toxins in the body.

Our skin is permeable or porous, and can absorb toxins directly from the environment. According to Jacqueline Krohn, MD, "Caustic chemicals, such as alkaline solutions, can also penetrate the skin. Once a chemical has penetrated the stratum corneum (the most superficial layer of the skin), it moves through the epidermis and into the dermis. Skin brushing will enhance your health significantly. You may wonder how this is accomplished using, "skin brushing". It is a fact that the skin is one of the optimal ways to getting to the endocrine system and all the glands it reaches very quickly. In addition, at the same time, it triggers them to react successfully. The instantaneous result from a brushing session is a feeling of increased physical well being.

Benefits of Body Brushing

- Dry skin brushing helps to shed dead skin cells, which can help improve skin texture and cell renewal.
- Dry skin brushing increases circulation to skin, encouraging your body's discharge of metabolic wastes, which greatly aids the lymphatic drainage of the entire body. When the body rids itself of toxins, it is able to run more efficiently in all areas.
- Dry skin brushing also helps to tighten the skin because it increases the flow of blood. Increasing the circulation to the skin can also help lessen the appearance of cellulite.
- Dry skin brushing stimulates the lymph canals to drain toxic mucoid matter into the colon, thereby purifying the entire system. This enables the lymph to perform its house-cleaning duties by keeping the blood and other vital tissues detoxified. After several days of dry brushing, you may notice the gelatinous mucoid material in your stools.
- Dry skin brushing helps with muscle tone and more even distribution of fat deposits.
- Dry skin brushing also rejuvenates the nervous system by stimulating nerve endings in the skin.
- Dry skin brushing helps your skin to absorb nutrients by eliminating clogged pores. Healthy, breathing skin contributes to overall body health.
- Individuals who sit at a computer screen all day long will particularly take pleasure in the benefits of skin brushing. People who have inactive lifestyles or jobs usually experience stiff and sore necks and shoulders that reach even into their arms and down their spines and into their lower backs. Increased blood flow begins entering the areas brushed and you will experience an

increase in electromagnetic energy that permits you to feel energized and invigorated.

- Cellulite is toxic materials that are accumulated in your body's fat cells as they are unable to be eliminated. So, rather than liposuction surgery, how about utilizing the "dry skin brushing" techniques coupled with an alkaline diet program and a great exercising routine. It will break down the unwelcome toxic body deposits and send them scurrying out of your body through the elimination channels we discussed above.

Important Hygiene & Client instructions for Body Brushing

Ensure that the brush is hygienic before treatment, various companies provide sprays for this purpose. Also always explain to client that at first it may feel slightly uncomfortable because of the firm bristles.

Massage Techniques

A movement called stationary circles form the basic motion of the treatment. All movements are based on this motion. The direction of the strokes should follow the pathway of the lymph to the nearest lymph node. If the lymph is pushed way from the node, then the work you have carried out will not be effective.

Stationary Half Circles

Using the soft pads of the fingers, place them on to the skin and move them gently, in a circular direction, gently increasing the pressure into the tissue and towards the lymph node. At the end of the circle allow the fingers to return to their start position, lightly. A variation is the finger twist where the shape is a letter 'J' rather than a circle.



Push and Stretch

Using the pads of the finger(s) apply a gentle push in a straight line. Applied in small areas.



Flat Fingered Push

Using the flats of the finger(s) apply a gentle push in a straight line. Applied in small areas.

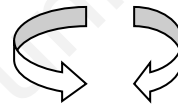


Pumping

Is similar to a caterpillar movement. Abduct the thumbs and stretch the fingers as the wrist moves back and forth like a hinge. The forward motion of the fingers are applied with gentle pressure.

