



Understanding Manual Lymphatic Drainage

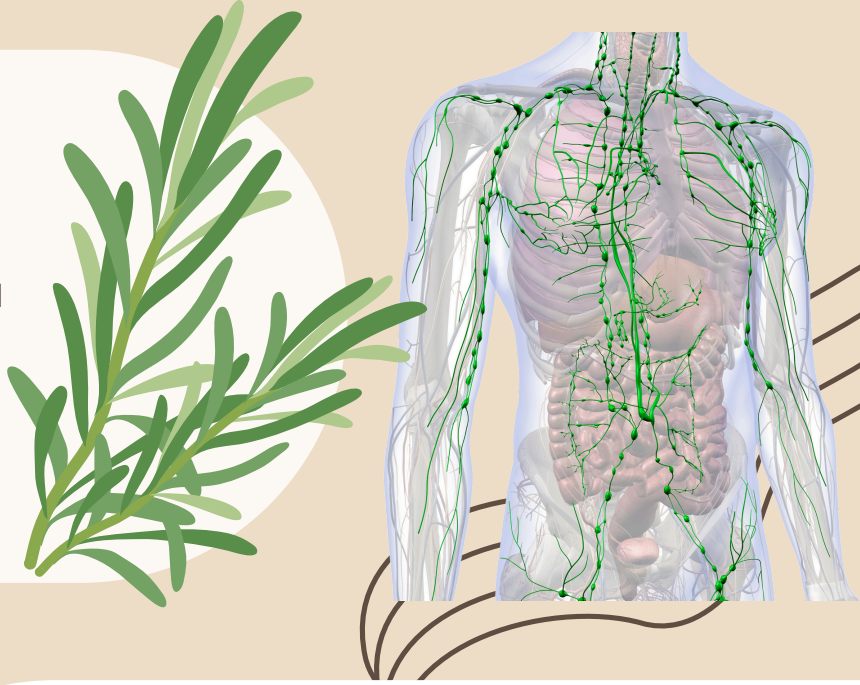
More than buzz words and part of the latest trends for wellness, manual lymphatic drainage has so much to offer!

The myriad of benefits have been well documented by many journals and papers over decades. Here's a brief summary of what it is and why it's so important!

What does the Lymphatic System Do? Learn its function & how it works. (2023). Cleveland Clinic. <https://my.clevelandclinic.org/health/body/21199-lymphatic-system>
Xu JQ, Liu QQ, Huang SY, Duan CY, Lu HB, Cao Y, Hu JZ. The lymphatic system: a therapeutic target for central nervous system disorders. *Neural Regen Res.* 2023 Jun;18(6):1249-1256. doi: 10.4103/1673-5374.355741. PMID: 36453401; PMCID: PMC9838139.

What it is

The lymphatic system covers the entire body, mainly right under our skin. It is involved in fluid balance, waste removal, and immunity. The lymphatic system is also responsible for carrying fats from the intestines into the bloodstream.

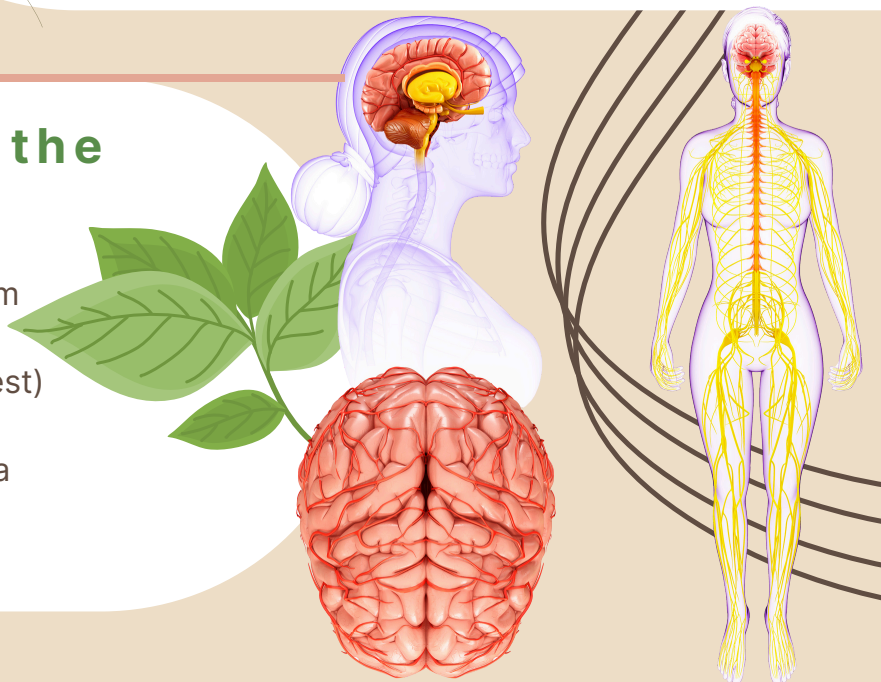


How it works

The lymphatic system moves fluid from around our cells and organs back into the bloodstream. Before doing this, lymph nodes remove wastes and abnormal cells (hence the detox benefit of MLD). Meningeal lymphatic vessels surround the brain and spinal cord, playing an important role in neuroimmunity and clearance of neurotoxic substances.

How it is connected to the Nervous System

MLD soothes the sympathetic nervous system (fight or flight), thereby allowing the parasympathetic nervous system (rest & digest) to take over, leading to feelings of peace, wellness, and deep relaxation. This makes it a powerful therapy to combat stress, anxiety, insomnia and other nervous-related issues.



How MLD supports our health

The lymphatic system has no pump of its own; it relies on the movement of muscles to move lymph fluid. It can become sluggish, congested or clogged due to stress, lack of exercise, toxins, improper diet, prescription drugs, surgery, etc. This often leads to impaired immunity and disease. Unlike massage, MLD uses very light touch, moving just the skin to produce benefits.

The role of Manual Lymphatic Drainage

Lymphatic drainage helps move sluggish lymph fluid, improving general health and supporting the immune system. The benefits include reduction in swelling, bruising, and inflammation after injury or surgery. It promotes natural healing & wellness, relieves pain, sinusitis, headaches, constipation. Alleviates stress, depression, and significantly improves sleep.



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