

FLATTEN LYMPHEDEMA

Thanks to technology, lymphatic fluid build-up can be reduced more effectively and easily than in the past. Here's how it works.



The LBG ST8 helps the body to rid itself of lymphatic fluids effortlessly and effectively.

FHCN PHOTOS BY NERISSA JOHNSON

Gayle Mufale was suffering with lymphedema. "I recently had a hysterectomy," confides Gayle. "They removed 23 lymph nodes, which resulted in significant amounts of lymphatic fluid backing up in my body."

Lymphedema is an accumulation of protein-rich fluid in the superficial tissues. It develops when lymphatic vessels are damaged or lymph nodes are removed, impaired, or missing. Because the lymphatic transport capacity cannot handle the amount of accumulated fluid, lymphedema can cause abnormal swelling of the arms, legs, breast, abdomen, neck, or head. It is an unfortunate but very common and serious condition.

"I was having bloating congestion in my abdomen area," remembers Gayle. "I'm originally from upstate New York, where I was being treated for the lymphedema by a nurse who

at Alive & Well Naturally, so I scheduled an appointment with Teresa."

Teresa Lopez is a board-certified thermographic technician with Thermography of

"My stomach flattened out, and I dropped five pounds," says Gayle, after just one treatment with the LBG ST8.

uses hands-on therapy. When we came to Florida, I heard about a piece of equipment that was supposedly more effective in treating lymphedema and that the therapy was available

the Palm Beaches at Alive & Well Naturally and has 14 years of nursing experience.

"Teresa is just wonderful," describes Gayle. "She has a personality that makes me feel

Alive & Well Naturally Teresa Lopez

very comfortable and relaxed, as though I've known her for years.

"She explained everything to me in detail."

Restoring lymphatic drainage

"The first thing I do for my lymphedema clients is explain how the lymphatic system works," notes Teresa. "The lymphatic system is the metabolic garbage can of the body. It rids the body of toxins, such as dead and cancerous cells, nitrogenous wastes, fat, infectious viruses, heavy metals, and other assorted waste cast off by the cells. It mirrors the cardiovascular system except that the cardiovascular system has the heart to act as a pump; the lymphatic system has no pump. The lymphatic system only moves when we move. That's why exercise is a key to lymphatic health. When the lymphatic system is impaired, lymphatic fluids have a difficult time finding their way out of the body, resulting in lymph stagnation or edema."

According to Teresa, lymphedema can be caused by either a malformation of the lymphatic system itself or as a result of damage to the system from causes such as trauma, infections, or surgical interventions that result in removal of, or damage to, the lymph nodes.

"Cells have an electromagnetic charge that either helps bind them together or keeps them apart," continues Teresa. "The cells in the lymph system can clump together and bond electrically with water, leading to fluid retention.

"ELF Laboratories has developed a light beam generator called the LBG ST8. Using cold-gas light photons and extremely low-energy electromagnetic frequency patterns, it helps separate these cells, which enables the body to restore proper lymphatic drainage.

"We also use therapeutic-grade essential oils with the lymphatic drainage therapy. We find that this enhances the effects of the sessions."

"I tried it, and I loved it," reflects Gayle. "I didn't feel a thing. I simply lay there while Teresa gently placed two paddles on one of my many lymphatic areas. She held them there for a few minutes and then moved it around to different points. There was absolutely no pain or discomfort. It felt like she was massaging me very lightly.

"But the most amazing part

was that with just one session, my stomach flattened out, and I dropped five pounds."

"This technology is wonderful," notes Teresa. "It is exciting when, in one session, I can help someone who has had a problem for several years.

"Of course, not everyone responds to any therapy in the same manner. When clients ask me how often they will have to have a therapy repeated, I admit that there is no way to foresee that. It



Teresa Lopez

depends both on what their condition is and how they respond to therapy. Some clients might need to repeat the therapy twice a week for three months. Others may require a monthly maintenance program. Depending on what the nature of the problem is, they may need only one lymphatic session and I'll never see them again.

"For my lymphedema clients, I explain to them that even though the condition cannot be cured, it can be kept well under control with proper education and care." **FHCN**—Kris Kline

Look good, feel great

The experienced staff at Alive & Well Naturally looks forward to working with you. For more information or to schedule an appointment at **621 Northlake Blvd.** in North Palm Beach, please call **(561) 881-4321**.

Uses of the LBG ST8*

The lymphatic system and chronic inflammation play a critical role in many disease conditions. Since 1989, the LBG ST8 has been used for preventive care and symptom reduction of:

- Pain and inflammation
- Tissue swelling from acute injury
- Acne and other skin disorders
- Lymph congestion in breast cancer
- Migraines and headaches
- Prostate enlargement
- Scars and scar tissue
- Pre- and postsurgical care
- Fibromyalgia
- Burns
- Chronic illness

*Information provided by ELF Laboratories, Inc.

Proactive breast health

"There are three main aspects to health: the body, mind, and spirit," observes Teresa. "At Thermography of the Palm Beaches at Alive & Well Naturally we focus primarily on our clients' physical and emotional health. Particularly with breast health, emotional issues need to be acknowledged because there is a relationship with breast health on an emotional as well as a physical level. We teach our clients how they can promote their own breast health at home through nutrition, exercise, activity level, and breast self-exams. Our program is very well rounded with a lot of joint participation between our patients and us."

Teresa assures that at Thermography of the Palm Beaches at Alive & Well Naturally they do not offer any diagnostics or therapies that

are destructive to the body.

"That is why we use thermography in monitoring breast health," observes Teresa.

Thermography is a technol-



Thermography can be used to help monitor breast health of clients and provide breast cancer risk assessments and early detection.

ogy in which a heat-sensing infrared camera is used to visualize the temperature of surfaces of

different parts of the body.

"Due to the temperature of human skin changing in response to disorders in the underlying tissue, malignant tissues, infections, and inflammation contrast with the rest of the body's coloration, revealing any abnormalities," educates Teresa. "With thermal imaging, there is no contact and no x-ray radiation; it is completely safe. Because no x-ray radiation is involved, we can perform breast thermograms as often and as early as necessary.

"Breasts develop approximately six months before menses; therefore, we begin our breast health program and our imaging at the time of menses. Thermography is not always just about breast health, but when we support other systems of the body such as thyroid function, we also support breast health."