Thumbscrew

Thumbs are pushed together and hands medially rotate



Rocking

Stationary position. Hands are side by side and fingers lined up next to each other. The wrist is pushed down and upwards

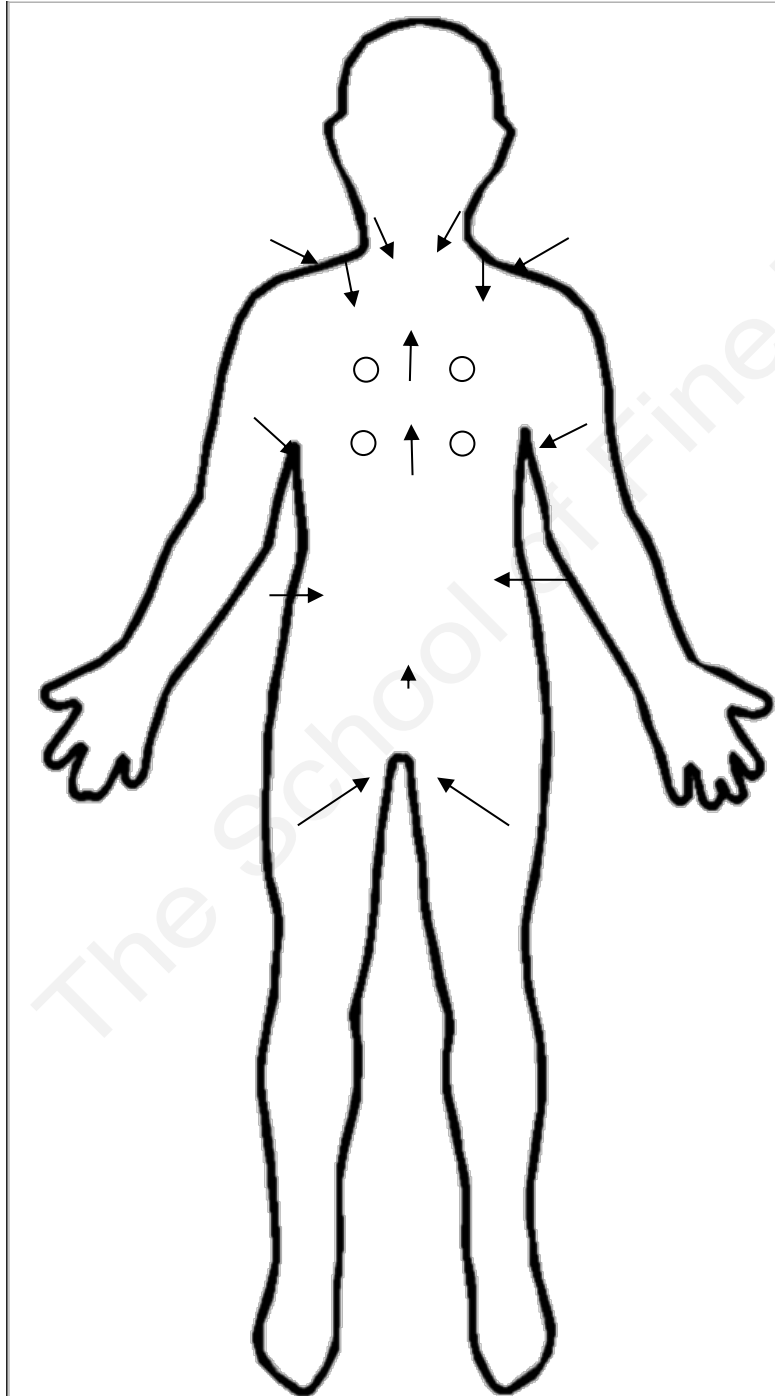
Compression – Relaxation

Clearing nodes by a gentle push/compression/relax action using heel of your hand or all fingertips lined up in a row.

Sequence

Begin by clearing the **Terminus**, by either sitting or standing followed by **Deep Cervical and Trapezius**

Direction of Lymph (Anterior)

