

## **Lymphatic Drainage Therapy™ A Medical and Magical Healing Experience**

by Lena M. Nowmos

Lymphatic Drainage Therapy, or LDT™ was developed in 1996 by Dr. Bruno Chikly, MD. The Lymphatic System has been a lifetime passion for Dr. Chikly as he studied its intricacies for 12 years before doing his medical thesis in Paris on this amazing body system. Dr. Chikly, also being a gifted medical intuitive, perfected and added levels of precision to the manual lymph drainage techniques first used by American Osteopath, Earl Miller (1920) and the later practice of Emil Vodder in Cannes, France between 1932 and 1936. Dr. Chikly is now a pioneer and leader in teaching medical and massage professionals how to manually attune to the “feeling” of being in the lymph flow, with the initial training focusing on the specific rhythm, direction and depth of the lymphatic system. Manual lymph drainage is widely popular in Europe (originating as Vodder’s technique) and is regularly used in hospitals, prescribed by M.D.s, and is reimbursed by insurance. Lymphatic Drainage is also a major component in Spa Wellness Programs. Thanks to Dr. Bruno Chikly and professionals dedicated to the healing arts, LDT™ is starting to gain wide acceptance, respect and popularity in the U.S.A.

LDT™ is an extremely relaxing (whether superficial or deep), hands-on technique that allows the patient to let go of worries and stress and let the body’s innate healing mechanisms take over to help detoxify, renew tissues, and stimulate the immune system. The practitioner uses light, rhythmic movements to merge with the lymphatic fluid and coax it to flow more freely, helping the body eliminate toxins in the cells and intracellular tissue. Most patients fall asleep to the ebb and flow of LDT’s ethereal feeling, almost like water touching water. The effect on the mental and spiritual body is akin to “being in the moment”. There is no past, no future, only profound peace in “the now”. This is the Magical Space where true healing can begin.

The average treatment time can range from 30 – 80 minutes depending on the condition being addressed. Patients are encouraged to drink a lot of water or fresh natural juices two – four days before a session to prepare the system for cleansing. It is best to eat light and preferably raw or gently cooked fruits and vegetables to avoid toxic reactions. Avoid oily, greasy, chemically or over processed foods. This is a great opportunity to begin a cleansing diet.

After an LDT™ session, patients may experience detoxification reactions for approximately two – six days which are usually very minor. Afterwards, patients may feel very fresh, rested and alert. Sometimes patients may experience better memory, better taste, better smell or better visual perception.

Lymphatic Drainage Therapy complements any kind of cleansing and detoxifying program as well as being an immune system booster. The lymphatic fluid runs parallel to the blood stream (venous flow) but has a different composition than blood. While blood takes nutrients and oxygen to the cells, Lymph acts as the “Waste Management” system and carries away pathogens, dead blood cells, cancer cells and cellular debris. After filtering the waste from cells and the tissue space between the cells, lymph can be safely returned to the circulatory system. The lymphatic system needs to be stimulated through exercise, deep breathing and manual

manipulation techniques because the small intrinsic smooth muscles inside the lymph vessels (or “lymphangion”, discovered in 1961) can slow down with inactivity or age.

Lymphatic Drainage has a plethora of indications: pain, chronic inflammation, detoxification, fluid stagnation, swelling, etc. Basically, any condition that would benefit from an improved immune system can be treated with LDT™. Some examples are acne, eczema, allergies and sinusitis, migraines, ms, lupus, fibromyalgia, HIV, herpes, chronic pain, sleeping and nervous system disorders such as anxiety and depression, rheumatoid and osteoarthritis, lupus, fibromyalgia, irritable bowel, stress ulcers, weight management, PMS, chronic yeast infections, jet lag and even alcohol hangovers. Much success has been documented with post mastectomy edema, drug, tobacco and alcohol detoxification and quite commonly, cosmetic surgery patients.

LDT™ is especially helpful before and after most surgical procedures. A pre-surgery session or two will prepare the tissue for intervention by clearing and draining the lymph passageways allowing for improved circulation which can help speed the overall healing time. Post-Surgery treatments should be done as soon as drains are removed and the surgeon consents. Sessions are typically spaced a few days apart for a week or two following surgery to help the body discard the residual toxins of general anesthesia, pain medications and to reduce surgery related bruising and swelling.

**Lena Nowmos** is a Licensed Massage Therapist (since 1993) and Facial Specialist (since 1997). She has continuously trained with many industry leaders to offer the latest in the healing arts and clinical skin care. Her initial training in LDT™ with Dr. Bruno Chikly left a very serious impression early in her career. Based on patient response and Lena’s own intuition and experience, there is “magic” to this work on every level – mind, body and spirit.

The Chikly Health Institute (CHI): [ChiklyInstitute.com](http://ChiklyInstitute.com) or (888. 333. 1055)