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## INFORMATION FOR YOUR SESSION

*My philosophy: You are the driver. I am the facilitator.*

**Results you can see, feel & hear:** I particularly love that in this work **clients tell me** how the work is helping them. **You will notice the changes...**often in only one session. Imagine less and less pain, more flexibility or pliability, less swelling, feeling lighter... etc. ***“We melt lumps and we melt pain.” See website for [testimonials](#).***

*“I love to work myself out of a job!” Margo Covington*

***Ask about a Free 15-minute Introductory Session.***

### **Before your Lymphatic Release Session:**

- **Drink water.** Our bodies are 65-80% water. It is our “magic elixir of health.”
- **Give 48-hour notice if you must change your appointment to avoid appointment charge.**
- **However, if you are sick and (even MAY be) CONTAGIOUS,** please call to reschedule your appointment – **no penalty.** What is a nuisance for you may be life threatening to my next client. You may cancel with no penalty for community snow days (schools closed, etc.). If your car is not working, the fee for the lost appointment is your responsibility.
- **I will not treat you** if you have a pacemaker that is disturbed by microwaves, congestive heart failure, or are pregnant or are a nursing mother. Our work together will be limited based on any blood clots or colorectal cancer.

### **During your Lymphatic Release Session:**

- 15-minute sessions require no disrobing. For the 90- and 45-minute sessions, like during a massage, you disrobe, and are draped with two towels. Also like a massage, the treatment is comfortable and soothing.
- The machine has two “wands” and one multi-chromatic “head” that are rubbed or placed gently on your body, focusing on lymphatic areas such as belly, armpits, breasts, groin, throat, and back. The “workhorse” wands provide three technologies in one: light, sound and mild electromagnetic signals that break apart the lymphatic congestion, allowing it to wash out. The multi-chromatic head offers infrared, red & blue LED light and sounds that stimulate healthy cell activity. Together they provide even faster, comfortable decongestion.
- **Your session time:** I endeavor to begin and end sessions quite promptly. If you are late, that is “your time”! Do not expect me to “run over” to compensate. I consider my next client’s time is precious as well.

### **After your Lymphatic Release Session:**

#### **“YOUR HOMEWORK”**

- **Drink 6 ounces of water every waking hour for the next 48 hours, or your own hydration habits.**
- **Your usual exercise, bounce on mini-trampoline or exercise ball, or a vibration plate for 20 minutes per day. I have been told that this pumps the lymph through your body.**

#### **Optional:**

- You may also do internal **colon cleanse** and detoxification methods that you’ve found useful before. Experts suggest probiotics or yoghurt, digestive enzymes or large doses of Vitamin C. I offer a few products that we can muscle-test on you to see if they might be advisable. They include oxides of magnesium to assist colon cleansing, highest quality Extra Virgin Olive Oils, Echinacea Seed Oil, Native Pecan Oil. These are useful in conjunction with your treatments, and can help to comfortably “speed things up” as you detoxify. Please let me know if any are ones that you are attracted to. I am happy to tell you more, based on your personal issues.
- I am happy to discuss your other colon cleanse and detoxification strategy options. I may suggest that you postpone starting a new liver, gall bladder, etc. or full-body cleanse (e.g. homeopathic, cilantro, etc.).

- **Assist detoxification through your skin:**
  - Bathe in as hot water as you can stand until it cools down: with either 1-cup baking soda (and ½ cup sea salt too, if possible) or Epsom salts.
  - Give yourself a “salt glow” by rubbing sea salt on your skin in the shower, or use a skin brushing technique.
  - Sauna, steam room, or hot tub.
- **If you experience constipation for more than 24 hours**, get a colonic or an enema. Contact me for organic coffee enema instructions or recommended colon hydro-therapists.
- **For some, I may strongly suggest:** have a colonic or enema within 24 to 48 hours after your treatment. For some this is particularly important to support the toxins and wastes getting completely out of your body, and not being reabsorbed.

