

M I L A D Y ' S

Guide to Lymph
Drainage
Massage



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Milady's Guide to Lymph Drainage Massage



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Lymph drainage massage is a technique employed by estheticians and massage therapists to provide relief from edema, an accumulation of liquids in the tissues that causes swelling. The publication also explains the application of lymph drainage massage to the requires of well clients, rather than concentrating on pathology, since most therapeutic massage therapists and estheticians will not be treating lymph edema disease in their work. This book provides a scientifically accurate explanation of the lymphatic program, the idea behind lymph drainage massage, and clarifies when it ought to be performed.



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CONFUSING - INCOMPLETE - POORLY ORGANIZED After purchasing and reviewing several books, I have found this one to be the poorest. I teach estheticians in LDM, and cannot utilize this publication for my text message. Flipping backwards and forwards through the reserve, I had trouble finding the info I needed in a single place for a particular topic, such as the major nodal organizations and their brands - I gave up - no diagram, lacking nodal groupings. This book was contained in a Lymphatic drainage massage therapy, continuing education program I took. and in the arms? I'd love so very much easily could see some video clips by the writer demonstrating the self therapeutic massage techniques so I could follow combined with the video as I try them out - and be a bit more sure I am doing it fine. Many people with lymphedema (or simply edema) have swelling in the legs, foot, or ankles, and in the arms.) but hope I will be in a position to manage at least component of these techniques because such light pressure and gradual strokes are required.. How will this help them? The instructions for "therapeutic massage" are easy to understand with great pictures for each step, but a lot of the instruction leads one to use their own personal definition of massage instead of skin stretching. A good picture book, but not a good reference or study book. But - I will say it is an excellent step-by-step instruction for anyone with a member of family that requires LDM - with caution: stick to the instructions carefully, step-by-step. Jodi Bassett, The Hummingbirds' Foundation for M. Just a little scientific for the novice, but has much more info for better understanding, and the chapters are more complete, which will save much time flipping back and forth searching in the Milady's publication. Also, the DVD movie by Sean Riehl is very educational. Textbook for Lymph Drainage Massage The book arrived timely and in great condition, and it is precisely what I imagined and it has clearness and pictures etc. Thank you, Carolyn Five Stars Super nice book, thanks Five Stars Great info for medical massage. Wonderful self massage instructions This book is completely wonderful for the novice patient that wants to learn a bit about the lymph system plus some do-able self massage techniques. I may need to cut it down to a 20 minute massage probably, and even then once a week will be my absolute optimum schedule for this, sadly. Instructions are included for encounter and neck massage, breast massage and fundamental arm and leg lymphatic self-massage. We are severely ill and also have poor arm power and arm lifting and moving abilities (part of why I have lymph problems!). Professional lymph massage is normally wonderful and I have an excellent therapist but it's miles very costly to have as often as I would like so I'm hoping to boost my lymph health by carrying out some extra massaging myself probably. I am a massage therapist incidentally. For half an hour afterwards my hands were on fire though and too fragile to go at all or even to lift a good pen. Excellent. I could do the entire 30 minute upper-body therapeutic massage program as instructed, and it has definitely had a noticeable benefit with visible shrinking of the areas massaged etc. His sister is definitely a Physical Therapist and offers looked over the publication and says it really is an excellent book. The step-by-step self massage therapy instructions have become clear as are the accompanying photos of each step. (HFME) and Wellness, Healing &] The personal breasts massage idea is essential as a specialist masseuse most often won't do this area, so understanding how to carry out it yourself is so vital for those who have lymph issues. I would recommend this book to individuals who already have a knowledge of lymph massage and minimal practical experience. Also very few guidelines are included for different ways of enhancing lymph health such as for example rebounding etc. In addition, it seems not at all detailed enough for make use of by professionals, and I hope therapists would get some good quality real life teaching before carrying out these massages on ill people. Besides that the publication was great and so beneficial to me. Although there is absolutely no substitute for hands on training when it comes to lymphatic massage/drainage.? However the book is very good all alone and I recommend seeing if your library includes a copy if you have lymph problems or any oedema. Individually, I love the "Foundations of Manual Lymph Drainage" - by Michael Foldi and Roman Strossenreuther far better. E. Probably this is just relevant to people that have my disease and with a similar capability level, but I thought I'd include it anyway, FWIW. Hummingbirds (HHH) A helpful book. On web page 11 (diagram)- some nodal organizations

are noted, but many are missing - aren't there lymph nodes in the legs?[Update: Did my first self massage session and it went well. The reserve is written in laymans terms and easy to understand. Thorough as to contraindications and indications for lymphatic therapeutic massage, which is different from manual lymphatic drainage. This book was not designed to address the severity of lymphadema. A comination of the reserve and the video by Sean Riehl will be the best purchase. I thank the writer for composing it.The diet advice in the reserve wasn't great but was very brief. Four Stars good book Great Book I purchased this book to greatly help with my husbands lymph drainage problem. In addition they hurt and were very weak the very next day, producing typing hard. I also enjoy it for the pictures that it offers and the "self Help" section so that he can perform the exercises without often having to have me to do them. Thanks for such an excellent book. Excellent and essential read book. It is extremely well written, easy to follow, not too technical and yet very informative. Not as strong an effect as with my professional full-body massage, but still good.



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