



Purpose of Lymphatic Massage

The lymphatic system cleanses almost every tissue in the body. It is also a vital pathway for immunity. Lymphatic Massage helps to clear inflammation within the body, increase the immune response, and elicit deep nervous system relaxation. This course presents and integrates a variety of lymph drainage techniques. The techniques are extremely light touch and very easy on both client and therapist. This work is applicable to a wide range of people from athletes, to the very ill or fragile person, often useful when heavier techniques are contraindicated. Learning to palpate the lymphatic fluid and its rhythms is an essential tool for bodyworkers in understanding the liquid nature of the body and achieving deep relaxation, pain relief, detoxification and increasing immunity with minimal physical effort.

- [Immune Recovery And Wellness – www.ImmuneClinic.com](http://www.ImmuneClinic.com)
- [More Clinical Research – www.ImmuneClinic.com/research](http://www.ImmuneClinic.com/research)