

## About Lymphatic Drainage Sessions

**Short** (30 minute), **Full** (75 minutes) or **Extended** (90 minutes) sessions are available, depending on your needs. Please call for rates and availability.

You will be **completely covered** by sheets and towels to ensure the utmost warmth, comfort, and security. Using flat, soft hands, the therapist applies **very light-pressure strokes and gentle pumping actions** to aid the circulation and redirection of lymphatic flow.

**Length of treatment** depends on your goals for healing and the nature of the disorder being addressed. One or two sessions may be all you need to bolster your immune system, while numerous sessions may be required to treat edema.

## Other Types of Holistic Bodywork Available

- **CranioSacral Therapy**
- **Prenatal Massage**
- **Visceral (internal organ) Manipulation**
- **Infant Massage Classes**
- **Aromatherapy** (\$5 add-on to any treatment)

Gift certificates are available too.

11/30/11

Due to the nature of the lymphatic system and its relationship to the immune system, lymphatic drainage can be beneficial in addressing a wide array of health disorders. It also serves as a powerful tool in preventive health maintenance. Lymphatic drainage has been especially helpful with the following conditions:

- Chronic pain
- Cosmetic applications: anti-aging, cellulite reduction, and wrinkle prevention
- Detoxification
- Edema (swelling) due to pregnancy, injury, or poor circulation
- Fibromyalgia
- Insomnia, stress, and loss of vitality
- Lymphedema (extreme swelling) due to poor circulation or removal of lymph nodes
- Recurring colds, viruses, or illnesses
- Tissue regeneration, including burns & scars
- Relief of chronic or subacute inflammation, including sinusitis, bronchitis, and allergies
- Surgical procedures (pre- and post-surgery treatments are recommended)



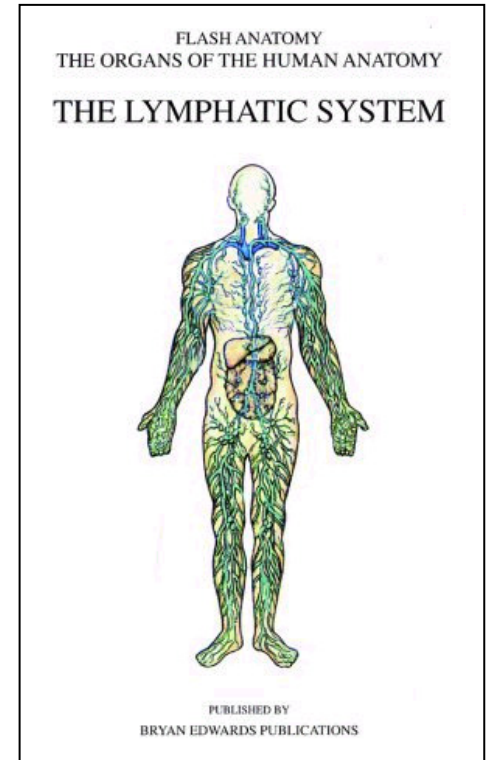
## Karen Axelrod, BA, CST, NCTMB Certified Somatic Therapist

Karen is a certified somatic therapist and healthcare educator specializing in lymphatic drainage, CranioSacral Therapy, and prenatal and rehabilitative massage. Her treatments encompass integration of body, mind, and spirit while helping clients recognize and reconnect to inner resources necessary for deep healing at a core level.

Certified by the National Certification Board for Therapeutic Massage & Bodywork.  
Upledger-certified in CranioSacral Therapy.  
Member ABMP, IAHP, ACSTA

For appointments:  
310.376.0113

# Lymphatic Drainage For a Healthier Immune System



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310.376.0113  
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## Why Lymphatic Drainage?

The lymphatic system is a key component of your immune system.

Lymphatic fluid carries specialized cells throughout your body that search out and destroy bacteria, viruses, toxins, waste, and other invading organisms. The lymphatic system also helps circulate fluids, proteins, hormones, and immune cells throughout the body that are vital to maintaining physiological well-being and balance.

If the flow of lymphatic fluid is blocked or disrupted, destructive organisms may accumulate and disease sets in. Stagnant fluid can hinder the regeneration of tissue after surgeries, injuries, or other invasive procedures. It can also hasten the aging process and accelerate the development of fine lines and wrinkles on the skin.

Lymphatic drainage cleanses this fluid system and stimulates better function of the immune system by manually activating fluid circulation.

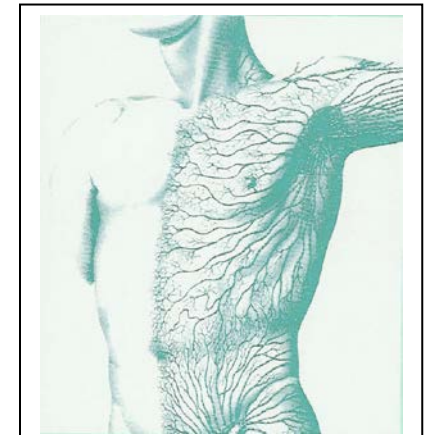


## How Does Lymphatic Drainage Work?

With anatomical accuracy and **specific manual processes**, the therapist detects the distinct rhythm, direction, depth, and quality of the lymphatic fluid flow anywhere in the body. From there, we **assess overall lymphatic circulation** and determine the best alternate pathways for draining stagnant fluid using a method called “mapping.” Mapping, and subsequent lymph drainage, can be performed on the superficial and deep lymphatic pathways, on the body’s muscles and tendons, and even on the internal organs.

## Who Can Benefit From Lymphatic Drainage?

- People who need to **detox** or **boost their immune systems**
- Patients facing elective or required **surgery** on any part of their body, including cesarean or cosmetic
- Anyone experiencing **edema or lymphedema** due to mastectomy, lumpectomy, or lymph node removal
- **Pregnant moms** with swollen feet and hands
- Those who are bedridden or **physically inactive**
- Anyone suffering from **allergies or chronic sinus congestion**
- Those suffering from **chronic pain**—no matter what the cause
- Anyone suffering from **low energy, lack of vitality, sluggishness, depression, or fatigue**
- People who get **recurring colds, infections, or viruses**—something you “just can’t shake off”



*A look at the lymphatic vessels of the left anterior side of the body.*

*“I used to suffer from pain in my right arm and hand. I took daily medication for sinus congestion and Advil regularly for weekly headaches. I took muscle relaxants about six times a month to relieve the tension in my neck that was causing my arm and hand pain. I now have Lymphatic Drainage along with upper back massage every two weeks. I have not taken sinus medication or muscle relaxants for a year. It is really nice to be able to breathe again and be pain free.”—A.N., Medical Office Manager, Torrance, CA*