**Symptoms you may experience within 24-48 hours.** Most people feel better, however occasionally some have uncomfortable symptoms that can include:

- Loose bowels, possibly with some gas, mild constipation or cramping.
- More frequent or lighter-color or darker-color bowel movements.
- More frequent, darker, more “pungent” urination.
- Some aching in descending colon, armpits **or other areas of concentrated work.**
- Coughing, blowing your nose, post-nasal drip, or other loosening of congestion in head and upper lung.
- Itchy skin. Some experience this in a single location. Others experience this body-wide. Some even experience a pimple or two, or a rash. Your body is trying to release the toxins and wastes as quickly as possible. See skin-clearing instructions above.
- While every effort is made to prevent toxic-release symptoms (flu-like symptoms like aching joints, muscles, diarrhea, nausea, vomiting, etc.) should they occur, they will likely pass relatively quickly.
- **When in doubt, drink plenty of water and exercise, and then wait 1 – 2 hours to see if symptoms subside.**
- Call or email me if you have any questions or concerns, and I’ll get back to you as soon as I can. (see contact info)

#### **Suggested changes:**

- **For any who are doing major detoxification or other cleanses with this lymphatic decongestion**, consult with your physician or nutritional expert to be sure you are maintaining a good vitamin and mineral balance in your body.
- Change your deodorant to a non-clogging type. Use “deodorants” instead of “anti-perspirants.”
- Women: either stop or reduce wearing under wire bras, and/or massage under your breasts regularly.
- Improve your digestion by eating fresh food, chewing well, and/or taking digestive supplements.
- Notice and eat foods that help you have more bowel movements, e.g. raw vegetables, leafy greens, beets, artichokes, live yoghurt or kefir, healthy fats and oils AND WATER.
- In addition to the few products I sell, clients enjoy and suggest to others like you, these too for improving colon function: probiotics, high doses of Vitamin C and/or magnesium, digestive enzymes.
- **Imagine getting healthier as you age:** drinking plenty of water, eating quality fats and oils, eroding lymphatic and colon congestion, and feeling the freedom from released lymphatic and emotional patterns that no longer serve you.

#### **Treatment:**

- You may want to come for a series of lymphatic releases. Virtually everyone sees marked improvements in a series. Please ask for more information about my **series discount: buy four and get the fifth for free.**
- And, **I enjoy working myself out of a job.** I hope you are healthy enough to “take it from here” on your own very soon.
- **Your Lymphatic Decongestive Therapist – Margo Covington:**

**Certification / Licensure:** Since beginning my practice in 2004, I have completed three kinds of certification trainings in the use of the [LymphStar Pro Fusion](https://www.lymphstarpro.com) machine, manufactured by Arcturus Star <https://www.lymphstarpro.com>. I completed two naturopathic certification trainings by Cory Carter, <https://altmedsvcs.com> plus my own, customized “Level III”. I have completed the Level II medical training of the Lymphatic Enhancement Therapy training by Desiree de Spong of New Zealand. <https://desireedespong.com/> (Both of these trainers were formerly affiliated with ArcturusStar). And first I studied the European model for using the machine in 2004. There is no official licensure currently available for this work in the State of New Mexico.

**Body Cleanse Lymph Release:** Not only from my trainings in medical, naturopathic and European techniques using the LymphStar Pro Fusion Machine, but also from my over-two decades of “noticing what I notice” I have developed my own self-taught protocol and understanding of lymphatic flow and release. **I am happy to translate for you in the “multilingual” and sometimes seemingly contradictory world of this emerging science.**

**Heavy Metal Detox:** Colleagues and clients have told me that I am something of a heavy metal detox expert, having had so very many clients with these kinds of symptoms, and having experienced it myself. You may also schedule a footbath with the Cygnus Foot Bath (formerly made by ArcturusStar) that is especially helpful in removing heavy metals and toxins. Many clients combine appointments with a lymph session. Please ask for more information.