

Unlocking The Body Massage Therapy Explains the Importance of Lymphatic Massage in Puyallup

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Unlocking The Body Massage Therapy, a clinic that provides lymphatic massage in Puyallup, WA, has recently released a blog post that explains the use of lymphatic massage for chronic health problems. The primary function of the lymphatic system is the transportation of a colorless fluid called lymph and contains white blood cells that play a vital role in the immune system. It is essential to ensure that the lymphatic system is flowing properly because it plays many roles in maintaining balance in the body. That is why lymphatic drainage is provided as a therapeutic technique for reducing lymphatic congestion for various chronic health issues, such as pain, fatigue, depression, and other problems.

Jennifer Bull, owner of Unlocking The Body Massage Therapy, says, ?Your lymphatic system is one of the most important and largely undiscussed systems of the body. It is a complex network of tissues and organs responsible for carrying waste out of the body and draining excess fluid left in the tissue. When it is not functioning properly, toxins can become embedded in your tissues creating a stagnant environment which causes broad inflammation and a domino effect of chronic dysfunction. Manual lymphatic drainage (MLD) is a manual therapy technique which can be utilized in conjunction with a massage therapy session or completely separate.?

With MLD, a gentle, lighter pressure, and rhythmic technique is performed as a way to help facilitate the exchange of waste in tissues and to help eliminate from the body stagnant interstitial fluid that contains toxins. The result is an enhanced immune function and ways to create a reset for a person recovering from various long term chronic systemic disorders. It is vital to keep the lymphatic system at its optimum to ensure that every cell in the body is properly cleaned and nourished. Massage helps the body?s natural system of eliminating waste and in helping the vessels the drain into the lymphatic system to actively move the lymph fluid. Thus, massage therapy has been noted to help in the overall detoxification of the body and in improved healing from injuries or surgeries, and many other health conditions.

There are a number of signs that indicate that a person is suffering from lymphatic congestion. These include: Increased allergies; swollen and stiff, especially upon waking; constipation; enlarged or tender lymph nodes; fatigue; eczema - neurodermatitis; brain fog; stubborn weight; chronic sinusitis; clogged ears; sore throat or inflamed tonsils; frequent or reoccurring viruses or infections; retaining fluid in tissue; and food or chemical sensitivities.

There are a number of chronic issues or instances where a lymphatic reset via MLD may help. These include: gut reset protocols; CIBO treatments; hormonal resets including estrogen reset; chronic autoimmune dysfunction; thyroid issues; stubborn weight retention; breast implant illness; leaky gut repair; chronic Lyme disease; long haul Covid symptoms; anxiety or depression; fibromyalgia; chronic fatigue syndrome; lymphadenectomy (lymph node removal); chemotherapy or radiation; pre and post Covid - 19 immunization; scleroderma; multiple sclerosis; and mild edema.

Founded in 2008, Unlocking The Body Massage Therapy is a medical massage clinic in Puyallup, WA. They specialize in insurance based massage therapy through private insurance companies such as First Choice, Cigna, Regence, and many others. They also provide therapy for work related injuries and auto accidents. They are ready to provide the specific massage therapy needs of each individual using a combination of medically based therapies and relaxation techniques. They are focused on being the best massage clinic in the area and their massage therapists have years of experience and continue to improve themselves through continuing education and professional growth.

Those who are interested in a massage clinic near Tacoma and surrounding areas can check out the Unlocking The Body Massage Therapy website, or contact them through the phone or via email. They are open on Mondays, from 8:00 am to 7:00 pm; Tuesday to Friday, from 8:00 am to 8:00 pm, and on Saturdays, from 8:00 am to 3:00 pm.

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For more information about Unlocking The Body Massage Therapy, contact the company here:Unlocking The Body Massage TherapyJennifer Bull(253) 970-8256info@unlockingthebody.com8112 112th St Ct E, Puyallup, WA 98373

Unlocking The Body Massage Therapy

Established in 2008, Unlocking The Body is a Massage Therapy Clinic in Puyallup. We accept Health Insurance, Car Accidents, Work Related Injuries, as well as Private Pay for general wellness or stress relief in our day spa.

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