

Most ailments, pains, and other symptoms of *aging* can actually be **linked to the slow build-up of **lymphatic congestion** in our immune system!**

WHAT IS THE LYMPHATIC SYSTEM?

The lymphatic system is the web of veins, glands and ducts that removes wastes and toxins (our body's "sewage") naturally out of the body, starting at the inter-cellular level. The body contains two to three times more lymph fluid than blood, and relies on muscle movement to propel it through and out of the body.

WHAT CAUSES LYMPHATIC CONGESTION?

There are many possible causes... largely from physical and emotional life stresses: from heavy metals, man-made chemicals and food choices our bodies don't know how to metabolize, to surgeries where the cuts and scars compromise lymphatic flow; or from tight-fitting clothes to lack of exercise or dehydration. Bumps, bruises and other injuries can cause lymphatic congestion, as can food allergies or sensitivities. Once there is a blockage, like a logjam, the congestion can increase over time, causing more and more uncomfortable symptoms.

BUY A DISCOUNT SERIES OF 5 FOR MORE RESULTS

Regular sessions assist the body with a cumulative effect. Buy 4 at once, get the 5th one free.



**BODY CLEANSE LYMPH
RELEASE™**

Margo Covington



Certified:

**Decongestive Lymphatic Therapist
(DeLT = Level 2)**

**Lymphatic Enhancement Therapist
(LET 2)**

**European Lymphatic Therapist
Since 2004**

**Email/TEL/TXT for an appointment:
505.982.0044**

**300 Paseo de Peralta, #109
Santa Fe, NM 87501**

BodyCleanseLymphRelease@gmail.com

website:
BodyCleanseLymphRelease.com



**BODY CLEANSE
LYMPH RELEASE™**



**Lymph is the home of
our immune system.**

Feel healthier as you age!

*"I Love to work myself
out of a job."*

- Margo Covington

Empower Your Immune System

ARE YOU EXPERIENCING ANY OF THESE SYMPTOMS?

- I'm concerned that I have **“underlying conditions.”**
- **Joint pain** – hips, shoulders, knees, ankles, wrists
- I'm doing a ___ **detoxification** program, but I feel worse instead of better.
- I have **arthritis** or other **auto-immune disease**.
- I just haven't been the same since I had **surgery** for ____.
- I'm just **getting old...** There's nothing to be done about these symptoms.
- Something's wrong, and I've had all the tests. **The doctors say I'm fine.** But I know I'm not.
- My **digestion** is “off”. I feel **bloated, burpy, heartburn, clogged.**
- An **odd ache in my belly...** what could it be?
- **“Brain fog”** – I just can't think as clearly as I used to.
- I have **lymphedema / lipedema.**
- I have **back pain.**
- I have **asthma / sinuses clogged / trouble breathing.**
- I'm in a “dance” with **Cancer.**

BODY CLEANSE LYMPH RELEASE

“We melt lumps and melt pain!”

Using wands about the size of a hand-held microphone that provide gentle, high-frequency, extremely low energy, physical vibration with acoustic waves, electro-static field and electro-pressure break up the congestion of the non-functional lymphatic molecules in the body, allowing it to naturally leave the body.

The company that makes the machine says that each session is equivalent to eight to ten MLD: Manual Lymphatic Drainage (massage) sessions. My work is fully compatible with MLD massage.



EMOTIONAL CONGESTION RELEASE

Lymphatic congestion and emotional congestion are inextricably linked. For Example, recent studies show anxiety causes lymphatic congestion.

We work with lymph while being mindful of emotions that may be released, softened, or otherwise eased at the same time. Ask about techniques and options if you are interested.

WHAT ARE SESSIONS LIKE?

90, 60 and 45 minute sessions are similar to massage: they are relaxing, and you will disrobe. For the 15-minute sessions you keep your clothes on.

Please see my website - click “Information For Your Session” under “New Client Information” And see Testimonials on my website for more.

****THERE ARE A FEW FOR WHOM THIS IS NOT RECOMMENDED...**

Virtually everyone can benefit from lymphatic release. However, if you are pregnant, nursing, use a pacemaker that is influenced by micro-waves, or have congestive heart failure, a blood clot, or lymphoma - and still want this kind of treatment – we can discuss your options.

DETOXIFYING FOOT BATH

“Not all foot baths are created equal.” This high-quality foot bath, made by the company that makes the other machine I use – ArcturusStar.com - is designed to “pull” heavy metals and toxins out through the bottoms of the feet without any corrosion of the heads, allowing symptoms to be relieved incrementally and comfortably. It works well with the lymph release sessions.