

## What can (MLD) Manual Lymphatic Drainage help with?

- ✚ **EDEMAs:**  
Best to correct the cause, if possible, of the edema first:  
Traumatic, Neurologic, Dermatologic, Gynecologic, Autoimmune
- ✚ **ESTHETIC:**  
Wrinkles, “Bags” (Eyes), Sagging Breasts, Cellulite
- ✚ **GASTROENTEROLOGY:**  
Irritable Bowel Syndrome, Chron’s Disease, Diverticulosis, Chronic Constipation
- ✚ **GENERAL/METABOLIC:**  
Sleeping Disorders, Detox, Chronic Fatigue Syndrome, Anxiety
- ✚ **GYNECOLOGY:**  
PMS, Breast Pain, Menstruation, Fibrocystic Mastopathy in Breasts
- ✚ **NEUROLOGY:**  
Headaches, Trigeminal Neuralgia, Bell’s Palsy, Multiple Sclerosis
- ✚ **ORTHOPEDICS:**  
Sprains, Hematomas, Fractures, Traumas
- ✚ **OSTEOPATHIC:**  
Neck Pain, Whiplash, Lower Back Pain, Sciatica
- ✚ **RHEUMATOLOGY:**  
Psoriasis, Lupus, Rheumatoid Arthritis
- ✚ **PRE-POST SURGICAL:**  
(REQUIRES DOCTOR RELEASE NOTE)  
Cosmetic/Medical

## What is the Lymphatic System?

It is the filtering system for the body’s waste products that leave the bloodstream.

## Why do we to manually move the lymph, and why is it important?

Honestly, we are all too sedentary in our lifestyle. The lymph system moves when we move. Unlike the circulatory system which has a pump to move the blood the lymph system does not, therefore we need to manually encourage it to move.

If the lymph system is not working at its peak performance the body will become burdened by the excess waste fluid causing us to feel more sluggish, weighed down, more susceptible to viruses and illness, and can cause edema. So, it is vital to make sure we help keep it moving. Through Manual Lymphatic Drainage we boost the function and transportation of this fluid. In turn we benefit by supporting our bodies natural immune defense and feel overall healthier.

## What to expect during MLD?

The pressure of this massage is a superficial (light) and gentle touch known as the Vodder Method. It is rhythmical, slow, deeply relaxing, and directed toward the lymph nodes to drain excess fluid. It is best performed with skin-to-skin contact, much like traditional massage.

## What will I feel after this treatment?

You may notice a feeling of lightness, and deep relaxation immediately after. Some report feeling lightheaded, but it will pass quickly.

Typically, within the next 24-48 hours you may notice:

- increased urination
- reduced swelling (if applicable)
- increased energy
- continued feeling of lightness
- increased range of motion
- after head and neck work you may feel draining down throat.

Regardless of your current health concerns, MLD is beneficial for everyone who wishes to boost their immune system and/or experience overall health benefits.