

# **Electro Lymphatic Therapy by Jennifer Johnson, ND, CLT**

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Foundation for the Advancement of Energy Medicine Technologies (FAEMT.org)

## **Why use Lymphatic Drainage as an important modality for your patients.**

- Your lymphocytes (white blood cells) are what fight infections in your body and they reside in the lymph nodes. If your lymphatic system is congested, your whole immune system will be compromised.
- The only way cancer cells leave the body is through the lymphatic system. Decongesting the lymphatic system assist the body in doing what it was designed to do, keep you cancer free.
- Lymphatic Therapy encourages lymphatic "fluidity" resulting in detoxification of body which assists in eliminating the build-up of toxins.
- Lymphatic Therapy stimulates the immune system and helps to prevent post-surgical infections.
- 80% of all overweight people have sluggish lymphatic systems, according to new research.
- Lymphatic Therapy improves skin regeneration, and accelerated wound healing with fewer complications.

## **FACT:**

**Cancer Survivors:** (ELDT) is particularly effective for cancer survivors, as using this therapy can reduce or eliminate the need to wear uncomfortable compression sleeves or suits. It can also reduce the pain from inflammation and assist in the removal of chemical toxicity from medications and therapies at the cellular level.

**Breast Care:** (ELDT) is a very effective when used for breast care, whether preventative or after a mastectomy as reconstruction support. It can reduce pain and inflammation and assist in recovery when used as an integral part of a breast cancer survivor's treatment plan. Using Electro-Sonic lymphatic Drainage therapy can reduce or eliminate the need to wear uncomfortable compression sleeves or suits as reconstruction support.

**Prevention:** (ELDT) has been proven beneficial for the prevention of breast and prostate problems. It can also be used for pre-post athletic activities to increase performance and decrease muscle and tendon strain.

**According to research,** 80% of overweight women have a sluggish lymphatic system. A congested lymphatic system is directly connected to the formation of cellulite because backed up fluid "sticks" to the fat cells. Getting the lymphatic system running smoothly again is one of the keys to easy weight loss and feeling great.

**Conditions reported to have benefited from Electro-Lymphatic Drainage therapy include but are not limited to:** Radiation Therapy, breast lumps, inflammation, joint aches, allergies, sinus and respiratory problems, hormone imbalances, headaches, prostate and female problems, immune function, and microdermabrasion.

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## **The Lymphatic System:**

Unlike your cardiovascular system which has a pump (heart) to circulate the blood through your body, your lymphatic system relies on the many factors to circulate the lymph fluid (lymphatic loads such as protein, water, cellular components and particles, and fat) throughout your body. The lymphatic system represents an accessory route by which lymph fluid can flow from the tissue spaces into the bloodstream. En route to the Venous circulation, lymph travels through successive lymph nodes, thereby filtering the impurities from the lymph fluid.

The cardiovascular system is closely associated with the lymphatic system. The commonalities between the two systems include: superficial, deep and organ systems, similar vessel structure, leukocytes (both systems contain monocytes and lymphocytes), blood plasma (the lymphatic system returns percolated or filtered blood plasma to the bloodstream), serum proteins (lower concentrations in the lymphatic system), common pathways to the heart, and protection of the body from infection and disease.

The main two differences between the two systems include: the lymphatic system is not a closed circulatory system. It is therefore more appropriate to speak of lymph transport rather than lymph circulation, there is no central pump in the lymphatic system, and the lymph transport is interrupted by lymph nodes.

The lymphatic system is divided into the superficial and deep layers and is separated by the fascia (connecting the skin to the underlying tissue). The superficial (suprafascial) layer is responsible for the drainage of skin and subcutaneous tissue, whereas the deep (subfascial) lymphatic system drains the lymph from muscle tissue, tendon sheaths, nervous tissues, periosteum, and joint structures (some distal joints on the extremities drain via the superficial layer). The transport vessels of the superficial system are embedded in the subcutaneous fatty tissue: deep transport vessels generally accompany blood vessels and are grouped together with them in the same membranes. Perforating vessels connect the deep with the superficial system. The lymphatic system of the internal organs represents a subcategory of the deep system.

