



Lymphatic Massage To Improve Circulation

Lymphatic massage improves the circulation of both the blood and lymph throughout the body. Anything that helps circulation also helps ease the burden of your heart. Blood leaves the heart under enormous pressure. As it travels through increasingly smaller arteries, it begins to slow down. Small blockages may even cause it to stop in places. Eventually, the blood must reach veins where it is returned to the heart. As we get older, oftentimes blood doesn't move efficiently through the areas like the hands, legs and feet. A poor blood supply can cause pain, tingling, numbness, cramping, weakness, swelling, varicose veins, and the list goes on and on.

Massage is a gentle, effective way to give these fluids the extra shove they need on their way back to the heart. It also allows fresh new blood loaded with oxygen to reach areas in need. Ideally, a manual massage once or twice a week would be great. To get the full benefit of a massage, always massage toward the heart. Follow the arrows on the diagrams shown below. Remember, you always want to push blood and fluids toward the heart to ease its workload and improve circulation.