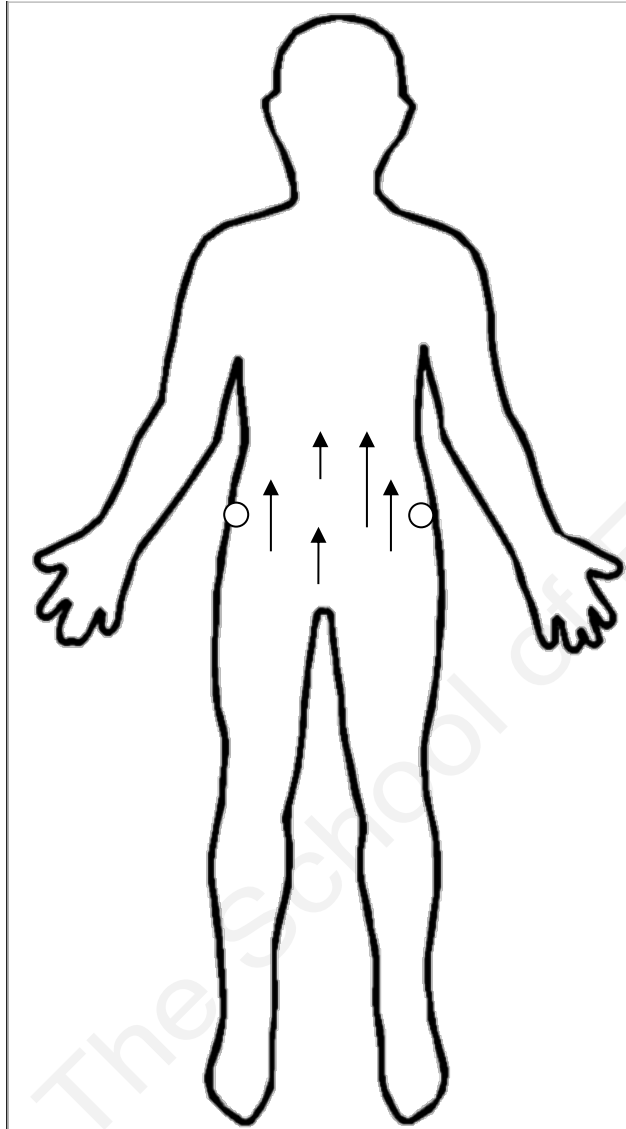


Abdominal Area

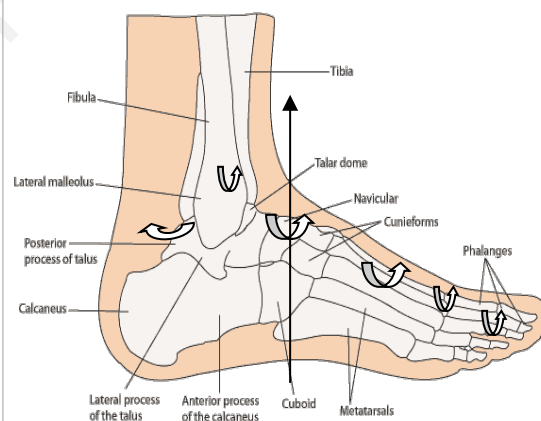
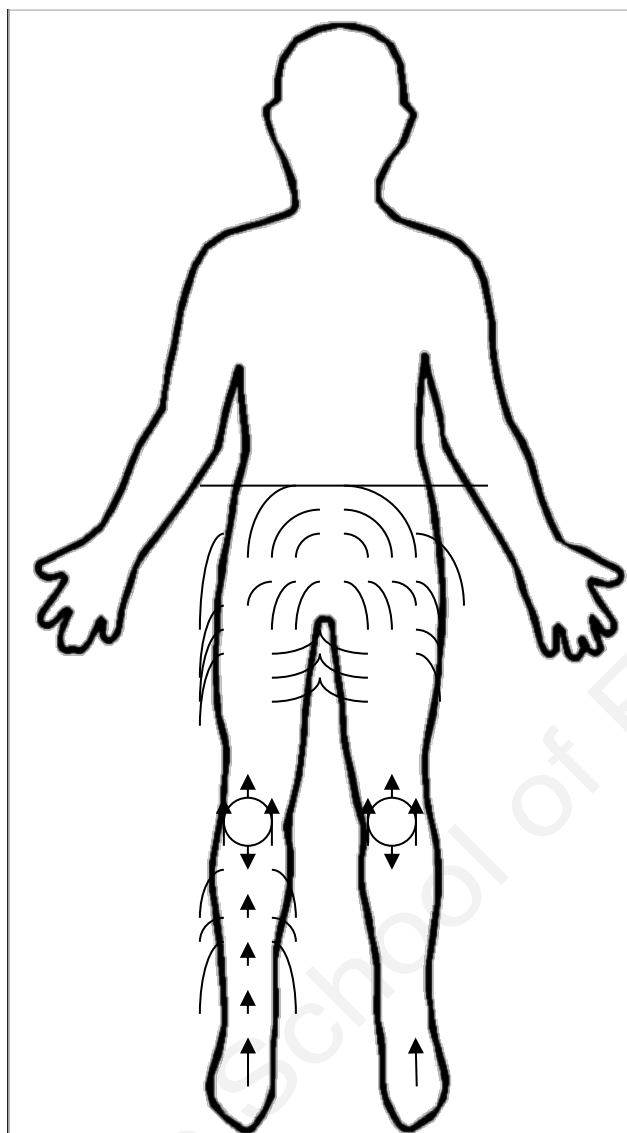
Pumping

