LYMPHATIC ENHANCEMENT
and a New Approach to Natural Healthcare

BY IAN KENNEDY, TRUE WELLNESS OF PA

A question we frequently hear from clients is "I have been everywhere, I have seen my family doctor as well as other specialist. I am told that nothing is wrong with me and that my blood work looks good. I eat well but still have weird symptoms and generally feel like crap. Why?" The short answer is because there is never just one thing making us ill. It is always a multitude of stressors that need to be discovered and addressed to regain health. If it is not just one thing that makes us sick then it makes sense that it will not be just one thing that makes us better. The inability to drain our toxic load, regardless of the source of stress, is a crucial component to our healing capacity. It is imperative that we have to get the toxic load out. What we have found over the years in helping people regain their health, biologically and naturally, is that it is the lymphatic system that is always under stress and typically underperforming.

The lymphatic system is the most frequently overlooked system of the body by healthcare professionals. This happens mainly because it has been, until now, difficult to effectively address. Lymphatic enhancement is the newest addition to the toolbox for True Wellness, a European Biological Clinic located in Montgomeryville, PA; known as Lymph-ology. Lymphatic enhancement therapy refers to the ability to correctly address and assist one of the most critical components of our immune system. Our lymphatic system is responsible for the collection, detoxification and drainage of biological toxins produced by the body. Everyone at one time or another has had swollen lymph nodes. This often would have been accompanied by a cold or flu or some type of infection like the chickenpox or mumps. However, swollen lymph nodes, under the arms, puffy armpits, and swollen/tender nodes in the neck, groin or breast, without obvious reasons should be a point of concern. This is an indication that the lymph fluid has thickened and is unable to circulate and expel its toxic load efficiently.

There have been very limited ways to address the lymphatics until recently. Activities such as dry brushing, yoga, jump roping and rebounding are a few of the methods used in trying to mobilize the lymphatic fluid, actively. The spleen, appendix, tonsils, adenoids and the network of lymphatic fluid and lymph nodes make up our Lymphatic system. The lymph system is as vast as our circulatory system but lacks a pump like the heart. Lymph fluid flows only by the movement of our body. Today's sedentary lifestyle of office work and hours in front of the computer along with other life style stressors contribute to a stagnate lymphatic system. Fatigue, body pain, muscle pain, sinus congestion and skin rashes are just a few of the conditions that greatly improve with lymphatic enhancement therapy.

Fortunately now at True Wellness we offer Lymph-ology with the LymphStar Pro, an FDA registered device, to enhance the lymph flow and can begin to stimulate and facilitate proper movement and drainage of the lymph, passively. The ability to effectively assist the lymphatic system in removing toxins reduces the overall stress on the immune system. Lymphatic enhancement is best suited for the person who wants a different approach to the many unexplained ailments in addition to chronic sinus or gut issues, swollen feet, enlarged lymph nodes and all without suppressive pharmaceuticals offered by contemporary medicine. Maintaining a healthy lymph system correlates to maintaining a healthy immune system. Lymphatic enhancement sessions using the LympStar Pro are a truly preventive, and relaxing, way to maintain optimal health.

At True Wellness we are honored to be one of a handful of clinics now located in the United States representing Dr. Rau's European Biological Medicine. Both Ian and Kelly Kennedy have trained under Dr. Rau over the last 10 years giving them the unique opportunity to bring European Biological Medicine and it's therapy to the greater Philadelphia area. For more information on European Biological Medicine and Lymphatic enhancement therapy, Lymph-ology, please go to www.biologicalhealth.com or call 267-308-0777.

Ian Kennedy (born 1958) is the founder of True Wellness of PA and www.BiologicalHealth.com. His multi-disciplined approach and unique way of unwinding a client's illness themes sets him apart from other practitioners. "We naturally support proper human function guided by the bodies innate wisdom and it's own ability to heal." Ian specializes in helping people with allergies, emotional issues, gut issues and headaches. He is extremely skilled in muscle response testing and has developed a reputation for results in his 2 decade career. He conducts educational lectures and workshops on Biological medicine and living holistically at True Wellness, as well as offsite. Ian works with clients daily and continues to consults with prominent practitioners both here in the United States and in Europe.