

"The doctor of the future will give no medicine but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease."

- Thomas A. Edison



Let's start!

For more information,
call (701) 845-0709 or
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Lymphatic
Therapy

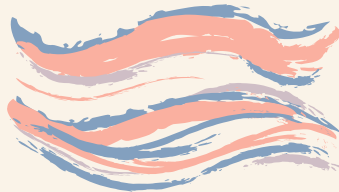
an essential key to your health

Did you know that...

- Your lymphatic system is actually a vital circulatory system with an excessive network of vessels throughout the body.
- Your body contains about 50% more lymphatic fluid than blood.
- Your lymphatic system contains over 600 collection sites called lymph nodes.
- These nodes are formed at the junction sites of the lymphatic vessel network, which is where most chronic disease problems occur.
- Your lymphatic system is responsible for supplying plasma-rich protein to your blood as well as carrying away toxins and other debris.
- Your lymphatic system is your primary defense against bacteria, viruses and fungus.
- In men, the inguinal nodes in the crease of the groin are the primary channel for release of accumulated lymph from the prostate.
- In women, the axillary nodes, located in the armpit, are the primary channel for releasing accumulated lymph from the breasts.
- Cellulite is primarily blocked lymphatic fluid.

An impaired lymphatic system often results in...

- * Colds, flu and sinus problems
- * Edema and excessive water retention
- * Heart disease
- * Fibrocystic and tender breasts
- * Cellulite
- * Enlarged prostate
- * Chest/lung congestion



The good news is that lymphatic health can be restored, even in cases of severe impairment. There are many effective treatments available today to assist you in restoring your system to optimal health.

What causes the lymphatic system to get blocked?

Unlike your venous system, your lymphatic system has no pumping mechanism to keep the fluid circulating through the body. Therefore, the lymphatic system is always at a higher risk for blockage.

Blockages can occur from normal life stressors such as:

- Illnesses
- Tight fitting clothing including ties, bras, jockey shorts, pantyhose, leggings, and compression socks.
- Lack of exercise
- Bumps, bruises and other injuries
- Exposure to heavy metals, pesticides and herbicides
- Impaired circulation
- Food allergies or sensitivities
- Surgery
- Stress

