

Lymph Drainage Sinus Relief Self-Care

This simple self-care exercise can aid in relieving a number of allergy related symptoms in under ten minutes.

Using a two-inch chip brush:

- Slowly and gently stroke three times in each area
- Fully releasing and pausing between each stroke

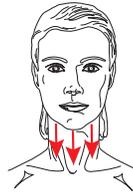
Step 1: Clavicular Notch

Beginning half-way down the neck, stroking downwards into the notch area.



Step 6: Neck front

Tilting the head up, stroking from under the chin on center and right and left sides.



Step 2: Clavicles

Starting at the outer most point of the clavicles, angling towards the clavicular notch.



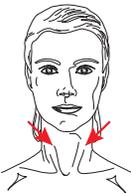
Step 7: Jawline

Beginning near the ear, three slow strokes in four areas down the jaw on each side.



Step 3: Neck - Sides

Beginning under the jawline, angling towards the clavicular notch.



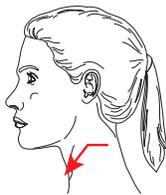
Step 8: Cheeks

Starting with the lower cheek area then repeating in the upper cheek area.



Step 4: Spinal Chain

Starting close to the spine, across the neck and angling to the clavicular notch.



Step 9: Forehead

Beginning in the middle of the forehead, angling down towards the temples.



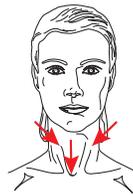
Step 5: Water Wheel

Beginning behind the ear lobe, stroking straight down the neck.



Step 10: Finish

Starting at the sides of the neck, then the center angling towards the clavicular notch.



The importance of the lymphatic system to continued good health

The lymphatic system is a secondary circulatory system comprised of the fluids and materials which are not drained and/or transported by the cardiac circulatory system. It is also a key and major portion of a properly functioning immune system.

While the circulatory system utilizes the heart as a large pump to push blood throughout the body, natural lymphatic circulation is dependent upon breathing, and body movement.

Injury, inactive life-style, disease, and other factors can result in impaired lymphatic circulation. When reduced circulation persists it can lead to a buildup of normal metabolic toxins in the tissues resulting in a sluggish feeling and/or recurring colds or flu due to a depressed immune system.

LDT stimulates this circulation of fluid in the tissues following the natural direction of lymph flow and encourages the body to return to its own natural state of health and well-being.

What are the benefits of receiving Lymph Drainage Therapy ?

The subtle maneuvers of LDT activate lymph and interstitial fluid circulation as well as stimulate the functioning of the immune and parasympathetic nervous systems. It is shown that when these actions are accomplished, the results may be:

- Reduction in edemas (swelling) of various origins
- Detoxification of the body
- Regeneration of tissue, including burns, wounds and wrinkles
- Relief of numerous chronic and subacute inflammations, including sinusitis, bronchitis and otitis
- Relief of chronic pain
- Reduction in the symptoms of chronic fatigue syndrome and fibromyalgia
- Antispastic actions to relieve conditions such as muscle hypertonus and some forms of constipation
- Deep relaxation to aid in the reduction of insomnia, stress, loss of vitality and loss of memory
- Cellulite liberation



Dan Schupack

Therapeutic Massage
CranioSacral Therapy
Lymph Drainage Therapy
Visceral Manipulation
Energywork & Reiki

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