

Promote **health** and **well-being**
through therapeutic techniques,
products that support the **lymph**
system and client education.





The Lymphatic System

Our first exposure to the lymphatic system is in reference to lymph nodes (often called lymph glands). We notice them when they are swollen due to a cold or sore throat and are often removed when someone has under taken cancer surgery.

The lymphatic system is a complicated network of vessels, ducts and nodes that moves fluid between the cells and tissues, it produces and distributes the infection fighting and scavenging cells of the body. It feeds literally every tissue and organ. Though less well known than the blood circulatory system, it is truly another circulatory system that compliments and feeds the blood. It is the transportation highway for the immune and repair functions of the body! When functioning properly it effectively cleanses the tissues, aids in cellular repair and eliminates toxins.

As a circulatory system, optimal flow must be maintained within the lymphatic system. Unlike the blood, whose circulation is driven by the pumping of the heart, the lymph does not have its own pump. It is propelled by three means: the movement of muscles, the nerves which create subtle pulsations, and the fluid pressure within the system. Lymph fluid is cleansed by the liver, kidneys, and heart. It eliminates its toxic load through the elimination channels of the body - urine, bowel, skin and lungs.

If conditions lead to sluggish lymph flow, fluid can concentrate in specific areas (oedema/swelling), or impaired function along the entire lymph system can result (congestion). When this state of congestion is long lasting, blockages can form and cause a backup in the flow of lymphatic fluid. Consequently, toxic cellular waste cannot effectively be released from the body as a whole or from specific areas such as injury sites and therefore the immune system may not function at its optimum.

“It becomes evident how poor lymphatic drainage can contribute to a wide range of health conditions and lack of vitality”

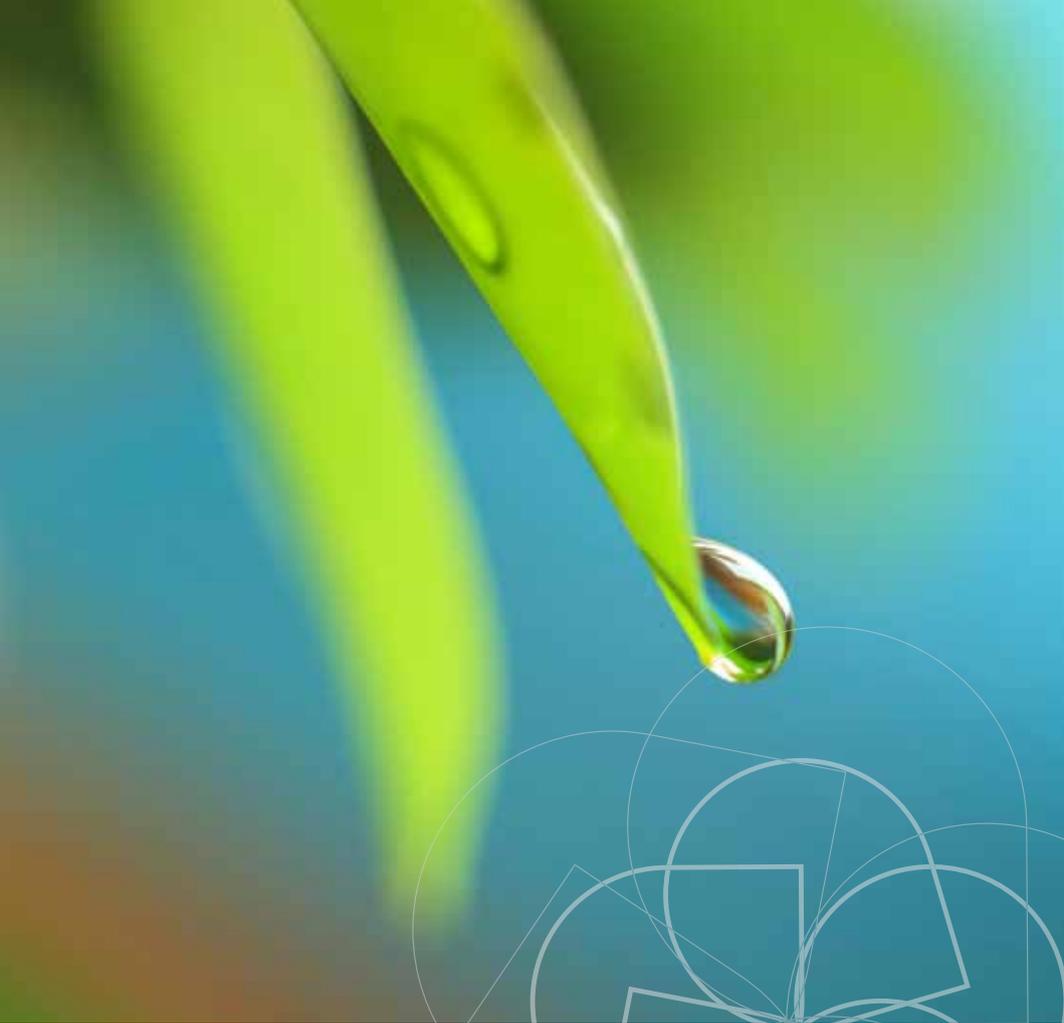




Take The Test

If you suffer from two or more, your body needs lymph therapy.

