Deep lymphatic therapy
a new development with exciting potential

BY ROSEMARY WHITE

Abstract: This article outlines the importance of the deep lymphatic system and the symptoms that commonly occur when this deep-seated system becomes congested. Case histories indicate that this system can be effectively treated using deep lymphatic therapy. Many beneficial results have been documented.

Do you know that there are two circulatory systems in the body? The first is the blood system and the second is the lymphatic system that pumps around much of the fluid component of the body, the lymph. It is as important as the cardiovascular system. Yet many people are not aware that it even exists. Serious health problems can result if either one of these systems is not working properly.

As with the cardiovascular system, the lymphatic system has both superficial and deep components. Few people realise the extent and importance of the deep lymphatic trunks, vessels and nodal complexes. They receive drainage via superficial vessels from every area and every organ of the body and handle a far greater volume of lymph (the watery fluid inside the lymphatic vessels) than does the superficial network.

Deep lymphatic therapy focuses on restoring the flow of lymph, particularly in those areas where blockages have hindered its normal passage. As with any system of rivers, backflow can occur around a blocked area.

The gut contains a major part of the lymphatic system. There are prominent nodules (like lymph nodes, but without a surrounding capsule) all along the gut. Often called GIT (gastro-intestinal tract), this long 'tube' extending from the mouth to the anus is about eight to nine metres long in an adult. These nodules can occur individually, but there are also large clumps of them, particularly in the tonsils, appendix and small and large intestines. They contain at least as many defence cells (lymphocytes and macrophages) as there are in the rest of the body.

There are also many large lymph nodes deep within the abdominal cavity.

This system, called the MALT (mucosa- associated lymphoid tissue), also lines the lungs, bladder and reproductive tracts. The blackish appearance in smokers' lungs is caused by inhaled carbon particles that have been filtered by lymph nodes.

Congestion can and does occur in any area of this vast system.

Most methods currently in use focus on superficial drainage to improve the functioning of this system. Deep breathing and external pressures help, but the deep part of the system is so extensive and deeply seated that these measures alone cannot effectively relieve all of the congestion that can occur in any part of it. If the congestion persists, major problems can occur.

Case histories validate the effectiveness of deep lymphatic therapy. Many beneficial results have been documented.

### ABOUT THE LYMPHATIC SYSTEM

Consider the following fascinating facts about the lymphatic system:

- There are twice as many fascinating vessels as cardiovascular vessels.
- It is the 'garbage' system of the body, filtering out toxins and other unwanted products.
- It is an integral part of the immune system, which is vital for protecting the body from invasion by unfriendly organisms.
- It provides transport for lipid-soluble vitamins (A, D, E and K) and also for dietary lipids that have longer chains of carbon atoms in their structure.
- The brain has its own system of pre-lymphatic channels draining to deeply seated lymphatic vessels and trunks.
- It controls the protein balance of the body. Some 50% of circulating proteins leave microscopic arterial blood vessels as blood is pumped around. Loss of fluid happens during this process and so the concentration of proteins within these tiny vessels becomes much denser than that of the fluid tissue that surrounds them. This changes the pressure gradient between the two.
- This altered pressure gradient prevents the direct re-absorption of protein particles back into the bloodstream via microscopic venous capillaries. Instead, they have to be re-absorbed via the lymphatic system to re-enter the venous blood and be recycled back into the blood circulation. At least two litres or more of this protein-containing fluid has to be recycled daily. This process is essential for maintenance of the entire fluid balance of the body.
- Lymphatic vessels pump at about 6 beats a minute. Some 90% of the fluid circulating through the body returns via this system. It all filters through at least one set of lymph nodes, usually a superficial set, then to a deep group. Some areas drain directly to deep nodes.
- Lymph nodes are major sites for the body's defence system. They filter out and deal with most of the unwanted toxic matter and contain huge numbers of a variety of defence cells (including some of the K cells known to attack cancer cells). It is also thought that most fluid return occurs in them. The body contains about 600 lymph nodes, ranging in size from that of a pinhead to a kidney bean.
- When overloaded for whatever reason (such as after severe infection or exposure to toxins), lymph nodes become swollen and sore. Chronic excess overload can completely block them.
- If congestion occurs in the thoracic duct (the major lymphatic vessel that drains deeply up through the chest), lymphatic flow from other large trunks in the chest and the major lower abdominal trunks draining into it can also be affected. Lymph flow in this vital area is largely dependent on changing pressures in the thoracic cavity due to breathing. Shallow breathing decreases lymphatic flow through the chest.
- Congestion in these major trunks can cause increased pressure in the lymphatic channels just below the outer layer of the heart wall. This can restrict the blood flow through small cardiac blood vessels and prevent clearance of the coronary arteries. The volume of blood pumped by the heart is decreased.
- The removal of oxidised cholesterol, carried in the form of high-density lipoproteins via the lymphatic system, is hindered. This results in a dangerous build-up of unwanted cells in the coronary arteries – the beginning of an atherosclerotic plaque.
- There would be fewer heart attacks and less emergency surgery if everyone looked after their lymphatics properly.
- 70% of chronic illnesses, including cancer and arthritis, are partly the result of chronic lymphatic congestion.

