



NEUROLYMPHATIC MASSAGE

What is Neurolymphatic Massage

Neurolymphatic Massage integrates the Lymphatic and Nervous systems of the body. A range of assessments and techniques are used including Neurolymphatic palpation, lymphatic drainage routines, lymphatic pumps and waves to effectively stimulate lymphatic function and drainage, balance the organs, assist in structural balance and improve all over physical and emotional well-being.

The energy to the Lymphatic System is regulated by "Neurolymphatic Reflexes". These act like circuit breakers that get "switched off" when the system is overloaded. Once these points are "turned on" again the lymph flow to organs and muscles is revived and weaknesses gradually become strengthened.

Origins of Neurolymphatic Massage

Neurolymphatic massage was formulated in Australia specifically by the School of Integrated Body Therapy. The therapy combines SIBT's own specialised system of Lymphatic Drainage also developed by SIBT and the integration of Neurolymphatic Reflex points referred to by Frank Chapman, Chiropractor, in the 1930's. Neurolymphatic reflexes when restricted inhibit lymphatic drainage, causing inflammation in tissues. 'Neurolymphatic Reflexes' in Applied Kinesiology are diagnostically used by Chiropractors, Osteopaths and Kinesiologists. Reflexes are correlated with specific organs and glands and different types of health conditions.

Understanding the Lymphatic System

The Lymphatic system is a complicated network of vessels, ducts and nodes that move fluid between cells and tissues. Our body contains about 50% more Lymphatic fluid than blood. Lymphatic fluid is vital to the life process, bathing all the cells, it acts as a medium of exchange. When the Lymphatic system slows down, is congested or blocked, our body has less defense against viruses, fungi and bacteria. Waste products accumulate and stagnate which can cause unwellness, lack of energy or fatigue.

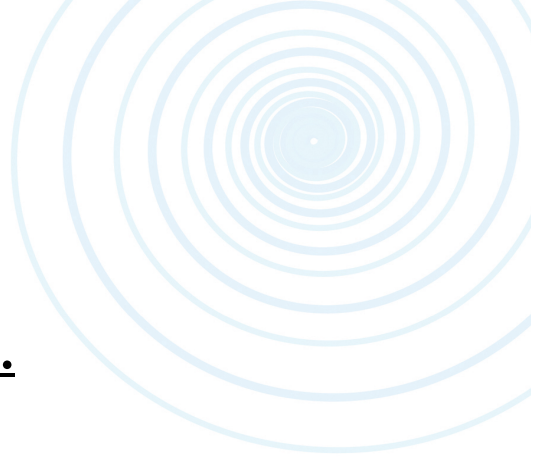
Unlike the venous system, the Lymphatic system has no natural pumping mechanism to keep the fluid circulating through the body. The Lymphatic system is always at a higher risk of congestion and dysfunction. Today's often too sedentary lifestyle may inhibit the capacity of a fully functioning Lymphatic system.

An impaired or dysfunctional Lymphatic system can be the result of:

- Colds, Flu, Sinus, Bronchitis and Viral infection
- Chronic & sub-acute inflammation and pain
- Fibrocystic or tender breast tissue
- Oedema, Water Retention, Cellulite, Lethargy
- Heart Disease, Cancer, Enlarged Prostate
- Early aging and overall sense of unwellness

Health benefits of Neurolymphatic Massage

- Regular treatments will assist to increase Lymphatic circulation and regulate the flow of fluid throughout the entire body, nourishing and cleansing cells, flushing the body of harmful wastes and poisons while increasing resistance to sickness and disease. Reduction of oedema may assist to detox the body and regeneration of tissue including wounds, burns and scarring.
- Anti-aging effects, relief of pain and discomfort and symptoms of chronic fatigue, assisting to increase energy.
- Regular treatments promote deep relaxation and aids with insomnia and stress related conditions.
- Decrease in pain of MS sufferers and sub-acute arthritis sufferers.
- Acne may significantly decrease, when combined with a healthy diet.
- Improved breathing in colds, flu, bronchitis and asthma and improvement of sinusitis.
- Regulation of menstruation due to possible hormonal imbalance.



NEUROLYMPHATIC MASSAGE cont.

Neurolymphatic treatment procedure

- Client is draped appropriately (using a sheet) and feels comfortable.
- Therapist is focused and working with intent.
- Therapist visualising lymphatic fluid movement, Therapist can feel lymphatic movement by pulsation.
- Client often experiences deep sense of relaxation as Neurolymphatic massage effects the autonomic nervous system.
- Neurolymphatic massage is not painful. Conversation throughout the treatment is kept to a minimum.
- Pressure is gentle and rhythmical, with light pumping effects to the skin.
- Client is re-hydrated and informed of the importance of fluid intake and possible relevant side effects.

Side effects of Neurolymphatic Massage

- Side effects will vary dramatically with each individual depending on many factors, including general health, duration and frequency of treatment.
- Generally a feeling of well-being and deep relaxation will be experienced.
- Clients may feel the need to sleep after a treatment.
- Clients may experience increased urine and waste elimination.

Background of School of Integrated Body Therapy, Australia Pty Ltd (SIBT)

The largest specialty massage school in Australia, established in 1985. During SIBT's growth it has aided and witnessed the evolution of massage as a highly respected, viable profession in Australia. These years of experience have allowed SIBT to develop and offer reliable and sound skills-based professional training. SIBT's philosophy embraces a wholistic approach to healing, wellbeing and recovery through massage and bodywork. SIBT provides cutting edge training with a focus on the latest hands-on techniques and skills. SIBT is an Australian Government Registered Training Organisation and is accredited by three major Australian professional associations:

- Australian Traditional Medicine Society (ATMS),
- Association of Massage Therapists (AMT),
- Reflexology Association of Australia (RAA).

SIBT currently has the assistance of the Australian Trade Commission to export education and has successfully completed over 22 courses throughout Asia over the last 3 years.

The School's website is www.massageschool.com.au

Article written by

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Maggie is a Life Member of the Australian Traditional Medicine Society (ATMS) and has been an Executive Director of ATMS for 18 years, 9 of those years as Vice President. ATMS is the largest professional association for the Natural Therapies Industry in Australia. She has been structurally and politically involved in the development of the Massage profession in Australia. Maggie is also the Founder/Director of Lake Spa Healing, Therapy & Education Centres, Australia, and has an ongoing commitment to sharing knowledge throughout the world and assisting other countries to raise educational standards and awareness in regard to massage as a viable health and wellness therapy and for its treatment of pain and dysfunction.

