

“What have you learned about the lymphatic system?” I once asked a medical student. “Not much, apart from the fact that lymphatics exist everywhere in the body, and there isn’t much you can do about it. So why worry?” Lymph drainage is also, sadly, the Cinderella in non-conventional medicine as well. One can scan books on alternative therapies and find scarcely any mention of the lymphatic system, except in general terms. But, thanks to the pioneering work of Dr. Emil Vodder and others, especially Dr. R. Voll, the Father of EAP Diagnostics, the scene is changing rapidly. Recently, a lecturer said quite openly, “Lymph drainage is the therapy of the Future.”

One hears the lymphatic system is called “Part of the sewage system of the body.”

Since it has the task of removing toxic waste and other absorbed toxins such as dental mercury, silver and cobalt from body tissues and draining them into the bloodstream for filtration by the kidneys, spleen and liver, such a description is undoubtedly true. But it is grossly inadequate.

The major role of the lymphatics is to maintain protein balance between the tissue and the blood, thereby maintaining the osmotic pressure that is required for the absorption of nutrients, including oxygen, by the tissues from the blood. Another important role is to maintain balanced circulation of lymphocytes throughout the body, thereby enhancing the immune system. Healthy lymph drainage is essential to good health; congestion of the lymphatics in any part of the body, e.g., the heart or the lungs, is bound to jeopardize health. Indeed, it may jeopardize life itself.

The close relationship between lymphatics and the nervous system is most interesting. Over the past 5 years, I have been using lymph drainage techniques to correct the automatic nerve supply to various organs of the body, such as the lungs, heart, pancreas, liver, spleen, and intestinal tract. Experience indicates when toxins or toxic amounts of certain substances build up within congested lymph nodes and ducts, they build up a molecular magnetic field which often interferes with the working of autonomic nerve plexus and ganglia. The effect may be compared to that which occurs when one stands or places a hand too near to the aerial of a television set. The signals and picture get distorted.

Interference with nerve signals to any organ of the body easily prevent the organ from working properly. If the organ is the pancreas, allergies, rheumatism, hyperinsulinism and faulty fat metabolism may occur. Over a long period of time, such interference can have devastating effect upon one’s health.

Last year I tested the lymph drainage of a 42-year-old priest colleague of mine who had recently undergone a triple by-pass operation on his heart. He had been suffering from unbearable angina. “Amazingly,” he told me, “The surgeon admitted he had found nothing wrong with the coronary arteries.” What I found was that the lymph drainage of his heart was grossly overloaded with mercury which had evidently migrated down the stomach or small intestine meridian from the left side of his face to the chest cavity where it was absorbed by the heart lymphatics. When the deep lymphatics of the heart become congested, pressure can build up in the lymph ducts adjacent to the coronary arteries and compress the arteries sufficiently to cause angina. I have had at least two cases of girls in their late teens with precisely the same problem. In both cases, lymph drainage massage quickly relieved the angina – and, of course, the girls soon had their amalgams replaced with ceramic fillings, to prevent further trouble. One could speculate about how many operations might be averted if only adequate lymph drainage would be maintained.

There are, of course certain precautions one must take before embarking on forced lymph drainage. One must first make sure in some way that the filters, such as the spleen, liver, and kidneys, will be able to cope with the extra toxic material. One must also check to see whether the lungs or the heart are not clogged in any way. As a precaution, one can always do a bit of percussion massage over the spleen, liver and kidneys, lungs, and heart to prepare them the onslaught. Prior electro-acupoint testing, of course, is ideal both before and after the lymph drainage massage. It also enables one to identify exactly what is blocking the lymphatics.

If the material is carcinogenic, forced lymph drainage may be contra-indicated locally. But, further along, the lymphatics should be cleared so that others can drain out better naturally and receive an adequate supply of lymphocytes to service the local tissues. I believe in this way much mammary cancer can be avoided.

Certainly, a great deal of fears can be eliminated when women's lives by the clearance and then avoidance of carcinogens such as cobalt, nickel, carbon black and formaldehyde from make-up, shampoo, mousse, hair-dye and metals in the mouth.

I would like to demonstrate some very useful and important lymph drainage techniques. First of all, Lymph drainage of the neck. Simply place the fingers of the right hand over the left side of the neck with the thumb over the other side, and massage down quite firmly from the jaw to the lymph drainage point in the hollow behind the collar bone. Repeat 10 times. Then massage the other side of the similarly with the left hand. This exercise clears out the deep lymphatics in the neck, thus removing toxic matter which may interfere with the autonomic nerve supply from the cervical ganglia to the thyroid and parathyroid glands. Such interference can cause faulty calcium metabolism, because of an imbalance between the production of calcitonin and parathormone which control the level of calcium in the blood. Osteo-arthritis and osteoporosis may be forestalled or even corrected by lymph drainage massage of the neck. When treating people with such problems, I always follow the neck massage with dynamic magnet therapy: 10 swings of the south-seeking pole of the magnet over each side of the neck, from the front towards the back.