Wow! What a system! No wonder there are major problems when this system doesn't work as well as it should.
SYMPTOMS OF A CONGESTED LYMPH SYSTEM

Possible symptoms include:

- Fluid retention - no matter how hard you diet, you still can't lose 'weight'.
- Swelling in particular areas - it may be arms, hands (often after lumpectomy or mastectomy), legs, thighs and ankles. Deep lymphatic involvement is indicated when swelling or discomfort does not respond as well as expected after treatment that focuses on stimulation of the superficial system.
- Head problems - swollen face, puffy eyes, 'double' chin, 'fuzzy' head, blocked ears, headaches that are not related to spinal misalignment, upper respiratory catarrh and some types of chronic sinus problems.
- Breasts swollen, heavy or sore.
- Swollen gut, feeling of abdominal distension.
- Persistent malaise and lack of energy.
- Breathlessness, tightness of chest.
- Symptoms mimicking a heart attack (should always be immediately checked by a doctor) and heart palpitations.

Clinical experience now indicates that the deep lymphatic system and particular areas of congestion within it can be effectively stimulated. Congestion in deep lymphatic trunks, nodal complexes and even in individual nodes can be relieved, and much better functioning of this huge system can be successfully promoted. Deep lymphatic nodal complexes can be utilised, even if superficial nodes have had to be removed.

THE RESULTS OF THE THERAPY

- Clients consistently report that their energy levels and quality of life have improved.
- Most people breathe easier and deeper after treatment.
- Stomach feels more comfortable, less bloated and often decreases in size.
- Pain and heart palpitations that are not related to physical cardiac dysfunction have disappeared.
- Swelling goes down. Women with severe generalised fluid retention have reduced dress sizes by one, two, three or more. Breasts reduce significantly in size. In some cases clients with lymphoedema of the arm or leg no longer need to wear prescribed compression garments.
- Head symptoms are alleviated. Clients report that their head feels 'lighter' and clearer.
- Urine and bowel flow usually increase.
- It is not recommended to treat fluid build-up that results from congestive cardiac failure with most currently used methods of lymphatic drainage. However, this fluid build-up can be successfully managed by deep lymphatic therapy.
- Early results indicate that this treatment may bring about reductions in both elevated blood pressure and blood sugar levels in diabetics.
WHAT MAKES THE THERAPY WORK SO WELL?

To find the answer, further research is needed. However, an important factor could be that a measurable electrical charge can be directly focussed over the deep-seated lymphatic trunks and lymph nodes. This is achieved through the piezo-electric effect generated by a suitably sized quartz crystal tool positioned directly over these areas. This property of quartz crystals is well-known in electronics — when pressure is applied to a quartz crystal, an electromagnetic charge at a particular frequency is produced. Minute, pulsing energy waves are also created by the movements that occur normally within the body. Quartz crystals are known to amplify complicated wave-forms. Thus, the energy field produced is amplified by the therapist’s fingers and specific movements. This is delivered in a coherent, orderly and highly concentrated form to the target area — by analogy, similar to a laser beam. This energy flow, though minute, is highly effective.

When lymphatic function has been compromised for whatever reason, it is always wise to choose appropriate foods that will decrease the lymphatic load and also to avoid or at least decrease the intake of toxic substances. It is important to realise that although this therapy improves lymphatic function, particular symptoms still need to be addressed by fully qualified practitioners. Further information and case histories are available from the author.

