

How you can help keep your Lymphatic System Healthy:

Drink More Water

60-70% of our total body weight is water. Cells and chemical reactions in our body require water to function, including our muscles. If we are only 2% dehydrated, we are limiting the abilities of our body to function on a cellular level. How much water? Half of our body weight in ounces daily! Usually about eight glasses of water.

Include 5-10 Servings of Fruits and Vegetables Daily

Raw, colourful fruits and vegetables will help flush the body and provide nutrients and energy the body can use. Try to limit the amount of processed food in your diet. Don't think you can get the recommended servings in one day and you want a boost? Consider supplementation with Juice Plus+®: 17 fruits, vegetables, and grains in a capsule form providing the nutritional essence of antioxidants, phytochemicals, enzymes, fibres. It is convenient, and inexpensive. Contact: Krista (613) 612-3617 and visit www.juiceplus.com for more information.

Get Moving!

The Lymphatic System does not have a "pump" system like the arterial or venous system does. Instead, it relies on the movement of our muscles and joints to activate it. Low impact weight bearing activity is great! Believe it or not, the best thing you can do for your lymphatic system is jump on a trampoline!

Reduce Stress

Stress has been proven to suppress our immune system. Therefore, stress leaves our bodies more susceptible to illness and infections. Help your body relax by getting massages or manual lymph drainage. Try to get 6-8 hours of sleep each night. Recognize poor behaviours in times of stress, and replace them with healthier coping techniques. At rest, elevate the legs above the heart 10 -30 minutes to improve lymph return after a long day at your desk or on your feet.



Healing Hands

registered massage therapy

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Resources for Lymphedema and Lymphatics

www.lymphclinic.ca

www.nortonschool.com

National Lymphedema Network

<http://www.lymphnet.org/>

<http://www.lymphontario.org/>

Northern Cancer Research Foundation

<http://www.ncrf.on.ca/articles/40>

Breast Cancer Action Ottawa

www.bcaott.ca/

Canadian Cancer Society

www.cancer.ca

Lymph Notes

www.lymphnotes.com

Compression Garments

Shopper's Drug Mart Home Health Care

all locations

Orthomedix 1749 St. Laurent Blvd

Kelly's Mastecomy Boutique

1747 St. Laurent Blvd

Living Your Life, and Managing your Health!

Manual Lymph Drainage

Krista Dicks B.A.

Registered Massage Therapist
Certified Lymphedema Therapist

Manual Lymph Drainage (MLD) is a gentle technique that aims to stimulate the lymphatic system, removing congestion and stagnation from within the body. The therapist works with flat hands, using all the fingers to simulate gentle, specific wave-like movements. These subtle manual maneuvers activate lymph and interstitial fluid circulation as well as stimulate the functioning of the immune and parasympathetic nervous systems.

Even a healthy person can benefit from Manual Lymphatic Drainage. This technique helps the body flush out toxins and stored fats to promote healthy lymph flow. It improves the immune system, and it may play a part in the prevention of Cancer.



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Benefits of Manual Lymph Drainage (MLD)

Some of the general benefits of the Manual Lymph Drainage:

- Reduction in edemas (swelling) and lymphedemas of various origins
- Detoxification of the body
- Stimulation of the immune system
- Regeneration of tissue, including burns, wounds and wrinkles
- Anti-aging effects
- Relief of numerous chronic and subacute inflammations, including sinusitis, bronchitis and otitis
- Relief of chronic pain
- Reduction in the symptoms of chronic fatigue syndrome and fibromyalgia
- Deep relaxation to aid insomnia, stress, loss of vitality and loss of memory
- Alleviation of adipose and cellulite tissue
- Alleviation of blocked mammary glands/ ducts during breast feeding
- Relieves Pregnancy related swelling



Clearing the posterior chest and back is one phase of manual lymph drainage using circular and rotary techniques

Other indications for Manual Lymph Drainage:

Sports

- Sports preparation: improves condition of the muscles before and after a sporting event
- Muscle spasms/cramps or pain
- Traumatic edemas: torn muscles, sprained ligaments, joint dislocations, fractures

Surgery

- Pre-surgery: prepares the tissue for the intervention, drains the tissue, clears the lymph passages to help prevent post-surgery edema
- Post surgery: reduction or prevention of scars, fibrosis, and hypertrophic scars or keloids
- For any surgery removing major lymph nodes (post-mastectomy, tumor removal, etc.)
- For burns and their surgical treatment

General/Metabolic

- Stress
- Fatigue
- Chronic pain.
- Chronic fatigue syndrome
- Sleeping Disorders, snoring
- Detoxification: fasting, dieting, tobacco withdrawal, toxic chemical poisoning
- Frequent Colds
- Fibromyalgia
- Sinusitis
- Arthritis

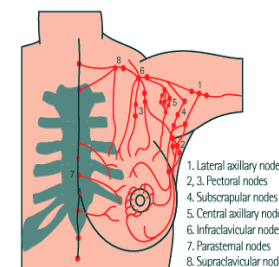
Recommended treatment times for a lymphatic massage are 60 minutes for the full body and 45 minutes for the upper or lower body specifically.

Manual Lymphatic Drainage is covered under the Scope of Practice for Registered Massage Therapists and an Insurance receipt will be issued

The result of an unhealthy Lymphatic System may lead to Lymphedema

Lymphedema may be primary or secondary. The primary type can be present from birth (congenital lymphedema) or may occur during puberty mostly in women, or less frequently, in adult life. Primary lymphedema is a result of missing lymphatic channels to carry the lymph.

Cancer treatment is the most common cause of secondary lymphedema. Lymph node removal, mastectomy or other surgery, radiation, scarring or chemotherapy can disrupt the flow of lymph. Any surgery can hinder the flow of lymph and cause chronic swelling that can be reduced with Lymphedema Therapy.



The removal of cancerous lymph nodes in the axilla can disrupt healthy flow of the lymph and cause the protein rich fluid to accumulate in the arm. Creating swelling, heaviness, and skin changes

These factors may increase the risk of Lymphedema:

- Frequent air travellers
- Pregnant women
- Standing for long periods of time
- Overweight