

“The Health of the Skin Begins from Within” with the use of Dr. Vodder’s Manual Lymph Drainage

By Gay Lee Gulbrandson

The skin is the largest organ of the body. It provides protection from the toxins in our environment, i.e. chemicals, bacteria, viruses, etc.

We can affect the health of the epidermis from the outside. The most effective treatment of the dermis comes from cleansing the Loose Connective Tissues (LCT), which is the cellular structure of the dermis.

Dr. Vodder’s Manual Lymph Drainage is a subtle clinical treatment of the skin that dramatically impacts the health of the LCT and the nervous system. One of the main functions of the lymph system is to cleanse the LCT by removing excess water, proteins, fats, and cellular waste that is not removed by the circulatory system.

A healthy lymph system decongests the dermis, allowing fresh nutrients such as oxygen, vitamins, and minerals to nourish the cells of the skin. MLD restores healthy lymph functioning in aging and stressed bodies by removal of the waste products that are found in the LCT.

The face and neck are particularly effected by MLD due to the large number of lymph vessels and nodes that are found in the neck. This makes MLD an effective treatment for acne, eczema, rosacea, dermatitis, and other skin congestion disorders.

MLD is strongly indicated for pre and post operative procedures as it helps to remove congestion, accelerate the healing process and minimize scarring.

The healthy beautiful skin that people seek requires a healthy dermis. MLD can create clean, clear, radiant skin when performed by a properly trained professional, also providing a deep sense of well being.

As we age the oxygen diffusion rate slows down. This reduced oxygen supply along with stresses, sun exposure, lack of exercise and compromised diet will decrease the health of the skin. MLD improves the efficiency of the lymph system increasing the supply of oxygen to the cells and promoting healthy skin and slowing the aging process of the skin.