

the centre for

# Health & Well Being

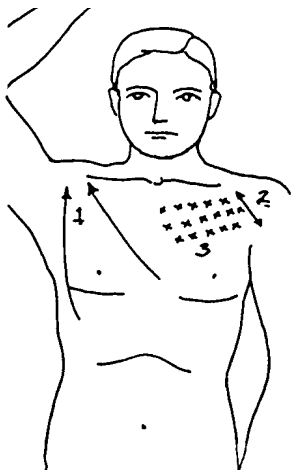
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## Areas to massage for improved lymphatic drainage

The function of the lymphatic system is to remove fluid and wastes from the tissues thus preventing edema and general congestion - such as sinuses, bronchial tubes, and joints. It is also an important part of the immune system and helps the body to fight bacteria and infection. Most of the lymph vessels are located alongside the veins and flow toward the heart. The main lymphatic duct empties into a vein near the top of the chest. If the lymphatic duct is congested and not emptying, the chest muscles tighten up. Therefore, tightness or an imbalance in the action of the upper chest muscles causes decreased chest expansion thus putting pressure on this duct, decreasing the lymph flow even more.

**By massaging the areas on the diagram you will be stimulating and stretching the muscles, increasing the rib cage expansion to allow freer flow and facilitate drainage of waste products from your body.**

**MASSAGE ALL AREAS TWICE DAILY.** The areas may be sore at first, but this should diminish with consistent treatment using a cream i.e. Lymphagen Cream, Castor Oil, Mastos Oil.



### 1. Stretching the chest muscles

Lift one arm over the head. With the opposite hand, massage upward in the direction of the arrows using the palm of your hand. For women, alternate massaging on either side of the breast for 20 strokes. Then do the other side of the body.

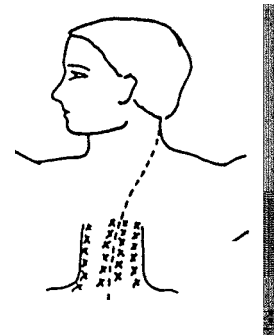
You may find it easier to have your back supported while doing these techniques. i.e. - stand against a wall or sit in a chair that has a back support or lie on a bed.

### 2. & 3. Relaxing the frontal rib muscles to allow greater chest expansion

Use thumb or fingers to rub back and forth deeply and briskly on the rib cage at the shoulder crease. Then, just below the collarbone, find the tops of the first three ribs. Rub along the tops of these ribs from the centre of the chest to the outer edge of the chest. Rub for at least one minute on each side of the chest.

### 4. Relaxing the rib muscles at the back

Fingertip massage along either side of the spine and along the inner edge of the shoulder blade. NOTE: If alone, stand with arms folded, with your back against a doorframe. Rock back and forth, up and down, along the muscle area of your back, between the shoulders.



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