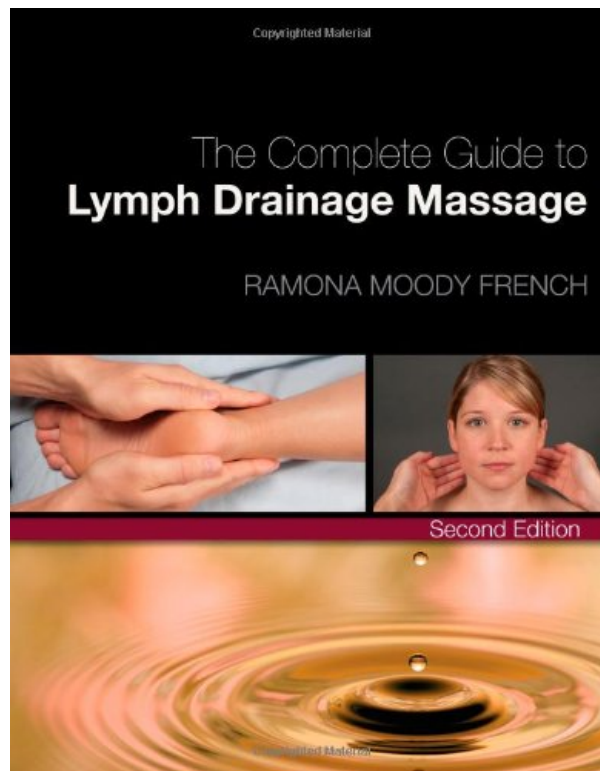


# THE COMPLETE GUIDE TO LYMPH DRAINAGE MASSAGE BY RAMONA MOODY FRENCH



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# The Complete Guide to **Lymph Drainage Massage**

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## About the Author

Ramona Moody is a graduate of Mueller College of Holistic Studies in San Diego, California. She also trained at the California College of Natural Therapy in San Diego, and Guang An Men Hospital in Beijing, PRC. She has extensively studied lymph drainage massage, acupressure and deep tissue massage over the last 27 years. Ramona is the director of Somatherapy, a massage training institution in Rancho Mirage, California and a member of the International Society of Lymphology(ISL). She currently offers certification training in lymph drainage massage and provides continuing education classes on various hands-on modalities.

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Lymph drainage massage is a technique utilized by massage therapists to provide relief from edema, an accumulation of fluids in the tissues that causes swelling. This book provides a scientifically-accurate explanation of the lymphatic system, the theory behind lymph drainage massage, and explains when it should be performed. Also provided is an explanation of the application of lymph drainage massage to the needs of well clients, rather than focusing on pathology, since most massage therapists and estheticians will not be treating lymph edema disease in their work. The book offers step-by-step procedures for facial and upper and lower body massage, giving you practical information that can be applied immediately. With an aging baby boomer generation and the population at large increasingly focused on well-being, technicians - whether beginners or those looking to review and broaden their skills - are increasingly interested in learning about lymph drainage massage and how it can enhance their clients' experience as well as their own careers. Milady's Guide to Lymph Drainage Massage can play a vital role in accomplishing all of these goals.

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A "Must Have" for anyone interested in the Lymphatic System or MLD!

By MLD Therapist

Ramona has broken down the Lymphatic System, Immune Function and Lymph Drainage Massage (MLD) in this comprehensive, and easy to use guide. I especially appreciate Ramona's insight, experience and understanding of The Energetic and Mind-Body effects of MLD. This is a "must have" guide for anyone interested in MLD! For the last 19 years I have been a practicing massage therapist with a large MLD clientele and I find Ramona's books to be a valuable resource!!!

13 of 14 people found the following review helpful.

The Complete Guide to Lymph Drainage Massage

By Doc Robbins

We thought Ramona had written the definitive book on Lymph Drainage Massage until we read the revised, most current edition. Dedicated to her mentor, Judy Dean, whom many will remember fondly, this version augments and adds more information to the original.

Ramona is one of the acknowledged experts in this particular modality. That she is an excellent writer as well makes this book a must have for anyone interested in Lymph Drainage. Written for massage therapists and healthcare professionals, it contains technical jargon necessary for practical understanding and application. However, replete with pictorials and step by step instruction, even the merely curious minded, health conscious amateur will find this version informative and easy to follow.

Suffice it to say, all healthcare professionals will want to have a copy of The Complete Guide to Lymph Drainage Massage (Second Edition) as part of their reference library. This includes holistic health practitioners, especially those that seek to mitigate the suffering of people battling cancer. We gave this edition our own rating of two thumbs up.

Kent Williams

Somatherapy Institute Inc.

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I bought this book for a family member who has lymph cancer to help describe and show the lymph drainage system and how to massage it to keep the lymph fluid moving.

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