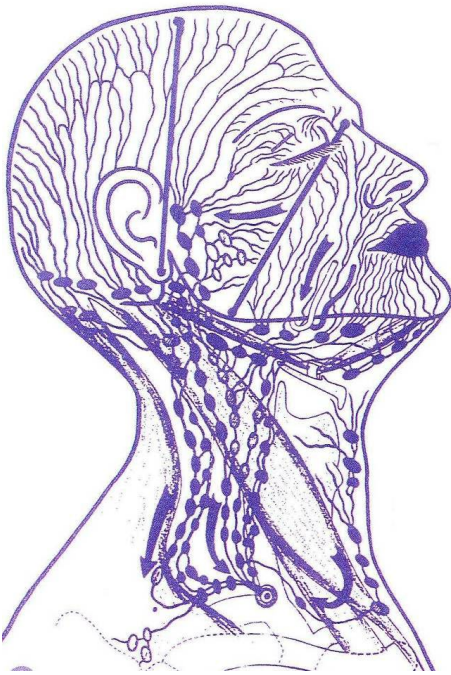


DR Vodder Manual Lymph Drainage

Manual Lymph Drainage or, MLD, is a manual therapeutic method of stimulating the movement of fluid in the tissues. The Lymph is purified using gentle, rhythmic, pumping movements following the direction of lymph flow. In order to understand how MLD works, it is necessary to have a basic understanding of the lymph system.



Comprising lymphatic fluid, lymph nodes and lymph capillaries, the lymph system is responsible for carrying excess water, protein and wastage from the connective tissue back to the venous blood stream. During the transportation process the lymph is cleaned, filtered and concentrated.

Many immune reactions occur in the lymph nodes. If the pathways become blocked, congested, damaged or severed, fluid can build up in the connective tissues. If there is damage in the connective tissues, then the lymph vessel system must transport the damaged cells, inflammatory products and toxins away from the area. The quicker this happens the faster the recovery will be and that is what the MLD practitioners aim to achieve. Success depends entirely on the correct application of the technique.

Dr Vodder discovered the benefits of gently stimulating the lymph flow with this technique in the 1930's and dedicated the rest of his life to educating others about the many benefits to be gained, in all areas of medicine and general health, by the application of this highly effective system of massage.

The **Dr Vodder School in Austria** has trained thousands of practitioners and has affiliated Schools all over the world. The method cannot be learned quickly because of the highly developed hand techniques. According to Renato Kasseroller, medical director of the School, "It's not a massage technique in the normal sense of massage, rather a pathology-oriented modality".