Perhaps the most important lymph drainage technique of all is what I call The Yoga Breathing Trick. Simply place both hands without breathing in. Then breathe in while maintaining the pressure and even increasing it for a short time before relaxing and exhaling. Repeat several times. This is quite "tricky", but it does usually clear the lymph cistern, deep in the abdomen, where lymph drains from the lungs, the abdomen, and legs before moving upwards through the thoracic duct to the bloodstream behind the left clavicle. To make sure that nothing drained out this way gets stuck in the heart or the lungs, it is always good to percuss these organs briefly over the chest after the exercise. Similarly, it is always good also to percuss the spleen, liver and kidneys briefly afterwards to help them cope with the extra load of toxic matter. One should not cause pain, however, in the process. Pain may contra- indicate further lymph drainage exercises for the time being. The lymphatics will continue to drain naturally in any case through normal breathing and movement of the body. One must give the filters time to cope.

The deep abdominal lymphatics can be drained up into the lymph cistern by rolling up a hand towel and placing it in the groin while pulling up the leg on the same side, knee, bent to the chest and holding it there for about 10 seconds. Alternate this exercise between 2 legs several times and then repeat the Yoga Breathing Trick. Then follow the precautions described above.

Lymph drainage of the lungs and upper abdomen can be done by crossing the arms in front of the body and placing the hands over the lower rib cage each side. Then breath in deeply and deeply and press the hands firmly against the chest. Repeat several times. To ensure that filtrate from the lungs enters the lymph cistern, massage with the thenar of the thumb from the edge of the rib cage below each nipple down towards the navel. This is the way to clear out toxic matter in the lymphatics which can cause rheumatism, rheumatoid arthritis, and faulty fat metabolism (which leads to degeneration of the central nervous system).

Lymph drainage of the heart is much more complicated. The deepest lymph nodes lie just behind the 5th intercostal spaces of the rib cage each side of the sternum to the lymph nodes next to the sternum on the right. Lymph from the right side drains into the same area, and then together with the lymph from the left side, up through the parasternal lymphatics to the lymphatic duct behind the right clavicle. One can often clear the lymphatics of the heart simply by percussing along the route of the drainage, but massage with fingertips is the more effective way. Sometimes pain can hardly be avoided, but it should be kept to a minimum. If the lymphatics are very tender, the south-seeking pole of a magnet should be used to "comb" out the toxic matter, following the route described above.

It should be noted that the lymphatics of the endocardium and myocardium drain into the nodes to the left of the sternum, Efficient lymph drainage is no doubt of prime importance to maintain a healthy heart.

Lymph drainage of the head and face is perhaps the least complicated. The lymphatics behind the ear which drain the mastoid bones are a good place to begin. Quite often these are overwhelmed with formaldehyde or sulphur from shampoos, and the inner ear may be affected. Massage down along the neck. Then the lymph nodes under the jaws should be cleared. For this, the inner sides of the hands serve well. Next, parotid nodes in front of each ear should be massaged, downwards, to the jaw. Then the nasal sinus nodes each side of the cheek bones; also, down to the jaw. The side of the jaw below each corner of the mouth should be carefully massaged to clear the submandibular ganglia. Then again under each side of the jaw and down along each side of the neck. It does not require much imagination to see how lymph drainage problems in the face can affect the sinuses, the eyes, the ears, the teeth and mouth. Efficient lymph drainage is also essential for healthy skin and healthy complexion.

Of course, direct massage of the lymphatics is not the only nor necessarily always the best way to clear lymph drainage problems. Massage of the reflex zones in the feet and hands can also be quite effective, not to mention the use of homeopathic medicines, the use of the trampoline, Yoga exercises and general massage.

I do not believe, however, that there is much point in massaging or otherwise treating superficial lymphatics if the deep ones related to the areas are blocked. I find that often deep, careful massage with the hands is necessary to clear such blockages. Blockages by metals are particularly difficult to clear, especially if the metals have become deeply entrenched, as in the lymph nodes of the groin and pelvis. To shift metals, with homeopathic medicines, it may be necessary to use 200c strength.

It was about 10 years ago that I first became aware of the importance of lymph drainage massage. It happened after I got blood poisoning in my right hand and arm. A month after it was brought under control by the use of a poultice made with magnesium sulphate paste (Epsom Salts), my hand was still badly swollen. Then I came across the book on Reflexology written by Hedi Masafret SRN and called Good Health for the Future. To clear the lymphatics in the armpit which drains the arm and hand, she recommended massaging the reflex zone on the inner side of ankle of the foot on the corresponding side. I did this for several minutes twice a day. Within a week, the swelling in my hand had disappeared. That set me on the course of studying Reflexology and other alternative therapies. Now 10 years later, with 5 years' experience in lymph drainage techniques with guidance provide by Electro-acupoint testing, I am more firmly convinced than ever that lymph drainage massage is most useful, and at times absolutely essential tool in therapy. By using it appropriately, we can help our clients to ensure that they, too, will have good health for the future. It is something they can learn to do to help themselves.

Recently in a hospital ward I saw the following sign, put up by the ward sister. "Our aim is to help you to help yourselves." That is a sign that should grace ever clinic. Self-help is the best help in the long run.