- Do you have tender breasts or breast lumps?
- Do you suffer from fluid retention or oedema?
- Do you suffer from lymphoedema?
- Do you have post surgery swelling?
- Do you feel tired, run down, sluggish or stressed?
- Do you get lactic acid build up in your muscles after exercise?
- Do you get recurrent colds and infections?
- Do you suffer from irritable bowel or constipation?
- Do you suffer from poor circulation?
- Do you gain weight easily or find it hard to lose?
- Do you have strong body odour?
- Do you have cellulite?



“Lymphatic Enhancement is an essential link to a healthy immunity.”



What is Lymphoedema

Lymphoedema is a swelling caused by failure of the lymphatic system to remove a normal load of protein and fluid from the body tissues.

Lymphoedema can occur because of some malformations or poor development of the lymphatic system, which may be present at birth (genetically inherited) or arise much later around puberty or age 30-40. These are referred to as primary lymphoedemas, which according to most research accounts for 5-10% of all lymphoedemas.

The lymphatic system may also fail as a consequence of surgery or radiotherapy which removes or destroys lymph vessels and nodes, or because tumours or other structures are pressing on the delicate vessels. This is known as secondary lymphoedema. Research indicates that about 30% (though this may vary) of women who have treatment for breast cancer, which involves removal of lymph nodes and radiation, will develop this swelling as will about 30% of men and women who have lymph glands removed during treatment of the reproductive system or bowel cancer.

Recent research from America (Stout et al 2008) indicated that lymphoedema diagnosis could be obtained on average at 6.9 months after surgery, when an initial measurement of fluid was done prior to surgery.

Currently this initial measurement is not common practice, but it does highlight that lymphoedema does occur early and usually starts in the forearm area post breast cancer surgery. Early intervention at this stage is important and can have a significant impact on the course of lymphoedema.



**“early intervention is important and
can have a significant impact.”**





The Therapy

Lymphatic Enhancement, a new and innovative approach to treating the lymphatic system is available by way of an electronic device call the Lymphstar Pro/Fusion®.

Combining both the Lymphstar Pro/Fusion® and manual stimulation techniques, Lymphatic Enhancement improves lymph fluid acceleration. The Lymphstar Pro/Fusion® provides various fields of low vibration energy provided by radio frequency waves, with the intention of stimulating the lymphatic capillaries to increased fluid flow as well as breaking down protein-rich fluid in the tissue space. The medical grade therapy heads are applied to the skin creating a pulsating pressure, this is often not felt by the client and therefore the treatment is a very gentle and relaxing technique.







The Experience

The Lymphatic Enhancement Technology (LET) Practitioner uses a unique combination of gentle manual stimulation techniques and the use of the Lymphstar Pro/Fusion® transmission heads.

This gentle, non invasive procedure appears to work faster and deeper than manual techniques used alone. Lymphatic Enhancement (LET) is essentially a skin treatment – all hands-on and the Lymphstar Pro/Fusion® techniques are applied directly to the skin in a gentle and rhythmic manner. We have found that several, consistent sessions (at least one per week) produces the best results. The Lymphatic Enhancement Technology Practitioner will educate the client in self care techniques and dietary advice.

“this gentle, non invasive procedure appears to work faster and deeper.”







The Benefits

- Improves lymphatic fluid flow and accelerates tissue detoxification
- Improves post surgery oedema/swelling
- Improves lymphoedema
- Improves swollen lymph nodes and fibrotic conditions
- Improves fibrocystic breast disease, breast pain and reduces breast lumps
- Reduces inflammation, chronic pain and joint pain (including bursitis)
- Improves fibromyalgia
- Improves poor circulation
- Relieves allergies and sinus issues

Useful for health conscious individuals and athletes for its benefits to the immune system for prevention, anti-aging regimens, greater vitality, performance and assisting in detoxification regimens.

**“improves lymphatic fluid
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About Aetiology

Aetiology was set up in 2005 by Desiree De Spong. Originally from Dunedin, Desiree is in her second decade of work in integrative medicine and education. Initially trained in Zen Shiatsu and following on to Ortho-Bionomy was introduced to Chapman reflexes, this course led her on to a great interest in the lymphatic system.

To obtain certification in Lymphatic Decongestive Therapy, Desiree travelled to the United States to initially train with Allen Mills at the Centre of Lymphatic Health in Santa Barbara and then further her studies with Cory Carter from Alt Med Services, South Dakota. Desiree also trained in Manual Lymphatic Drainage with Jill Griffiths from the Weller Institute in Australia.

Desiree has since developed Lymphatic Enhancement Technology (LET) along with completing her Adult Learning and Teaching at the Bay of Plenty Polytechnic, Tauranga, New Zealand. Desiree now runs regular training seminars in both USA and New Zealand and has been appointed by Arcturus Star Products (developers of the Lymphstar Pro/Fusion®) as their accredited International Trainer.

Desiree was recently awarded a research fellowship with Flinders University, Adelaide and is currently running trials into the benefits of the mild frequency vibration to the chest, axilla and arm in patients with clinically diagnosed arm lymphoedema secondary to breast cancer surgery.





“Aetiology’s focus is to promote health and well-being through lymphatic therapeutic techniques and products.”

- Therapy
- Research
- Training
- Information
- LET Sales



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