

*A message from the newest member of the Qi Integrated Health team,
Lindsay Leong, RMT:*

As a recent graduate of the West Coast College of Massage Therapy, I am thrilled to be a part of this wellness centre. My interest in massage therapy stems from a love of working with people and a fascination with the human body. I enjoy the challenges of treating orthopedic and systemic conditions, and believe that regular relaxation massages are essential for one's overall wellbeing. I am well practiced in many modalities such as Swedish and deep tissue massage, active myofascial release, trigger-point release, joint manipulation, active and passive stretching, muscle energy technique, and proprioceptive neuromuscular facilitation.

I am also trained in the basic techniques of Manual Lymph Drainage which can benefit a wide range of conditions, but is often overlooked. Today I would like to draw your attention to the advantages of this modality.

First Of All... What is Lymph?

Lymph is a protein-rich fluid that contains lymphocytes (white blood cells) and is carried throughout the body by the lymphatic system. The lymphatic system is made up of lymphatic vessels that transport the lymph, and a number of structures (lymph nodes) and organs containing lymphatic tissue which produce lymphocytes. This system assists in circulating body fluids and helps defend the body against disease-causing agents. It functions to drain excess interstitial fluid (which can cause congestion and swelling) and carries out immune responses.

How Does Manual Lymph Drainage (MLD) Work?

MLD is a gentle massage technique that encourages the natural circulation of the lymph through the body, therefore helping to eliminate metabolic waste products and excess fluid. MLD also affects many other body systems including the autonomic nervous system. This consists of the sympathetic nervous system (the "day nerve") which makes us active and allows us to work, and the parasympathetic nervous system (the "night nerve") which permits us to rest, sleep, and renew our strength for the next day.

These nervous systems extend to all parts of the body: vessels, organs, muscles, and the skin. In a healthy person, the autonomic nervous system is balanced. Physical and emotional stress caused by work, activities of daily living, and our environment can cause a state of disharmony in which the sympathetic nervous system dominates. MLD helps decrease sympathetic nervous activity while increasing parasympathetic nervous activity, thus promoting growth and recovery.

What Is Involved In a MLD Treatment?

A thorough assessment is key and involves the taking of a client's health history and a detailed examination of the area of concern. This process helps me determine where, how long, and how often MLD should be applied in order to attain favourable results for the condition presented. The application of MLD incorporates a light pressure with slow, rhythmical movements in a specific pattern over the skin of the body.













What Might I Experience With MLD?

After just one session of MLD, clients usually feel calmer and more relaxed; some even fall asleep during treatment. Certain conditions are prone to worsening after a preliminary session, but have been shown to improve after several treatments.

How Often Should I Receive MLD?

Initially, it is recommended that frequent treatments be applied to clear up the condition, after which, a management plan to maintain results is implemented. For example, the treatment of acne usually involves multiple 30-minute sessions: 5-times the first week, 3-times the second week, 2-times the third week, etc.

Conditions that may benefit from MLD:

-  Acne
-  Allergies
-  Chronic exzema
-  Enhancement of general resistance
-  Facial edema (swelling), and hematomas (bruising)—especially after face-lifting
-  Headaches
-  Leg edema (swelling)— thick legs, heavy legs, fatigued legs
-  Mastodynia—the tension women feel in their breasts after ovulation, which can develop into pain.
-  Neuralgia (nerve pain)
-  Rosacea
-  Striae gravidarum (stretch marks)—in maternal care, prevention of leg edema by regular MLD may help prevent stretch marks. With much treatment, pre-existing stretch marks can also improve.
-  Telangiectasis—small, dilated blood vessels near the surface of the skin or mucous membranes. They can develop anywhere on the body but

are commonly seen on the face around the nose, cheeks, and chin. They can also develop on the legs, specifically on the upper thigh, below the knee joint, and around the ankles.

As you have just read, the application of Manual Lymph Drainage can be extremely effective in treating a variety of conditions. I encourage you to consider MLD as a possible modality for you to explore with us here at Qi, whether as treatment for an existing condition, preventative care, or maintenance of your body.

*Sincerely,
Lindsay Leong, RMT*

*If you have any questions regarding MLD, please feel free to email me:
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