

# Detoxification – an offbeat way to detox



Most people look to January for the month to start a detox, mainly do to the excesses of Holiday celebrations. However, there are lots of other times throughout the year when we can 'clean up our act' to become a healthier you. Most people embark on a detox by cleaning up their diet, saunas and introducing an exercise regime, but adding MLD to your detox mix, or as a stand alone therapy, will deliver powerful and noticeable results!



## What is MLD and how can it help the body detox?

MLD is one of the best kept secrets for detoxifying the human body. The gentle, light hands on technique improves the efficiency of our body's waste disposal system known as the lymphatic system. It literally improves the bodies ability to cleanse itself from the inside out. The specific techniques gently stimulate the skin which influences the rate of removal of waste products, toxins and excess fluid from the body's connective tissues through the lymphatic vessels. This helps result in:

- clearer and cleaner skin
- improved skin tone
- reduced puffiness around the eyes
- reduced fluid retention
- reduced cellulite

MLD also has a tonic effect on intestinal peristalsis, which in turn will aid digestion.

## What to expect with your MLD treatment.

It is important to seek out a therapist who has proper training in MLD. Some of the most well trained MLD therapists are **Vodder certified**. These therapists have taken extra courses to thoroughly understand the lymphatic system and when to, and, when not to, treat certain conditions or complications. During your initial visit a

treatment plan will be suggested to maximize your results. The MLD treatment is very similar to a massage therapy treatment in that you will be asked to disrobe and get onto a massage table. As described during your initial treatment, specific areas of the body will be treated with the gentle, rhythmical touch of MLD. No oils or lotions are used during your MLD treatment because the pressure is very light. Once on the table, in the qualified hands of your MLD therapist, you can lie back and enjoy one of the most relaxing treatments you have ever experienced.

## Are there any side effects to MLD treatments?

There are usually no bad side effects after an MLD treatment. Some people may experience fatigue and report that they slept really well. Others may experience a bit of nausea but this isn't too common. It is highly beneficial to drink water after your treatment and you may notice an increase in the need to go to the bathroom. This is a positive side effect as the re-energized lymphatic system begins to process and remove excess fluid and waste.



For more information

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