

HEALTHY LIVING HEALTHY PLANET

natural awakenings

feel good • live simply • laugh more

FREE

A woman with dark hair, wearing a red and blue plaid shirt, is smiling and hugging a brown horse. The horse is wearing a green halter. The background is a soft, out-of-focus outdoor setting.

Heart-to-Heart
with a Horse
Their Gentle Empathy
Helps Us Heal

SACRED
PASSAGE
Conscious Dying as
a Transformative
Healing Journey

LOVE
Lessons
How to Make
a Marriage Last



EVERY ISSUE IS
A GREEN ISSUE

February 2017 | Broward County, FL | NaBroward.com



by Marilyn DeMartini

While the circulatory system moves blood through our bodies, the lymphatic system moves about 50 percent more fluid than the venous system. The role of the lymph system, supplying plasma rich protein to the blood and carrying away toxins, protects the body against bacteria, viruses and fungus. There are over 600 lymph nodes located throughout the body and most chronic diseases occur at these nodes—collection sites at the junction of lymph vessels.

Unlike the heart in the venous system, there is no pump for lymph so it relies on deep breathing and muscle contraction for movement, creating a higher risk for blockage. Blockages can occur from illness, injuries, toxins, food allergies and stress.

An impaired lymph system can manifest in colds, flu or sinus issues, swelling, heart disease, fibrocystic or tender breasts, enlarged prostate or other types of inflammation. Swelling is often due to trapped intercellular fluid as lymphatic thread-like vessels swell beyond their capacity and cannot pass lymphatic fluid through the system. Since an average human has nearly three gallons of this fluid circulating nutrients and disposing of wastes, the swelling can cause pressure, pain and discomfort.

Treatment can help unblock the lymph system, assisting in the restoration of good health or providing relief from symptoms from blockages. Lymphatic massage has long been used to help coax blocked fluid along, but now Electro-Lymphatic Therapy (ELT) brings a gentle, light touch and non-invasive technique to stimulate the proper flow and drainage of the lymphatic system.

ELT uses a wand, combining light and sound vibrations with an electro-magnetic field, exciting electrons and providing radiant energy; this energy is released into living tissue, encouraging the discharge of liquid from trapped vessels and nodes. As stagnant liquid flows again through the tissues, swelling subsides, relieving pressure and pain as the body resumes normal lymphatic flow.

A treatment lasts about 30 to 40 minutes and is relaxing. The patient lies on a treatment table while the therapist passes the wand over the body, lightly contacting the skin. A slight buzz sound is audible and the sensation of the wand and waves passing over the skin is peacefully blissful with a soft tingling sometimes felt in the skin. The therapist may also use two poles of a microcurrent stimulator to direct lymph along the limbs and torso, delivering a frequency-specific signal that stimulates the



The International Center For
Dental Excellence

(954) 938 - 4599
TO RESTORE FUNCTION AND ELIMINATE DISEASE

Nosotros hablamos Español

我们讲中国

Мы говорим по-русски

Falamos Português

29 Years of Experience and Fully Accredited with:

- International Academy of Oral Medicine & Toxicology
- S.M.A.R.T. Certified - Safe Mercury Amalgam Removal Technique
- American Academy of Cosmetic Dentistry
- American Dental Society of Anesthesiology

"We focus on the use of biocompatible materials for dental treatment. Dental infection and toxins could cause a great impact on a person's overall health and our goal is to have balance between oral health and the body."

- Safe Mercury Removal (IAOMT protocol)
- Root Canal Extractions
- Conscious Oral Sedation
- Crowns and Bridges
- Bio-compatible Zirconia Implants
- Plasma Rich Growth Factors - PRGF
- Bone & Tissue Grafts
- Piezotome Ultrasonic (implant, bone surgery extractions for better healing and reduced trauma)
- Full Mouth Restorative and Cosmetic Reconstruction
- Laser Treatment (Allows tissue repair and optimal cell rejuvenation for faster healing and decontamination) for periodontal disease and extractions.



Dr. Yolanda Cintron DMD

2021 E COMMERCIAL BLVD. #208 • FORT LAUDERDALE, FL 33308 • WWW.GONATURALDENTISTRY.COM

What Health Conditions May be Improved with Electro-Lymphatic Therapy?

