



## **What Is Lymphatic Drainage**

### *And What Might Happen After A Lymphatic Drainage Session?*

By Allison Ishman, Lymphatic Drainage Practitioner and Instructor

*Manual Lymphatic Drainage (MLD) will increase the flow of lymph up to 20 times its usual rate.* This will significantly increase the flow of white blood cells and other structures that fight infection and remove unhealthy cells. It also helps to lubricate joints and drain sinuses and other pooled, “stuffy” spaces.

MLD is probably best known for its wide range of detoxification benefits. It's useful for toothaches and recovery from dental toxicities, metal toxicity, alcohol and caffeine detoxification, hangovers, atmospheric pollutants, and improving detoxification for general health. MLD is also great for hormonal detoxification – such as a period – as well as for PMS, menopause, hysterectomy recovery, endometriosis, and stretch marks.

Many also notice that allergy symptoms, colds or sinus infections start to clear up. The body may retain noticeably less water. In some, MLD helps facilitate more restful sleep.

Due to the very relaxing nature of this work, MLD is often used for emotional and repetitive stresses, hypertension (with physician approval), tension, depression and acne. It can help the digestive system to reduce or eliminate symptoms of constipation, acid reflux, upset stomach, irritable bowel, food allergies, high or low protein diets, and diverticulitis.

Nervous systems respond well to MLD and those with neuralgias, ADHA, fibromyalgia, cerebral palsy, MS, cystic fibrosis, shingles, and chronic fatigue syndrome can find welcome relief in these treatments. Muscle recovery is also boosted, improving carpal tunnel, back and neck pain, strains, sprains, scars, whiplash, and other muscle conditions.

Due to the increased flow of lymph to the joints, conditions such as arthritis, bursitis, gout, ACL recovery, hip or knee replacement, fractures and other joint conditions can also be aided with MLD care..

Following an MLD session, it is normal for some people to experience gas or find themselves making frequent trips to the bathroom to void. Lymph usually leaves the system through the large intestine, and exits through the normal eliminative channels. Not everyone has this response, but if you do, you should not worry. It usually passes within 24-48 hours. Be sure to get lots of water to help your system clean out.

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