Caterpillar

Push and Stretch up towards Cisterna Chyli



**Anterior
Pumping
Large Stationary Circles and Static finger slides**



Inguinal nodes. Working superior upwards towards inguinal nodes. Pumping
Repeat 3 – 5 times

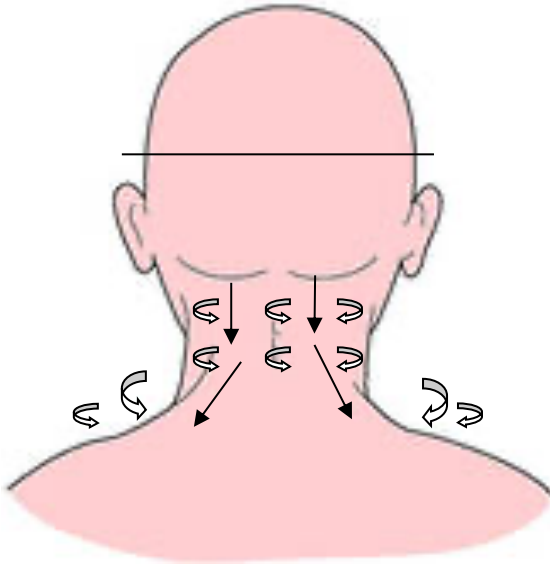
Inner high in Tree pose –3 positions **Stationary circles towards inguinal nodes.**
Repeat 3 – 5 times

Lateral leg –from top of thigh to above knee, 4 positions **Stationary circles**
Repeat 3 – 5 times

Intermediate Thigh – from top of thigh to above the knee **Straight push**
Repeat 3 – 5 times

Knee

Superior patella – Thumbscrew technique
Either side of patella – Thumbscrew technique
Inferior patella – Thumbscrew technique
Stretch over the patella - With flat palm



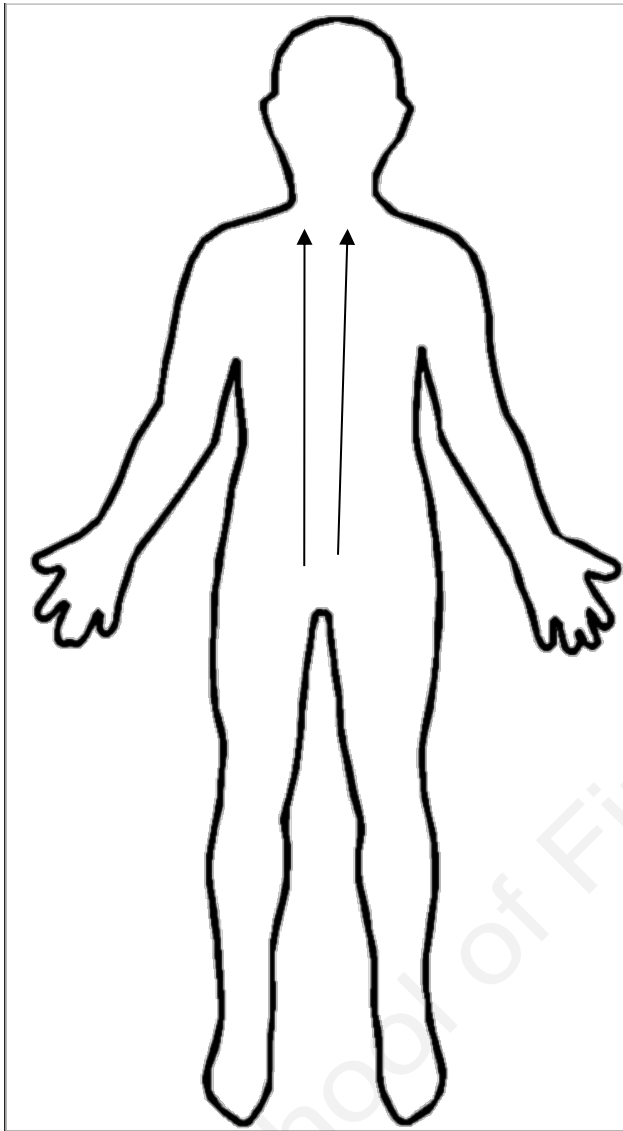
Half Circles with Finger and Finger Slides and alternate pumping.