Arthritis	Irritable bowel syndrome (IBS)
Asthma	Lupus
Back pain	Lyme disease
Breast cancer	Lymphedema
Candida overgrowth	Lymphoma
Cellulite	Migraines
Chronic fatigue	Neck & shoulder stiffness
Congested lungs	Psoriasis
Congestive heart failure (CHF)	Sinus problems
Earaches	Skin conditions
Edema	Stomach problems
Enlargement of heart	Tonsillitis
Fibromyalgia	Toxin accumulation
Headaches	

immune system via the lymphatic system, increasing circulation, proper elimination, detoxification and cell nourishment.

Beatriz Carlan, certified in Lymphatic Decongestive Therapy, has been practicing at The Alternative Medicine Center in Fort Lauderdale and is now joined by Raisa Lockhart who is a certified trainer of ELT.

Dr. Gary Snyder has led the way in various advanced therapies to help pain, food allergies and even conditions like autism spectrum in children. He also found relief from his own injuries from ELT. According to Snyder, many massage therapists have chosen to shift into ELT because the electronic stimulation is seen to enhance the beneficial effects by eight to 10 times that of manual lymphatic massage. "Like most, I have my share of inflammation from past injuries and I have personally felt the benefit of ELT. We are pleased to offer it as part of our holistic therapies at The Alternative Medicine Center," Snyder explains. "Especially because it assists in the treatment of so many symptoms caused by inflammation, ranging from chronic fatigue and fibromyalgia to arthritis and migraines," he adds.

As a complement to the decongestive therapy, Snyder recommends following a treatment with a 20-minute infrared sauna session so any toxins moved by the regenerated lymph flow can be removed from the body in this high-heat cleansing environment.

Those interested in pursuing a certification in Lymphatic Decongestive Therapy can contact the Foundation for the Advancement of Energy Medicine Technologies at faemt.org or call The Alternative Medicine Center for treatment at 954-486-4000. See ad page 12.

4th Generation
ORGANIC MARKET & CAFÉ

ORGANIC FOOD YOU CAN TRUST

USDA ORGANIC | GMO FREE | VEGAN options

2 GREAT LOCATIONS
East Boca & West Boca

WEST BOCA 9200 Glades Road Boca Raton, FL 33434 561.314.1341 Every Day 9am - 9pm	EAST BOCA 75 SE 3rd Street Boca Raton, FL 33432 561.338.9920 Mon-Sat: 9am - 7pm • Sun 11am - 6pm
---	---

Grocery • Produce • Prepared Foods • Vegan Friendly • Café • Bakery
Juices & Smoothies • Full Catering Menu • Fresh Meat, Poultry, & Seafood
Wine & Beer • Wellness • HBA • Events • Gift Cards

immune system via the lymphatic system, increasing circulation, proper elimination, detoxification and cell nourishment.

Dr. Gary Snyder has led the way in various advanced therapies to help pain, food allergies and even conditions like autism spectrum in children. He also found relief from his own injuries from ELT. According to Snyder, many massage therapists have chosen to shift into ELT because the electronic stimulation is seen to enhance the beneficial effects by eight to 10 times that of manual lymphatic massage. "Like most, I have my share of inflammation from past injuries and I have personally felt the benefit of ELT. We are pleased to offer it as part of our holistic therapies at The Alternative Medicine Center," Snyder explains. "Especially because it assists in the treatment of so many symptoms caused by inflammation, ranging from chronic fatigue and fibromyalgia to arthritis and migraines," he adds.

As a complement to the decongestive therapy, Snyder recommends following a treatment with a 20-minute infrared sauna session so any toxins moved by the regenerated lymph flow can be removed from the body in this high-heat cleansing environment.

Those interested in pursuing a certification in Lymphatic Decongestive Therapy can contact the Foundation for the Advancement of Energy Medicine Technologies at faemt.org or call The Alternative Medicine Center for treatment at 954-486-4000. See ad page 12.



Roling or structural integration, is a technique for aligning the posture with gravity. What we as individuals do for a living or for fun, often put us in positions far from structurally ideal.

Roling realigns the body by working with the muscle fascia. It can help those who have been living with chronic pain.

Roling can also help with:

- Postural alignment
- Sports injury
- Stress management

Roling enhances flexibility and is used by athletes for more effective movement.

Call today to find out how Roling can help you.

ROLING

By Donald Curry

Certified Advanced Rolfer® Since 1978
MA#00002941

Fort Lauderdale & West Palm Beach **561.827.5315**