



# How Lymphatic Massage Can Help You Detoxify!

By Raquel Fontes, LMT #5620

Since the lymphatic system is the foundation of our immune system, lymphatic drainage is the key to the prevention of disease and rejuvenation of the body. This means that performing lymphatic drainage therapy contributes to the healing process of the mind and body and hastens the recovery from illness by more efficiently moving body fluids. Movement is imperative in lymphatic drainage. Since the lymphatic system doesn't have a pump like the heart, it moves primarily by muscle contraction through a system of paired one-way valves in the lymphatic vessels. To manually move lymphatic fluid, it is necessary to apply deep pressure and gently squeeze the nodes and vessels.

Our forefathers had to cut wood, carry water, plant or hunt for food- nothing like our own sedentary lifestyle. Now our lives are essentially devoid of exercise, which, when combined with greater numbers of chemical toxins and stresses, leads to more lymphatic congestion and an overwhelmed immune system. When our bodies tighten up, congestion occurs, inhibiting the release of chemical toxins. That's why so many people believe that emotional stress causes disease including cancer. All they see is the end result, not realizing that emotional stress tightens the body — causing congestion, blocking lymphatic flow, and hampering the removal of carcinogens (cancer causing chemicals).

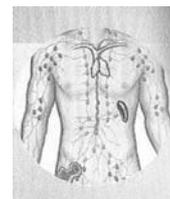
As we look at the anatomy of the lymphatic system, the majority of lymph nodes are in the visceral area (abdominal cavity). Other areas that these lymph nodes cluster in include the neck, armpits, groin, breasts, and a few in the knees and elbows. There are superficial and deep nodes. Generally there are more of the deep nodes and they are larger in size. Nodes can vary in size from a sesame seed to an olive. The consistency can vary from soft to as hard as a bone. The harder they are the longer they've been congested.

Check out my web site for more info on Lymphatic Massage: [www.restorativemassageforhealing.com](http://www.restorativemassageforhealing.com).



## Restorative Massage for Healing

- Deep Lymphatic Massage
- Swedish Massage
- Hot Stone Massage
- Raindrop Technique



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