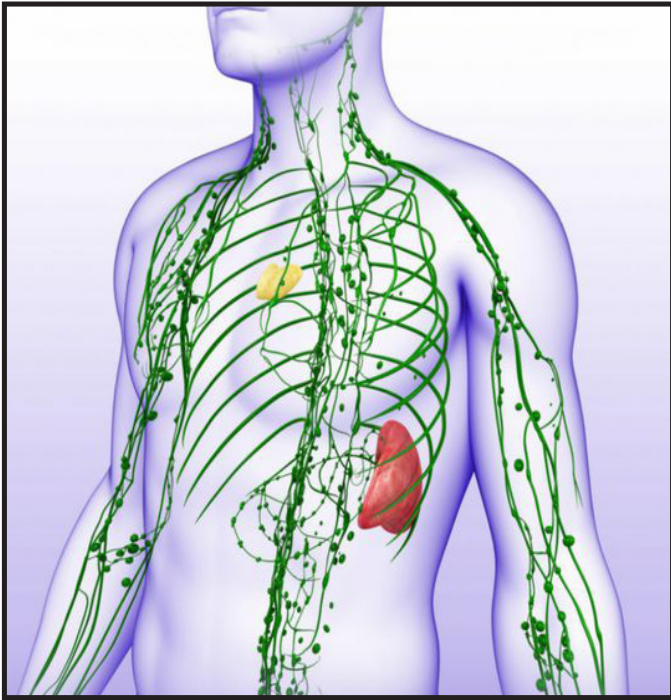


# Electro-Lymphatic Therapy



Electro-Lymphatic Therapy (ELT) is a gentle touch, non-invasive technique which helps stimulate the proper flow and drainage of the Lymphatic system. A combination of vibrational, light, and electrical waves help to stimulate the flow by dissociation of proteins that have been trapped in the interstitium. Although the surface technique is patterned after manual lymphatic drainage, ELT can stimulate the lymph at a greater depth and in much less time. It is relaxing, pain-free, and excellent for enhanced personal wellness.

## Who Benefits from Electro-Lymphatic Therapy?

- Those wanting General Detox and Cleansing
- Those with a Cancer Diagnosis – current or previous
- Those with a Chronic Disease such as Cardiovascular Disease or Diabetes
- Those with General Inflammation, Lymphedema, or Edema
- Those with Fibromyalgia, an Auto-Immune diagnosis or Chronic Pain
- Anyone with a Chronic Infection such as Lyme, Mononucleosis, Epstein-Barr
- Those with an Enlarged Prostate
- Athletes; Cosmetic Enhancement; Assistance with Weight Loss
- Anyone dealing with a Chronic Health Concern or who simply wants to be Healthier and to Support their Immune System fully
- Contraindications: Pregnancy, Pacemaker, Recent Organ Transplant, Kidney Failure

**Schedule your appointment today!**

Available in our Doylestown office

Please call **215.340.3930**



## **What is Electro-Lymphatic Therapy (ELT)?**

Electro-Lymphatic Therapy is a gentle, light touch non-invasive technique to stimulate the proper flow and drainage of the lymphatic system. A combination of vibrational, light, and electrical waves help to stimulate the flow by causing the dissociation of proteins that have become trapped in the interstitium. When trapped proteins (not to be confused with nutrient proteins) release their bond, the stagnate lymph is liberated and will flow out into its normal filtration and reabsorption channels. When implementing this type of therapy, one can expect better absorption of nutraceuticals and medications which will decrease the dosages needed. This type of lymphatic therapy (electro-lymphatic therapy featuring the XP2) is much more effective than manual therapy.

The lymphatic flow can stagnate for many reasons, such as swelling, chronic inflammation, lack of physical activity, stress, fatigue, emotional shock, age, and poorly fitted under garments worn for an excessive amount of time. When lymphatic circulation slows down, the regeneration of cells becomes less effective. This condition allows toxins and proteins to accumulate around the cells, causing cellular oxygenation to decrease and tissue regeneration to diminish.

Since lymphatic organs play an important role in the immune system, the proper flow of the lymphatic fluid can positively impact many conditions faced by our clients.

## **What is the difference between MLD and ELT?**

Manual Lymph Drainage (MLD) is a technique which uses pressure and motion applied with the hands to help stimulate proper lymphatic fluid flow and drainage. Although MLD has its place, ELT can stimulate the lymph at a greater depth and will enhance lymph flow with far less therapy time. The enhanced stimulation of ELT has provided benefits to many of our clients who experienced limited response from MLD.

## **Lymphatic System Disorders**

The lymphatic system is part of the circulatory system and a vital part of the immune system. It is responsible for collecting and moving toxins out of the body by activating the lymphatic system. Radiant light energy around the cells of the body are known as negative ions. Cells in their most healthy state, are negatively charged allowing them to swim freely; and in this state are most proficient in the absorption of nutrients and oxygen.

Over time the body accumulates toxins from food, medication and the environment. The contamination in the body from toxins are responsible for the dissipation of the negative ions around the cells. This transformation of negative ion charged cells to positive ion charged cells causes the cells to become magnetically conjoined in mass; thus creating blockages and restricting the flow of lymphatic fluid in the body. These conjoined cells have a tendency to cling to crevices in the bones such as joints and the spinal column; which creates stagnation of the cells leading to inflammation and pain.

## **How it Works**

High Frequency Electro Lymphatic Therapy provides radiant light energy; activating the lymphatic system and placing the negative ion charge back around the cells. The cells are no longer conjoined and able absorb nutrients and oxygen. Cells move freely away from bone crevices and dead tissue is moved by the lymphatic fluid into the colon and eliminated. Inflammation and pain are reduced.

**A client must undergo 3 sessions (1 hour each) within the period of 3 weeks for maximum benefits. After that, monthly or quarterly visits are encouraged to maintain a healthy lymphatic flow.**

**Please give our front desk a call to get scheduled! 215.340.3930**