

LymphFlow 360 - a complete approach to wellness using manual lymphatic drainage and medical nutrition therapy

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Introduction to the LymphFlow 360 Program



Disclaimer - Safety

- Manual Lymphatic Drainage in some instances is contraindicated. You **CANNOT** receive MLD if you have any of the following conditions:

Propensity to clotting

Unmanaged high blood pressure with swollen ankles

Congestive Heart Failure

Liver disease/failure

Kidney disease/failure

Undiagnosed lumps

Active cancer

Active infection



What you'll get from this program

- A series of manual lymphatic drainage bodywork sessions
- Sustainable new habits
- Evidence-based food-first approach to building health
- Delicious recipes that you'll enjoy eating
- Understanding of what's going on with your body
- Mindset exercises
- Education
- Lifestyle Recommendations

Goals:

- Improved inflammatory markers and other biomarkers
- Feeling like yourself again



Why this approach?

- To nurture the detox pathways while improving the body's waste elimination system
- Some symptoms of lymphatic congestion are similar to having poor nutrient status



My Background

- Clinical Nutritionist
- Certified Lymphedema Therapist
- Live in Phoenix, AZ
- “Corporate American Refugee”
- 23 years in the field of Information Technology
- 10 years bodywork/holistic health practice



About my journey

- Was a binge eater
- High levels of stress
- High A1C
- Elevated Triglycerides
- Diagnosed with Metabolic Syndrome
- Experienced Hormonal Imbalances
- Severe gut dysbiosis
- Diagnosed with a Peptic Ulcer



Does this sound like you?

- I can't even get out of bed in the morning
- I want to feel like I did when I was in my 20's
- I don't like the way I feel
- I'm always getting sick
- My allergies are out of control
- When I eat something, I immediately feel like sh**
- I hurt all over
- I've been to every specialist, and I still feel awful



Who is the LymphFlow 360 program meant for?

- Anyone who has had a diagnosis of the following:

Rheumatoid arthritis

Crohn's disease

Mast-cell activation syndrome (MCAS)

Chronic Fatigue Syndrome

Fibromyalgia

Long COVID

Symptoms of: brain fog, fatigue, poor digestion, migraines, depression, allergies, chronic sore throat, puffiness, anxiety, and other symptoms.



How will the LymphFlow 360 program help me?

- By combining manual lymphatic drainage and medical nutrition therapy
- By working together with you, we will do a full exploration into your medical and lifestyle history. I also work with a team of other clinical nutritionists to corroborate findings - *none of your personal information is ever shared with the team*
- We will do follow-up sessions to validate interventions
- Work closely with your primary care physicians
- All your information is stored in a secure portal



What the LymphFlow 360 program is NOT:

- Fasting
- Fad diet
- Cleanse
- Weight Loss



Why should you choose the LymphFlow 360 program:

- I believe it's a total body wellness program that maintains the lymphatic system while improving nutrition and biomarkers
- Addressing the root cause of autoimmunity - team approach
- *Disclaimer: Integrative Body Dynamics/IBD Well Body does not claim to cure or eliminate any disease.*



What can I expect from the LymphFlow 360 program?

- [First, schedule a discovery call to see if we are fit for you](#)
- You will have access to HIPAA-compliant medical portal
- Schedule your initial consult (can done via tele wellness or in-person)
- After initial consult, you will receive a comprehensive care plan and schedule 5 follow-up appointments
- Schedule in-office MLD appointments
- Breakdown of LymphFlow 360:
 - 1 Comprehensive Initial Consult = 100.00
 - 5 Follow-up Sessions = 375.00
 - 5 In-office Manual Lymphatic Drainage Sessions = 625
 - Total = 1100.00

You will Pay: 975.00

(This price excludes any functional testing/labs)



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More Information

Visit:

<https://integrativebodydynamics.com/lymphflow-360>

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