So we can conclude that your lymphatic system is actually a vital circulatory system with an extensive network of vessels throughout the body. Your body contains about 50% more lymphatic fluid than blood and your lymphatic system contains over 600 collection sites called lymph nodes. These nodes are formed at the junction sites of the lymph vessel network. Your lymphatic system is responsible for supplying plasma rich protein to your blood as well as carrying away toxins and other debris.

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## **The Lymphatic System:**

As we mentioned before, unlike your venous system, your lymphatic system has no pumping mechanism to keep the fluid circulating through the body. Therefore, the lymphatic system is always at a higher risk for blockage. Blockages can occur from normal life stressors such as; illnesses, tight fitting clothing including ties, bras ( especially underwire bras), jockey shorts and pantyhose, lack of exercise, bumps, bruises and other injuries, exposure to heavy metals, pesticides and herbicides, food allergies or sensitivities, and surgery.

An Impaired lymphatic system often results in colds, flu and sinus problems, edema and excess water retention, heart disease, fibrocystic and tender breasts, cellulite, enlarged prostate and even cancer. The good news is that lymphatic health can be restored even in cases of severe impairment using our Lymphatic Decongestive Therapy utilizing IGII or in our case the Lymph Drainage XP™ family of instruments.

**In our experience, the various manual lymphatic methods available to therapists do a reasonable, to good job of opening the surface lymphatic using a therapeutic technique known as manual lymph drainage developed in Europe 25 years ago. Through delicate massaging techniques it was highly effective at reducing lymph-based disorders, but the process is very labor intensive. The tradeoff is that the deeper lymphatic channels can become more stressed and engorged with the additional lymph forced into this area. This can be very detrimental to the improvement we are seeking.**

We have tried several machines over the years, but the Lymph Drainage XP™ has proven to provide the most effective tool to help stimulate blocked lymph buildup and effectively reduces swelling and edema caused by trapped proteins.

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## **What exactly is Electro-Sound Lymphatic Drainage?**

Electro-Sound Lymphatic Drainage is a one hour accelerated method of cleansing and detoxifying the lymphatic system. This is an efficient, effective, and non-invasive method to reduce inflammation by moving the lymphatic fluid through the body-whether you have lymphedema from pathological disease, common edema, or a general sluggishness from inactivity or diet, moving the lymph through your body is essential to good health.

In a congested lymphatic system, lymph is thick, sticky, stagnant, laden with toxins and unable to circulate and eliminate waste. Lymph congestion and toxicity reduce the electrostatic field of the proteins in the interstitial fluids and contribute to thickening and clumping of lymph. Breaking down congested lymph fluid is painlessly achieved in a two-step process using the XP2.

### **STEP 1 –**

While the client rests comfortably on a massage table, we increase electrostatic tension and stimulate lymphatic drainage, by using the XP2, a state of the art, high-frequency electro- sound lymphatic drainage instrumentation. The dual operating systems of the XP2 are hand- blown glass bulbs containing rare noble gases (argon, xenon, and krypton); it is the combination of these gases that devitalizes bacteria, viruses, etc.

The electric charges stimulate, re-polarize and re-establish ideal frequency and energy of individual cells and tissues and decongest the entire lymphatic system, producing a mild heating effect, increasing circulation, activating lymph, breaking up blockages, detoxifying and enhancing immunity.

Each session is the equivalent of **eight to ten manual lymphatic drainage sessions**. As lymph is effortlessly moved through lymphatic pathways the patient is left feeling calm and rejuvenated, with none of the soreness that results from the squeezing required in manual lymphatic massage.

### **STEP 2 –**

Lymph is directed manually along the limbs and torso (always in the direction of the ducts) with two probes of a micro current stimulator on the XP2, delivering a frequency-specific signal. This stimulates the lymphatic system and increases circulation, proper elimination, detoxification and cell nourishment, all of which boost the immune system.