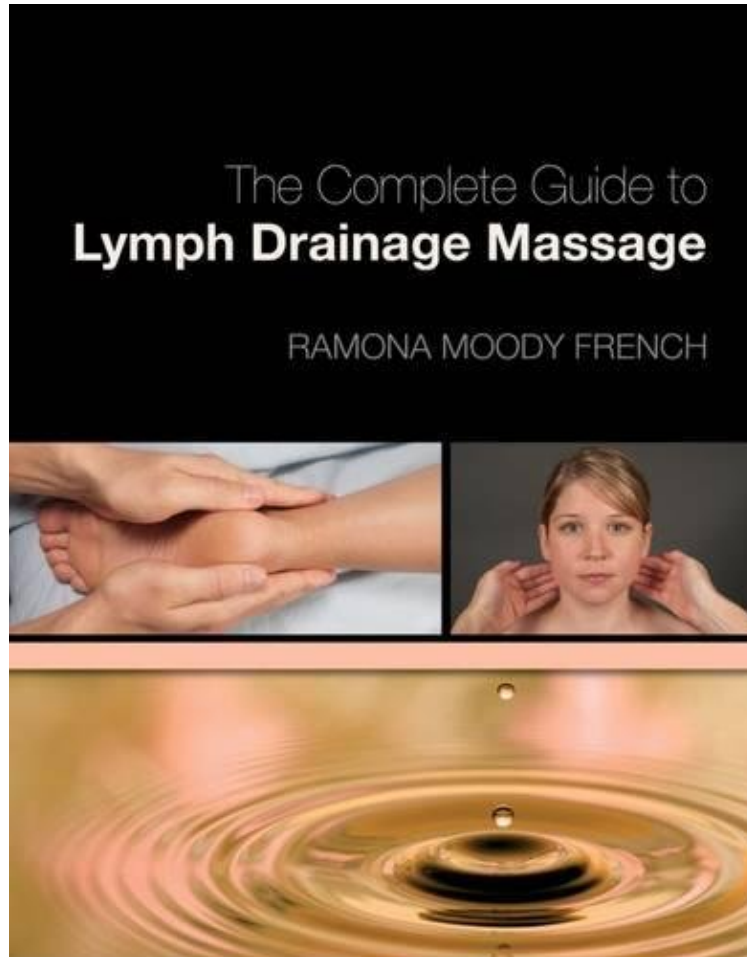


# The Complete Guide to Lymph Drainage Massage

Ramona Moody French

ebooks | Download PDF | \*ePub | DOC | audiobook



[Download](#)

[Read Online](#)

#874804 in Books Milady 2011-10-14Original language:EnglishPDF # 1 10.50 x 8.25 x .30l, 1.05 #File Name: 1439056714208 pages | File size: 50.Mb

**Ramona Moody French : The Complete Guide to Lymph Drainage Massage** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Complete Guide to Lymph Drainage Massage:

5 of 6 people found the following review helpful. Excellent layperson's guide to LDM.By Rick SchellengerThis book is very well written and easily understood. It is just what I was looking for regarding this subject and has provided valuable information.0 of 5 people found the following review helpful. Four StarsBy GirlWhat was needed.7 of 7 people found the following review helpful. Five StarsBy !Da!2.0Easy to follow. I have tried the techniques on a friend in need of treatment and seen positive results

Lymph drainage massage is a technique utilized by massage therapists to provide relief from edema, an accumulation of fluids in the tissues that causes swelling. This book provides a scientifically-accurate explanation of the lymphatic system, the theory behind lymph drainage massage, and explains when it should be performed. Also provided is an

explanation of the application of lymph drainage massage to the needs of well clients, rather than focusing on pathology, since most massage therapists and estheticians will not be treating lymph edema disease in their work. The book offers step-by-step procedures for facial and upper and lower body massage, giving you practical information that can be applied immediately. With an aging baby boomer generation and the population at large increasingly focused on well-being, technicians - whether beginners or those looking to review and broaden their skills - are increasingly interested in learning about lymph drainage massage and how it can enhance their clients' experience as well as their own careers. Milady's Guide to Lymph Drainage Massage can play a vital role in accomplishing all of these goals.

1. Understanding Lymph Drainage Massage. 2. Tissues and Organs of the Lymphatic System. 3. Lymph Circulation 4. Functions of the Lymphatic System. 5. Immunity. 6. Edema. 7. Lymph Drainage Massage: Indications and Contraindications. 8. Principles of Lymph Drainage Massage. 9. The Lymph Drainage Massage Session. 10. Face and Neck Treatment Sequence. 11. Lymph Drainage Massage of the Upper Extremities and Trunk. 12. Lymph Drainage Massage of the Lower Extremities and Trunk. 13. Visceral massage: Stimulating the Deep Circulation of Lymph. 14. Energetic and mind-Body Effects of Lymph Drainage Massage. 15. Using Lymph Drainage Massage with Other Treatments. 16. Self-Massage Using Lymph Drainage Massage Techniques. 17. Healing Crisis.

About the Author Ramona Moody is a graduate of Mueller College of Holistic Studies in San Diego, California. She also trained at the California College of Natural Therapy in San Diego, and Guang An Men Hospital in Beijing, PRC. She has extensively studied lymph drainage massage, acupuncture and deep tissue massage over the last 27 years. Ramona is the director of Somatherapy, a massage training institution in Rancho Mirage, California and a member of the International Society of Lymphology (ISL). She currently offers certification training in lymph drainage massage and provides continuing education classes on various hands-on modalities.