



## Key Ways to Amplify the Benefits of Manual Lymphatic Drainage

*While manual lymphatic drainage increases lymphatic flow up to 20 times it's usual rate, it is often quite useful to combine lymph drainage therapy with self-care. These suggestions are intended to help achieve results in lymph drainage, and to help you understand some key guidelines that affect lymph flow.*

1. **Light Exercise** – Light exercise is a great follow-up to a manual lymphatic drainage (MLD) session. Light activities that do not create wastes in the body creates a lymphatic pump. This is perhaps the best thing you can do to get continued lymph flow. The lymph system has no external pump, and therefore moves only when you do, so light activity can be a crucial tool in boosting and increasing benefits from MLD sessions.

Light exercises include using a trampoline for 2-10 minutes, walking at an easy pace for 5-30 minutes, easy-paced swimming, cycling, or elliptical use. Upper body ergometers are okay as a second choice, though using the larger leg muscles are preferable. Just make sure the intensity isn't so high that you're creating a lot of wastes for the body to have to clean out, in addition to processing the increased lymph flow.

2. **Drink Half Your Body Weight In Ounces Of Water** – Any kind of water will do to help the process along. Subtract a glass of water for any caffeinated drink you have. The lymph system borrows water from the blood, so it's second in the chain of command to get the necessary fluid it needs to move through and out of the body. Take your body weight and divide by 2. That's about how many ounces you should be getting daily.
3. **No Underwires!** Very tight elastic straps in undergarments and clothing, as well as underwire bras can limit lymph flow enormously. If you're prone to headaches or menstrual cramps, sometimes just taking off your bra can rid you of that pain. I can't emphasize enough how important it is to pop those underwires out of an existing bra, or to get a bra that fits and has no underwire. We have a list of bras with no underwires in our office, and it is available on request. This single change often makes a difference in getting lymphatic drainage results that have been slow to progress, and allows great lymph drainage results.
4. **Heat** – Lymph responds well to heat, so stay warm and use hot baths and showers liberally! It's useful to avoid periods of being in very cold weather, and to bundle up and stay as warm as possible following an MLD session.

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5. **Vibration** – Vibrating massage tools that you can use at home can help boost your lymph flow significantly. Try using a vibration massager along your breastbone and under your collarbones, in your armpit (a major lymphatic hub) and in the crease between your leg and your hips (another major hub). Flatter surfaces on a massager often work better than a massager that has balls on it, but both will help. To help drain your face, you can use the massager gently along your neck and under your jaw. The key is not to push deeply – keep it light. Deep pressure with close down the initial lymphatic that allows drainage, and might make you sicker. Keep it light.
6. **Loose Egg Whites** – Boiled or poached eggs are a great boost to the lymph system, as they are a form of protein high in water & easily absorbed. Try this in the morning, and notice your sinuses get clearer. This tip is also good if you have a cold or flu.
7. **Limit/Eliminate Sugars, Alcohol, And Refined Carbohydrates** – These foods and drinks have an impact on your body with regard to stomach and spleen meridians, as they are understood in traditional Chinese medicine. They spike your blood sugar, and make your body's systems have to concentrate on insulin levels in your blood. We'd rather you ease up on digestion for processing lymph and detoxifying.
8. **Homeopathies** – Lymph drainage and tonification homeopathies can be quite helpful. Ask your natural care provider about this option.

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