Back Repeat Each Action 3-5 times

Lateral middle back – Large stationary circles

Intermedial middle back – Large stationary circles

Spinal push – Fingers in the well either side of the vertebral column –
Straight push. Work Superior to inferior.



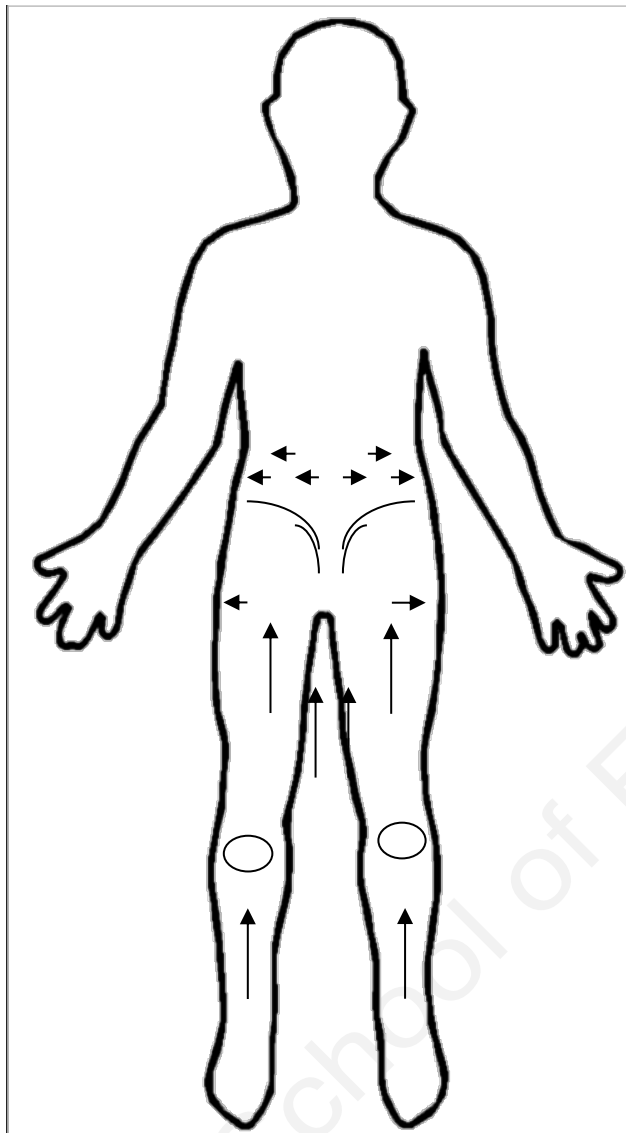
Lower Back *Repeat each action 3-5 times*

Centre of sacrum – Rocking

Over Sacrum – Rocking

Lateral Stretch – Two positions medial to lateral

Posterior



Lymphatic Massage Sequence

- **Keeping pressure very light. Always begin close up to the node that you are draining towards.**

Clear The Terminus

- Located just above the clavicle.
- Use the middle ring and little finger.
- Push skin towards the midline. Five times

Clear the Cervical Node

- Using half circle technique. Work three positions close to the terminus and below the ear. Circling from the ear and down towards the terminus.

Clear the Outer neck

- Place pads on the upper trapezius circle towards the terminus and the midline of the body. Five times.

The Chest

- Begin at the sternum.
- Use flat finger pushing.
- Three positions on the sternum. Begin close to the terminus, moving away. To the bottom of the sternum.

Clear Space Between Sternum and Ribs

- At the side of the sternum. Compression technique. Using all fingers in a row. Push fingers towards the terminus sideways.

