



Massage Health & Healing *Energies*, LLC

## Manual Lymph Drainage (MLD®)

Do you function better in a clean house or a dirty house?  
The same is true for your lymphatic system.

The Lymphatic system supports every other system in the body, including immune, digestive, detoxification and nervous systems. You have twice as much lymph fluid in your body as blood. The lymph continuously bathes each cell and drains away the debris in the circulatory system. If the movement of the lymph stopped entirely you would die in a matter of hours. There are a number of ways to improve the functioning of your lymph system. One of these is called Manual Lymph Drainage (MLD®).

Manual Lymph Drainage is the manual manipulation of the lymphatic system using prescribed strokes in a specific order, direction, and rhythm. It's gentle technique that soothes the central nervous system allowing for deep relaxation which is when the body heals itself. MLD® has a multitude of benefits two of which are relaxation and pain reduction. The precise nature of the strokes reduces pain in two ways. First the stroke activates a touch receptor that turns off the pain firing and second it removes the debris that's causing the pain. Time to clean out the debris!

Because lymph cleanses nearly every cell in your body, symptoms of lymph blockage are diverse but can include allergies and food sensitivities, frequent cold and flu infections, joint pain, sinusitis, tinnitus, headaches and migraines, arthritis, carpal tunnel syndrome, tissue swelling, fatigue, fibromyalgia, skin breakouts and acne to name just a few. Indications for MLD® include Surgical-pre & post-surgery, varicose veins; Musculoskeletal-sprains/strains, muscle/ligament tears, tendonitis, neck-pain/whiplash and chronic pain.

MLD® is performed on a massage table with the client being appropriately draped at all times leaving only the area being worked on exposed. The body is divided up into nine separate areas for the purpose of MLD® and several or all of these areas can be involved in a treatment. For optimal benefits, a series of 5 consecutive daily treatments over, 1-4 weeks is recommended for pre-and post-surgery and detoxification.

Treatment options include:

Initial 5 Sessions - \$450; Subsequent 5 Sessions \$400

30 Minute Session - \$ 50

60 Minute Session - \$ 100

90 Minute Session - \$150

Our goal at Massage Health & Healing *Energies*, LLC is to help you and your body heal from the daily stress and strain that today's lifestyle places on you.

[www.MassageHealthHE.com](http://www.MassageHealthHE.com)

*"Relax, Restore, Recover"*

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