



241 Clarence St.  
Ottawa, ON K1N 5P9

(613) 302-3117

leeann@SolomonMassage.com

## LYMPHATIC DRAINAGE II JULY 2006 NEWSLETTER

### AVAILABILITY

Monday & Tuesday  
9:00 to 3:00  
Wednesday  
3:00 pm to 8:00 pm  
Thursday & Friday  
12:00 am to 8:00 pm  
Saturday  
3:00 pm to 6:00 pm

### MASSAGE MENU

Swedish massage  
Thai Massage  
Myofascial Release  
Vodder Manual  
Lymphatic Drainage  
Triggerpoint Therapy  
Hot Stone massage  
Insurance receipts  
Gift Certificates  
Visa / MC welcome

I've recently completed the second course (Therapy One) in **VODDER MANUAL LYMPHATIC (*lim-fa-tik*) DRAINAGE**, or MLD for short. It was an intense 50 hour course with lots of information, extensive hands on practice, and a full day of practical and written exams. For all the courses I've taken in the past 3 years, these by far were the most challenging, intriguing and exciting! For your reference, the lymphatic system was covered in the April 2006

is why MLD has so many different applications. I'm sure you have experienced at least one of the following:

- chronic inflammation
- stress
- trauma/injuries
- poor sleep patterns
- fibromyalgia
- phantom limb pain
- acne & rosacea,
- healing burn tissue
- sinusitis
- varicose veins
- diabetic neuropathies
- pregnancy
- "tired" legs
- post surgery or cast
- bruising
- swelling
- bursitis
- premenstrual low back pain / migraines

newsletter.

A gentle rhythmic and repetitive skin technique, manual lymphatic drainage has a truly calming and soothing effect on the nervous system, as well as measurable mechanical effects. Most people nod off to sleep in short time! How **does it work?** Lymphatic vessels are found just beneath the skin and are attached close to the underside by anchoring filaments. When the skin is lightly stretched in a forward and transverse direction, the filaments are pulled and the lymph vessels are stimulated to fill and contract faster, causing a chain reaction which lasts for up to 4 hours after the treatment. The normal rate of lymph vessel contraction is about 3-7 times per minute. When MLD is applied, it increases to 30 times per minute! Moving excess unnecessary fluid out of the tissues results in waste removal (proteins, bacteria, dead cells, etc), and efficient nutrient delivery to cells -- improved health in the area is the overall result. **Why is the excess unnecessary fluid there in the first place?** There can be many causes and reasons, and that

Knowing the direction of lymph flow is crucial in the application of MLD – I often hear about how massage pressure should be "toward the heart", but in this instance, it isn't always true. Excess fluid is directed towards the nearest cluster of functioning lymph nodes that it can be drained into. Depending on the area we're talking about, the lymph drainage direction can go up, down, sideways, and from the back of the body to the front!

Vodder students are discouraged from using MLD on anyone with a history of cancer until they've passed the final course (Therapy 2 & 3). If you or someone you know needs treatment **NOW** for cancer related treatments, and would like a referral to a fully trained therapist, please contact me.

**Please be advised that I'm on vacation from July 23<sup>rd</sup> to August 3, so book your appointments now. CHECK OUT MY NEWLY REVAMPED WEBSITE!**