Clear Axillary Nodes

- Ask Client to raise their arm above their head.
- Stand on the same side of the body.
- Use half circle techniques with the pads of fingers.
- Three positions. Around at cilia axilla., medial, lateral and below.
- Circle inwards. To the centre of the axilla.

Clear the Side Of the Torso

- Down the side of the body.
- Stand on the opposite side. Half circle techniques with flat hands together.

- Work two positions on the side of the torso., close to the axilla and then furthest away.
- Circle downwards towards the axilla.

Clear Around Breast

- Stand on the opposite side of the body.
- Working over towel.
- Place clients hand over opposite breast. Knew line, place your hand on the clients hand.
- Use half circle technique with flat hand., above and below.
- circle downwards towards the axilla.

Clear Medial Arm

- Using half circle techniques. With the pads of fingers. Circle towards axillary nodes.

Clear Upper Arm

- Use half circle technique with pads of fingers.
- Two positions up the arm., begin at the top of the arm. In line with the axilla and then move downwards.
- Circle. Up towards shoulder.
- Use push and stretch technique. Over bicep
- Use half circle techniques. Over. Deltoid -- direction towards axilla

Lower Arm

- Support on. With elbow bent.
- Use pumping action with Hands wrapped around the arm, thumbs to the front.
- Pump towards. The elbow.
- Use thumb circles or thumb screw technique over wrist.
- Gentle thumb strokes towards wrist.

The Inguinal Area

- Using an undulating rocking technique above the node. In a hands side by side position. Using. Gentle finger compression Upwards and downwards.. *Both sides.*
- Repeat this technique from underneath The inguinal crease.

The Abdomen

- Expose. The abdomen
- using. A Caterpillar pumping technique. Place your hand over. Descending: and push upwards. Place your hand over the ascending:

and Caterpillar push upwards. Place your hand above the navel. And pushed upwards. And place your hand below the navel and push upwards.

Clear Inner Thigh

- In tree pose use half circle. Techniques with hands flat side by side., work two positions on inner thigh. Beginning close to inguinal nodes. Moving to above the knee.
-

Clear The Knee and Popliteal Nodes

- Working using thumbscrew technique or. Light circular. Techniques. Above and below the Patella. And then push and stretch technique over the Patella., work very lightly.

Lower Leg

- Using half circle techniques. Beginning laterally., then immediately. Then anteriorly., use a combination of. Half circle techniques and push and stretch.
- Always working. Towards the popliteal nodes. Circling downwards. As in pumping towards behind the knee.

Feet and Ankle

- Using thumbscrew techniques and very light. Fingertip, circular techniques. Around ankle. And dorsal foot. Draining towards popliteal nodes

Turn Client over

Back of Neck

- Using half circle techniques with fingertips., either side of the neck, below the occipital Ridge. Circle downwards towards the centre of the body.
- Working from the occiput to the top of the trapezius. Continue with half circular techniques.
- Working on the lateral aspect of the trapezius circling downwards towards the terminus. Inwards and medial.
- Repeat this technique but work. Using these techniques, circling. Outwards laterally.
- Using half circle techniques. Work. Towards. The terminus. Medially
- standing at the side of your client. Create a pushing and pumping action. With one hand on, the trapezius and one hand on the occipital area. Create an alternate pumping action. One hand after the other.

Clear Upper back

- Using half circles or guasha. Circle outwards and lateral towards the axillary nodes.
- Then work over the ribs. Below the scapular. From the midline of the body. Working laterally towards the axillary nodes.

Clear The Spine

- Using a compression technique. With fingertips. All lined up together. Moving from the neck to the sacrum. Push fingers towards the neck in a sideways motion.
- Repeat on the other side.

Clear The Sacrum

- Standing at the side. Of the client using light half circle technique. Circle up and out. Work all over Sacrum Laterally. Work both sides.

Clear Waist

- Using push and stretch technique. Work just above the waist area. Push towards. The outer lateral aspect of the body., repeat both sides.

Back of Legs

Clear Outer Upper Leg

- Use half circle techniques. On lateral thigh., begin in line with lateral nodes. Circling upwards and medially towards the inguinal nodes.

Top of Hamstring

- Using push and stretch. Working on top of thigh. Begin. Near in inguinal nodes. Moving to above the knee. This has a rhythmic pumping action, even though the hands are flat.

