

## Lymph Drainage Therapy Preparation:

**The purpose is to open passages of the lymph system and detoxify the body.** Therefore, try not to add fresh toxins (see preparation #4 & 5) to your lifestyle. It is best to avoid them **the day before and the day of your session.** It is important not to detoxify the body too quickly. That is why Session 1 is usually for the clavicle, neck and sinuses, Session 2 is for the clavicle down to the legs and Session 3 is the sinus to the legs. Each session is progressively longer at 45 minutes, one hour and then about 90 minutes.

### Each time you have LDT sessions, please do the following for 2 days:

1. Increase purified water intake to 10 glasses of 8 oz each per day. This will give your body fluid to transport the toxins.
2. Increase fresh and raw greens as well as cooked greens and a little fruit.
3. Plan a lighter schedule to no activity for the time following the session as you may be very tired. This is the body's way of letting you know you need to rest.
4. Try to avoid caffeine Ex. coffee, tea, and chocolate. At least cut way back on these toxins.
5. Avoid Fried foods, carbonated drinks, red meat and deserts.
6. **Avoid eating a meal 2 hours prior the LDT session.**

## What to Expect

- A. Most people notice the sinus passages open within the first 5 minutes of the neck/sinus session.
- B. You might need to swallow a few times as the toxins are stirred in the sinus.
- C. After the second session, your urination and bowel movements may be early. It is normal for them to be darker and possibly have a foul smell. This is a sign of the body removing a large quantity of toxins.
- D. Only a few people experience a little light headedness immediately following the session. It occurs when fresh toxins are present or your body is very toxic. If it happens, sit down, drink a lot of water and it should go away.

**Please call me if you have any other symptoms of concern.**

## What to wear

**Neck/Sinus Session** – Remove your shirt or undershirt. Ladies are covered with a sheet.

**Second or Third Session** -Please remove all clothing and undergarments and get under the sheet. If you are more comfortable, leave on your boxers, BVD's or panties. The leg needs to be free of pressure from elastic for better circulation. Be sure it's loose fitting.

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