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APRIL NEWSLETTER

April showers bring May flowers. Spring is just around the corner and its time to get up off the couch and do some spring cleaning. Your yard, house and what about your body? Have you ever done a cleanse before. It's a smart thing to do before you start your weight loss program so you can rid your body of the excess toxins lurking in your digestive tract and fat cells. I have several herbal cleanses to choose from so you can pick one that is just right for you!

Neurolymphatic Massage is being featured for April. The lymphatic system acts as a drainage system, cleansing the body of toxins and removing large particulate matter from the tissue spaces, as well as supplying hormones, proteins, fats and lymphocytes to all cells. Lymph produces antibodies within the body and makes a quarter of the white blood cells which fight infection. There are twice as many lymph vessels and lymph as there are blood vessels and blood in the body. The lymphatic system is part of the overall circulatory system that does not have a pump like our vascular system, which has the heart to pump blood up and down the body in a continuous flow. The lymphatic system flows only in one direction towards the neck region where it empties into the veins leading to the heart.

Neurolymphatic reflexes, located mainly on the chest and back of the body supply energy to the lymphatic system and act like circuit breakers when the system becomes overloaded which happens via the sympathetic and spinal nerves. Their location is related energetically. These neurolymphatic points can sometimes be felt like a pellet or bean and can occur alone or in groups and may be scattered over an entire muscle. They are often tender, particularly on the front of the body. Massaging the reflex for 20-30 seconds and moving around the reflex with the fingers may be beneficial. There may be tenderness, but the stimulation of the neurolymphatic reflexes helps to balance energy in the meridians thus promoting lymph flow via the nervous system and stimulating energy to the associated organs, glands and muscles.

You can also learn how to massage your own neurolymphatic points to enhance your health & wellness. Why not come in for a neurolymphatic reflex massage and I can teach you how to do it on yourself as well. This will strengthen your immune system and help your body clean house.

SPECIAL NEUROLYMPHATIC MASSAGE

ONLY \$30

with this newsletter

I hope you take advantage of this wonderful therapy and learn how to keep yourself healthy. I am committed to teaching and touching the world about how to stay healthy and well naturally, one person at a time.

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