

Class Descriptions

Introduction- The Main Drains

This class will open with a lecture about how the lymphatic system works. The second half will be an introduction to lymphatic therapy techniques and anatomy. You will learn where all the main drains are in the body and how to affect them. This is the foundation for all other classes.

The Neck & Face (two separate classes)

These classes will include a review from level one and teach techniques for the face & neck. These are great for sinuses & some headaches.

The Arms (dependent on class time)

Building on the skills from the previous sessions this class will focus on drainage of the arms and hands. We will teach you simple, yet powerful, techniques to impact swelling and the effects of scar tissue.

The Legs (dependent on class time)

Beginning with a review from the previous classes, This class primarily focuses on drainage of the legs and feet. Additional techniques to reduce swelling in the lower extremities will be covered.

The Breasts

Breast health is something very important to all of us. We will cover how to apply techniques to breast tissue that can promote better movement of lymph through that part of the body. We will also have a brief discussion about breast health in general.

Note: These classes are not appropriate for those with severe lymphedema.

***Call Synergy for class dates**

You are in charge of maintaining your health and Synergy Healthcare is here to give you the tools you need. Through this Synergy Series, you will learn about your amazing body and how to keep it strong and healthy. You will be trained in safe and effective health maintenance techniques that you can do at home, by yourself or with loved ones. Just as important, we will teach you when not to use these techniques and when to see your doctor or other healthcare provider.



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Mission Ave



Pines Road

The Synergy Series-
Wellness Education
for Everyone!

Introduction to Lymph
5-Class Series
-\$150 for Series



Synergy
HEALTHCARE

Giving you the tools to heal yourself.

Meet Your Lymphatic System!

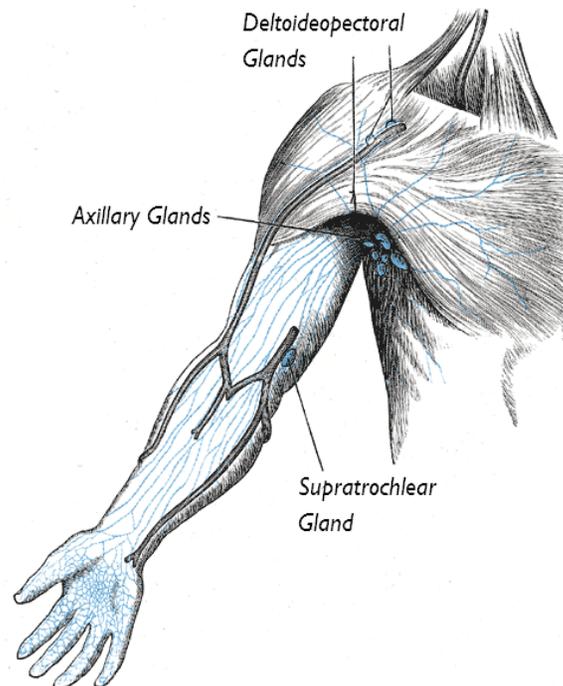
This complex network of organs, nodes, ducts, and vessels is delicately woven throughout your body. When it is working properly, it cleanses tissues and eliminates toxins to keep you healthy.

The lymphatic system is fundamental to your body's ability to heal from injuries and maintain a strong immune system.

Lymph itself is a whitish-clear fluid produced in the spaces around your cells. It is made up of water, proteins, lipids, toxins, and dead or harmful cells.

“Delicately woven through your body... it cleanses tissues and eliminates toxins to you keep you healthy.”

Many things can hinder the proper flow of lymph – surgery, trauma, burns, infections, lack of exercise, and even high stress levels. Lymph Therapy Techniques are gentle hands-on ways to help stimulate the flow and prevent a harmful build-up of toxins. Our skilled instructors will teach you how to gently enhance this natural process, so you can better care for your own health, and for those you love.



Benefits of Lymph Therapy Techniques

- Reduce swelling
- Relieve chronic pain
- Detoxify your body
- Stimulate your immune system
- Regenerate tissues from burns and scars
- Reduce symptoms of fibromyalgia and chronic fatigue syndrome
- Relieve inflammation related to acne, eczema, and allergies
- Attain a state of deep relaxation that can help with insomnia, depression, stress, loss of vitality, and memory loss