

MLD: Manual Lymphatic Drainage



Manual Lymphatic Drainage [MLD] IS A UNIQUE MASSAGE TECHNIQUE exquisitely light, relaxing, and comforting, and healing.

By improving the lymph drainage, MLD can help in many ways: regenerate your skin and act as a natural and safe facelift [especially in conjunction with Marie-France's organic Rose Otto skincare preparations]; exercise the lymph system; detox the body and help control weight; boost the immune system; soothe the nervous system; and last but not least, reduce acute and chronic pain.

When combined with proper nutrition and exercise, MLD plays an important part in detoxification, weight control, and the treatment of lymphoedema. MLD is used on the continent for the relief of over 60 different ailments, **[listed overleaf]**.

Dr Vodder from Denmark created MLD and presented it to the public in Paris in 1936 with tremendous success. It requires a very high degree of skill, and Dr. Vodder's qualified therapists have to attend a re-certification course every two years, at the Dr Vodder School in Austria.

Marie-France Bewley has devised a unique self-help programme to give hope to patients suffering from primary or secondary lymphoedema. When the lymph vessels and nodes are blocked by tumours destroyed by radiotherapy, or removed during cancer surgery, the lymph fluid stagnates and causes swelling. MLD redirects the lymph from the congested areas to the healthy ones by bypassing damaged vessels and nodes.

In her weekly MLD treatments, Marie-France uses her hand-made gels, creams, or lotions to improve skin condition and avoid infections, fluid retention gel to stimulate lymph drainage, multi-layer bandaging, and kinesiotaping. As a three week residential treatment in this country can cost between £7300 and £15000, Marie-France teaches patients and/or their willing partners a simple form of lymphatic massage and bandaging. She demonstrates specific exercise for breathing and arm and leg oedemas. Lastly, Marie-France offers emotional support to anxious, depressed, and discouraged patients.

By combining different therapies, Marie-France can help to achieve results more quickly than with individual therapies.

For further information, or to book an appointment please contact:-

Abingdon Practice

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Monday-Friday 9am - 9pm

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Thursday 8:20am - 5pm

A-Z List of Conditions which may be helped by MLD

A

Acne (rosacea and vulgaris)
Anxiety
Most arthritic conditions

B

Bronchitis
Burns
Bursitis

C

Carpal tunnel syndrome
Catarrh
Cellulite
Colitis
Constipation
Crohn's Disease
Cystitis

D

Depression
Diverticulosis
Down's syndrome

E

Eczema (allergic and chronic)
Swollen eyelids

F

Fibrosis
Fluid retention
Fractures
Frozen shoulders

G

Gout

H

Haematomas
Headache

I

Chronic Infections
Chronic inflammation
Insomnia
Irritable Bowel Syndrome (IBS)

L

Lipidema
Lymphoedema

M

Mastitis
Menieres syndrome
ME
Menopausal problems
Menstrual problems
Migraine
Multiple Sclerosis

O

Oedema (acute and chronic)

P

Pain
Phantom pain
Plastic surgery scars
Pregnancy problems
Psoriasis

R

Repetitive strain syndrome
Degenerative rheumatism

S

Scars
Scleroderma
Shingles
Skin Problems
Sports injuries
Stress
Stroke
Swellings

T

Tinnitus
Tonsillitis
Toothache
Toxic states
Traumas
Trigeminal neuralgia

V

Venous ulcers

W

Weight Loss (+ nutrition and exercise)
Whiplash
Wrinkles