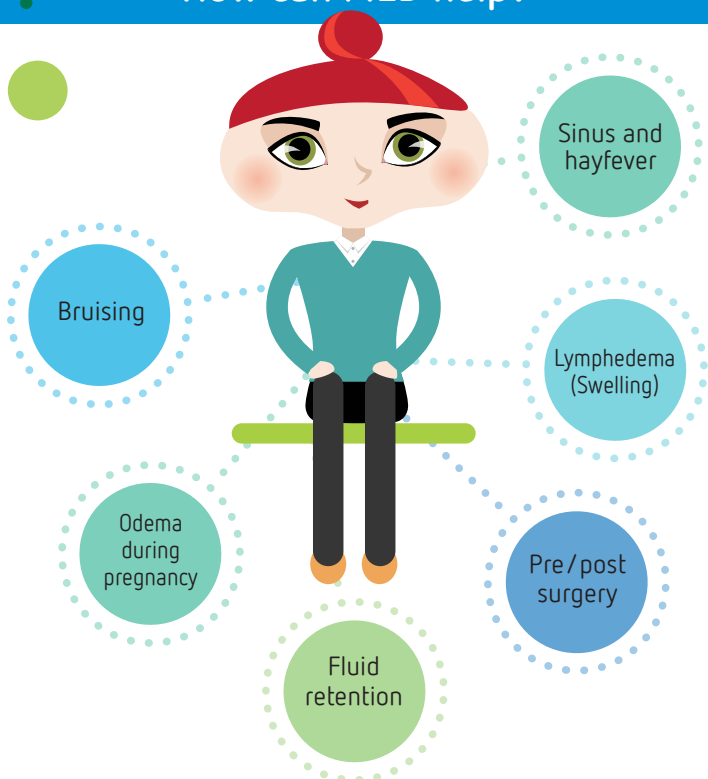


Manual Lymphatic Drainage (MLD) Benefits

How can MLD help?



What does MLD do?

- ✓ Increases lymphatic fluid flow
- ✓ Helps remove toxins from the body
- ✓ Build immunity



WeWorx
Muscle | Function | Life



Ph: 0491 644 501 info@weworx.com.au

WWW.WEWORX.COM.AU

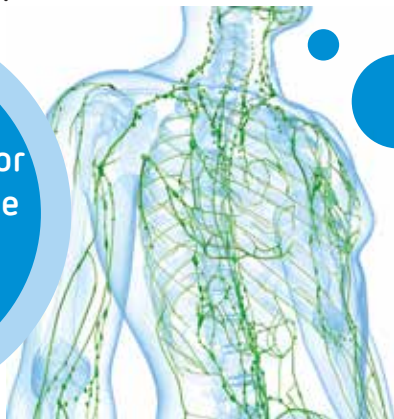
Self care after MLD treatment.

During lymphatic drainage the flow of your lymph fluid increases significantly.

What can I experience after a MLD?

- Frequent visits to the toilet
- Runny nose
- Feeling fatigued
- Deep sleeping or difficulty sleeping
- Temporary flare up of conditions
- Perspiration

The above should only last for 24-48 hours while the body is re-balancing itself.



What should I do to help my body after a MLD?

✓ Increase water intake

✓ Deep breathing - This helps to circulate the blood and lymph fluid through the body

✓ Make time to rest

✓ Wear loose fitting clothing and underwear to assist with the lymphatic flow