Medial Thigh

- Using halfcircle technique. Working on the medial thigh. But not on the inner thigh. Towards the inguinal area.

Popliteal Area

- Using thumb screw technique work above the popliteal., thumbs placed horizontally and turn to screw to lightly push upwards.
- Working above below on the side of the popliteal space.

Clear Lower Leg

- Use half circle techniques. On the outer lateral lower leg. Beginning just below the knee. Moving towards the ankle.
- Draining towards the popliteal nodes.
- Work half circle techniques on the medial lower leg. Beginning below the knee. Moving towards the ankle. Moving lymph. Towards the popliteal nodes.
- Push and stretch technique on the gastrocnemius, starting. At the popliteal space. Moving towards the ankle. Pushing and stretching towards. The knee area.
- Half circle techniques with your fingertips over and around Achilles tendon.

The School of Fine Tuning

Lymphatic Massage using Gua Sha

Let's be creative and keep our lymphatic system flowing!

The lymphatic system is made up of vessels, nodes, and lymph glands. It carries nutrients and waste material between the body tissues and the blood. However, unlike the heart, the centre of the body's other circulatory system, the lymphatic system doesn't have its own pump. As a result, it relies on the breath and other movements to drain itself. For most of us, the body is perfectly capable of draining itself.

But too many toxins in our body, poor diet, lack of physical activity, and other issues can compromise the system, resulting in a need for assisted lymphatic drainage.

Lymphatic drainage is a kind of massage that stimulates the natural drainage of the lymph, which helps to eliminate waste from the body, reduce cellulite and improve your mood!

Gua Sha can be performed on the legs, arms, and stomach.

I use a thicker Gua Sha tool for Manual Lymphatic Massage

You need to understand 2 important points before performing a lymphatic massage:

1- When performing a lymphatic massage, it's important that the massage includes the entire lymphatic system of the body, except the head, to drain properly.

2- There are 2 stages of lymphatic massage: *clearing and reabsorption*.

Clearing is to create a vacuum with gentle pressure so that the area is prepared to bring in more fluid, creating a flushing effect. It doesn't require the Gua Sha.

Reabsorption is to release the fluid to go back up through the lymph nodes.

For this stage you can use your Gua Sha.

Usually, a lymphatic massage doesn't need oil on your body but for the Gua Sha you can apply a few drops of body oil.

Tips:

Keep the gua sha at an angle towards the skin, one that's almost flat. It's a common mistake to hold the board at 90 degrees, but this is not as effective.

Start with the upper body:

Repeat each stroke below at least three times and a max of 10—five is a good middle ground.

The axillary area:

- Lay one hand above your head.
- Use your other hand to gently scoop the underarm area and move your hand in a half circle motion. The only pressure required is gentle enough to move the surface of the skin.

Clear the area inside the elbows:

- Use the fingers of your opposite hand to gently push the skin inside the elbow crease an inch at a time.
- To reabsorb, using your Gua Sha, do the following for a minimum of 3 times and maximum 10 times.
- Begin at the wrist or the tips of the fingers if you have bloating in your fingers.
- Using a gentle, sweeping motion with just enough pressure to shift the surface of the skin, massage with your Gua Sha from fingertip to hand, from hand to elbow, and from elbow to shoulder.
- Only very gentle pressure is required. In lymphatic massage, you're only working the superficial skin structure, that's where the fluid is trapped.
- To massage the stomach, press your palms flat down onto the area in between your hip bones.
- With hands overlapping, make circular movements clockwise around the belly button 5-10 times. Clockwise movements allow a good digestion.
- Using your Gua Sha, imagine a horizontal line from where the belly button is, and massage in downward strokes from this "line" to the groins.

To drain the lower half of the body:

- Perform lymphatic massage of the upper body before beginning with the legs.
- Using your hands, start at the groin, where the inguinal nodes are. Press at least three times. (Pumping motion)
- Begin the massage with the Gua Sha on the upper part of the leg from the knee toward your hip.
- Repeat those strokes 10 to 15 times.

To begin reabsorption on the legs, you will use a pumping motion with your hands behind the knee:

- Place both hands behind your knee.
- Pump the back of the knee with a rolling, upward motion at least 3 times.
- Your knee is now ready to take in fluid from the lower leg, so you can proceed to massaging the lower legs with your Gua Sha from your ankle

towards the knee.

