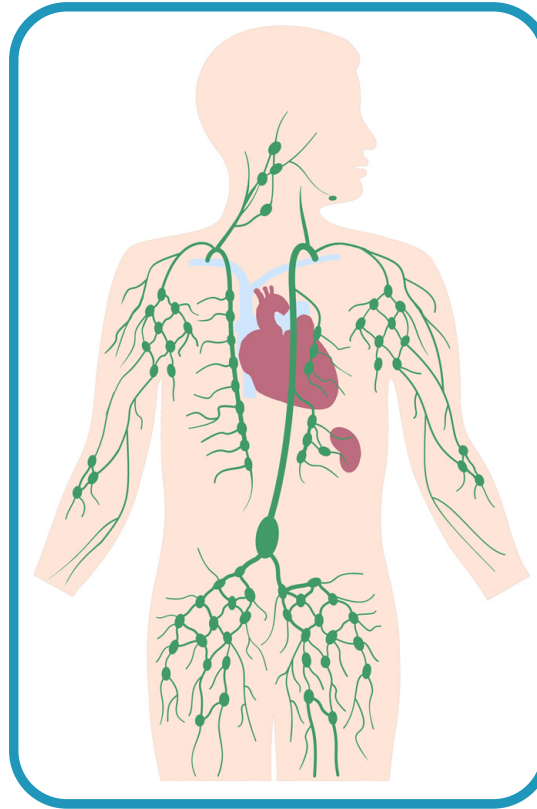


Benefits of Lymphatic Drainage:

- Stimulates the lymphatic system to work more efficiently
- Promotes a healthy immune system
- Removes stagnant fluid from tissues
- Detoxifies the body
- Reduces swelling & inflammation
- Decreases acute and chronic pain
- Decongests the body after surgery
- Relieves fatigue
- Decreases abnormal water retention
- Induces deep relaxation to aid with insomnia and stress



LYMPHATIC DRAINAGE MASSAGE

A simple way to
detoxify the body



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What is Lymphatic Drainage Massage?

Lymphatic Drainage Massage (LDM) is a hands-on manual pumping and drainage technique used to keep the fluid levels of the body in balance while defending it against infection. The rhythmic touch activates lymph and fluid circulation, filters toxins, and stimulates the immune system.

It is a non-invasive approach that can be used to address local swelling or as a total body preventative healthcare approach for optimal wellness.

LDM assists the lymphatic system, as well as the cardiovascular, cerebrospinal, digestive, immune, musculoskeletal, and nervous systems.



Who Can Benefit from Lymphatic Drainage?

- Infants to elderly
- Athletic to sedentary
- Acute trauma to chronic conditions
- Preventative care to pre- and post-surgical care



What Should I Expect?

LDM will begin with an evaluation, which guides the treatment and helps to measure change. The practitioner then uses gentle rhythmic mobilizations directly on the skin of the neck, head, arms, torso, and legs. These movements begin near the collar bones, where the lymphatic fluids return to the blood stream. From there, they move out to the extremities and back again along the lymphatic channels directing flow towards lymph nodes that filter foreign substances.

Sessions may vary from 30-90 minutes. Frequency of treatment is based upon the symptoms the client is experiencing. Clients will typically experience decreased pain and swelling along with an increase in relaxation, energy, and mobility.

Symptom relief for:

- Acne
- Auto-immune/chronic fatigue
- Dental - tooth pain/TMJ
- Edema/swelling
- Headaches/migraines
- IBS/digestion
- Joint replacement
- Liposuction/fat transfer
- Pre- and post-chemo
- Pre- and post-surgery
- Sinus congestion
- Sprains, strains, & spasms

Why is Lymphatic Drainage so Important?

The lymphatic system is an integral part of our immune system. It helps the body to defend against pathogens such as bacteria, viruses, and fungi. The system supports immunity by making and storing lymphocytes that produce antibodies to defend the body against disease.

The proper functioning of the lymphatic system is critical to our body's ability to detoxify and regenerate tissues. Lymph nodes function as cleansing stations to filter out germs and other harmful substances, and to recover crucial substances like water and proteins. It works tirelessly to remove waste products from our cells and to maintain the purity of the internal environment.

If the lymph circulation stagnates due to injury or infection, toxins accumulate and cellular metabolism is compromised. The result is an increase in acid and toxins within the tissues causing pain, tension, and edema. These need to be removed quickly from the interstitial fluid to promote proper tissue healing and restore pain-free movement.