TO FIND A THERAPIST OR BE TRAINED AS A THERAPIST

Currently, trained therapists are only available in Sydney. This training is now being offered in other areas in Australia. Practitioners trained in tactile or complementary therapies are invited to apply for certificate-level training in deep lymphatic therapy in their locality.

Workshop intensives will be held to train deep lymphatic therapists on 20 and 27 July, 17 and 24 August, 14 and 28 September, 2008. Each workshop will run from 9.00 am to 5.00 pm.

The venue is Earth Institute, Suite 1, 20 Clarke Street, Crows Nest, Sydney. The workshops are run at postgraduate level for all tactile therapists, naturopaths and related modalities.

Weekly courses run for 12 consecutive Friday evenings commencing on Friday 27 June and ending on Friday 12 September. Sessions from 6.00 to 9.30 pm at Premier College, 161 Denman Avenue, Caringbah, Sydney. Both the above are ATMS CPE points approved.

For further information on treatment or training, contact ADLTA (Australian Deep Lymphatic Therapists Association), PO Box 47, West Pymble NSW 2073; phone 02 9863 4366 or 9958 5288; email deeplymphaticinfo@bigpond.com

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Asians do not consume nearly as much of soy as has been generally assumed, and what they do eat has been fertilized. Non-fertilized soy products contain phytic acid, which has anti-nutritive properties, including combining with certain nutrients, such as iron, and inhibiting their absorption. They've also been found to contain toxins and disruptive plant estrogens that can damage the thyroid. Most processed, non-fertilized soy products also contain additives, making them very different from the traditional fertilized products. The fermenting process turns an otherwise inedible food into something quite nutritious.

Healthy fermented products include:

**Natto**, loaded with nattokinase, a very powerful blood thinner.

**Tempeh**, a fermented soybean cake.

**Miso**, a fermented soybean paste with a salty, buttery texture.

**Tamari** (soy sauce) traditionally made by fermenting soybeans, salt and enzymes. Be wary because many varieties are made using a chemical process.

### THE TERRIFYING SIDE EFFECTS OF PRESCRIPTION DRUGS

The side effects of prescription medication can be horrific. Is it really worth taking medication if the cure can be worse than the disease? Here are 26 side effects that come with many prescription drugs currently on the market.

1. Drainage, crusting, or oozing of your eyes or eyelids
2. Swollen, black, or "hairy" tongue
3. Changes in the shape or location of body fat
4. Decrease in testicle size
5. Sores or swelling in your rectal or genital area
6. Blue lips or fingernails
7. Purple spots on your skin
8. White patches or sores inside your mouth or on your lips
9. Irregular back-and-forth movements of your eyes
10. Enlarged breasts in males
11. Unusual risk-taking behavior, no fear of danger
12. Extreme fear
13. Hallucinations, fainting, coma
14. Fussiness, irritability, crying for an hour or longer
15. Paralysis
16. Thoracic hematoma (bleeding into your chest)
17. A blood clot in your lung
18. Liver damage
19. Kidney damage
20. A lump in your breast
21. Decreased bone marrow function
22. Congestive heart failure
23. Shingles
24. Nerve pain lasting for several weeks or months
25. Bleeding that will not stop
26. Coughing up blood or vomit that looks like coffee grounds

One drug on the market, EvaMist, a treatment for menopause symptoms such as hot flashes, has possible side effects that include cancer, stroke, heart attack, blood clots and dementia.

### Dr Mercola's Comments

Every year, more than two million Americans suffer serious adverse drug reactions. According to the US FDA, these reactions cause about 100,000 deaths per year, making prescription drugs the fourth-leading cause of death in the country.

Compare this to the death toll from illegal drugs – which is about 10,000 per year – and you begin to see the magnitude of the problem.

However, if you dig a little deeper, you find that these reported reactions only skim the surface of what’s really going on because drug side effects are not always recognised as such. Doctors often attribute them to other causes, people downplay them or do not report them.

And when you add in other medical errors, unnecessary procedures and surgery-related mishaps, the modern health care system actually becomes the leading cause of death in the United States.

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