- Repeat these strokes 10 to 15 times

Sample Consultation Form

Strictly private and confidential

In order for an effective treatment to be carried out, it is necessary to ask the following questions. Please read them carefully and answer all the questions. Indicate Yes or No next to each.

Do you have or are you currently affected by any of the following

Infection, disease or fever Yes... No..... Diarrhoea or vomiting

Yes.....No.....

Under the influence of recreational drugs or alcohol Yes.....

No.....

Females

Are you or likely to be pregnant Yes.....

No.....

If yes, are you in the first trimester Yes.....

No.....

Diabetes Yes..... No..... Low or high blood pressure

Yes.....No.....

Asthma Yes..... No..... Undiagnosed lump or bump Yes.....

No.....

Cardiac conditions Yes..... No..... Blood disorders Yes.....

No.....

Cancer/Melanoma Yes..... No..... Inflammation Yes.....

No.....

Undiagnosed pain Yes..... No..... Epilepsy

Yes..... No.....

Thrombosis Yes..... No..... Oedema

Yes..... No.....

Arthritis Yes..... No..... Tuberculosis Yes.....

No.....

Any condition currently being treated by a GP or other healthcare professional?

.....
.....

Are you receiving any other form of complementary therapy?

.....
.....

Disclaimer

I certify that the statements I have made are true to the best of my knowledge and that I, having been advised and fully informed of the nature of treatment process proposed to be administered, hereby authorise and direct you to administer and perform such procedures as may be deemed necessary or advisable.

My signature below constitutes my acknowledgement that 1) I have read and fully agree to the foregoing consent, 2) The proposed treatment has been satisfactorily explained to me and I have all the information which I desire 3) I hereby give you my consent and authorisation voluntarily ad release and your agents from any claims that I have or may have in the future in connection with the described treatment

Name.....Signature.....
.....

Date...../...../.....

Sample GP referral letter

GP Address
GP Practice

Date

Client name/Ref:
Client Date of Birth

Dear Dr.

The above named person has informed me that you are their General Practitioner and as a matter of standard and good practice I am writing to you in connection with the matters outlined below.

I would be grateful if you would confirm whether or not the proposed treatment(s) should be given or alternatively, please contact me to discuss any modifications or amendments that you feel necessary

Your co-operation in this matter would be greatly appreciated

Yours faithfully

Therapist name

Proposed client treatment details : Manual Lymphatic Drainage (provided details of treatment)

Clients presenting condition:

E.g The client has indicated that they are receiving medication for high blood pressure

Medical Consent

Yes	No
Any modifications to treatment	Reason consent withheld

Signed.....**Date**.....
.....

Treatment Record Card

Used as a record of subsequent treatment details and or any changes to the initial consultation

details, specific advice relating to them should be provided following EVERY treatment. You should stress to the client the importance of following the advice as the advice will help to promote the benefits of the treatment that they have received.

General advice can include:

Increase water intake over the days following treatment to help promote the body's removal of toxins

Avoid caffeine following treatment

Avoid alcohol and cigarettes for 24Hrs

Avoid Hot baths and saunas for 24Hrs

Poor diet is a contributory factor in many Lymphatic disorders. Look at your diet with a view to reducing saturated fats and excessive salts. Reduce portion sizes and vary the intake of your food, include fresh food and vegetables where able

Take time to rest and relax with few stimulants around

Investigate the possibility of regular exercise. Exercise causes contraction which assists the lymphatic system in lymph flow

Healing crisis

The body may occasionally react to the treatment that it has received. This is perfectly natural and is part of the healing process and elimination of toxins. This is usually referred to as a healing crisis.

It is important that you make the client aware of the possibility whilst not overselling it !

Typical reactions could include

Nothing at all

Increased micturation (Trips to the toilet)

Cough or runny nose

Rash or skin imbalance

Increased perspiration

Any condition that has been suppressed may temporarily flare up before healing

Sleep imbalances (inc deep sleep)

Reactions, if experienced, should pass within 48Hrs. Continued reactions should be treated with caution and a visit to the GP is advised. Remember MLD does not cause problems but does allow the body to balance itself. It is therefore possible that occasionally the body has to rid itself of what it is holding onto as part of the healing process.

The School of Fine Tuning