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A GREEN ISSUE

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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



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## 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](http://faemt.org) or call The Alternative Medicine Center for treatment at 954-486-4000. See ad page 12.

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