

Lymphatic Enhancement Therapy

FULL BODY DETOX

Decrease Stress, Reduce Swelling and Improve Immune Function

Tiffany Barnes, Certified Lymphatic Enhancement Therapist, who has herself dealt with an autoimmune disorder, is committed to aiding her clients on their journey to the best version of themselves. She is dedicated to a spa-like experience with a wealth of health benefits. Tiffany creates a healing environment by acknowledging and believing in God's healing light combined with wellness technology and soothing touch which has been recognized by many. Let her guide your lymphatic system to a healthy river of life.

Tiffany utilizes the Lymphstar ProFusion, which is a wellness technology that enhances detoxification of the body by improving lymphatic circulation.



Statement/TextBox

“The Lymph Pro allows the lymph system to be opened up to drain the toxins, excess ions, etc. faster and better. It emits low level energy with optimal frequencies for the body combined with stimulation of the autonomic nerves without doing any harm to the tissues. Clients are immediately relaxed and their tissues begin releasing the toxins thereby clearing their bodies of these harmful chemicals.”

-Thomas E Croley, Ph.D.
Professor Emeritus,
Texas Women’s University
Scientific Investigator

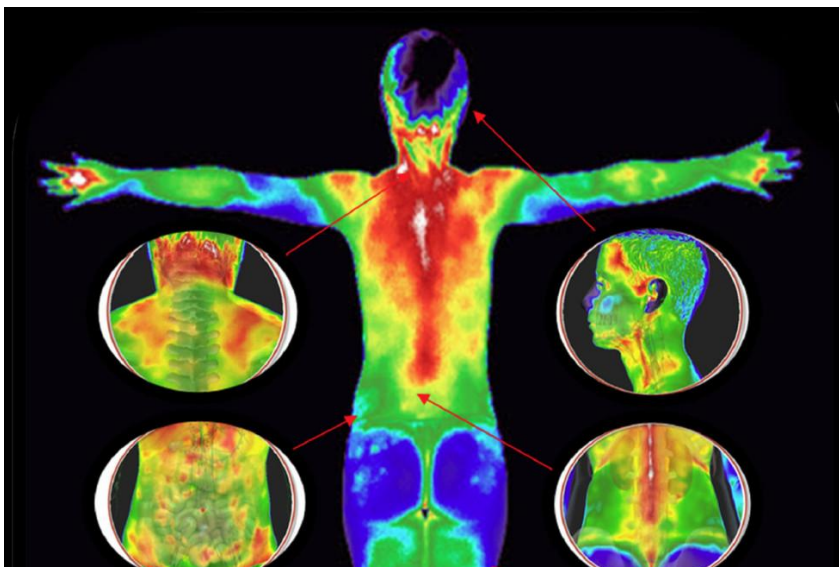
FAQ’s

How Do You Know You Need Lymphatic Enhancement Therapy (LET)?

Do you struggle with...

- Weight gain
- Find it hard to lose weight
- Cellulite
- Stress
- Pain
- Digestion
- Inflammation
- Breast discomfort/swelling
- Fluid retention
- Edema

If you struggle with two or more of these symptoms then you need LET!



This image shows Thermography images of inflammation (shaded red).

What are the benefits of LET?

- Improves immune function
- Less stress
- Increased mental clarity
- Reduces inflammation
- Improves tissue detoxification
- Increased circulation
- Reduces swelling
- Improves digestion
- Weight management
- Reduces water retention
- Pain relief
- Relief after injury/post surgery

What can you expect during a session?

The treatments are done in a relaxed massage setting, but this is not a massage. You will need to disrobe, but you are covered during the session. There is delicate manual work that targets specific lymphatic structures, but most of the session is done using the [Lymphstar Pro Fusion](#).

This device uses several different types of vibrational energy that are recognized by the body to encourage healing. The machine works in 3 ways:

* **Electrostatic Current** – A safe, highly regulated electrostatic field. This is an electric current at extremely low amperage. This current activates the parasympathetic nervous system (turns off “fight or flight” response). It also ionizes the tissue, which causes waste that is collected and sitting in the soft tissue to break apart, move into the lymph system where it is flushed out of the body.

For example, think of a stagnant pond, where debris, flies and mosquitos swarm. This is your lymphatic system where waste is collecting causing pain, inflammation and disease.

* **Sound Waves** – Frequencies and harmonics emitted from the device are between 0 and 1,000 hz, These frequencies resonate in the body with specific organs and tissues, helping to restore them to a balanced state. These sound waves also have a mechanical effect on the waste in the tissue, allowing it to break up.

For example, think of the sound waves as your body's language breaking down refrigerated butter to melted butter creating a healthy flow of your lymphatic system to rid your body of toxins.

* **Light Therapy** – Near infrared, red LED, and blue light are also used. Near Infrared and red light help to reduce inflammation, swelling, and discomfort. The blue light helps to balance the hormones in the body.

What will you need to do to prepare for treatment?

Make sure you are well hydrated for a day or so before your visit, and afterward. This will help to prevent any unpleasant side effects. No lotion or cream on the skin, or deodorant. It can be brought with and put on after.

What can you expect after treatment?

The treatment itself feels very gentle and delicate while you are experiencing it. We are encouraging detoxification of tissue that may have many years of waste and toxins built up in. Some people will feel a little current and some fluid movement. A list of possible symptoms is below.

Common Side Effects

- Post nasal drainage
- Feeling the need to swallow
- Feeling tired or sleepy
- Darker or more intense urine
- More plentiful bowel movement
- Jaw and clavicles more visible
- Easier breathing if sinuses were congested
- Brain fog reduction
- Deep sleep the night of a session

Rare, but possible side effects

- Mild nausea
- Slight Headache
- Slight Dizziness
- Feeling flu-like symptoms
- Anxious (this is usually brief – during a session)

Some people may not feel anything during or after a treatment. That doesn't mean they didn't get the benefits.

Who can benefit from this treatment?

As long as they don't have contraindications (listed below), anyone. However, people's sensitivity levels need to be considered, and are assessed early on. It is safe for infants up to elderly, and even animals.

Contraindications

- * Congestive Heart Failure or Pacemaker
- * Known Blood clots, Deep Vein Thrombosis, Arteriovenous Malformation, carotid blockage, or high stroke potential/history
- * Pregnancy

Precautions

- * Breast Implants – Work can be done around older and newer versions.
- * Injectables – Botox, Juvederm, collagen or fat fillers. Work can be done around injection sites.

If you suffer from one or more of these conditions, LET may be for you.

Lymphedema – If it's very swollen, that is permanent, but it helps symptoms greatly. Prevention of this condition is where this work makes more of a difference, or in its early stages.

Cellulite – is a lymphatic problem. Therapy over time helps to minimize and smooth out skin

Nasal and Sinus Congestion – Immediate for acute issues.

Dental Issues – post surgery or infection. Pre-surgery helps keep tissue healthy.

Acne – cleans tissue internally so deeper-seated eruptions don't occur

Swollen Lymph nodes in neck – this flushes them and reduces them in size. The exception is serious illness.

Swelling at the clavicle area – this is where lymph drains into the blood, and is often congested

Breast Tenderness/Swelling – reduction in swelling and discomfort in breast & underarm.

Scar Tissue – Either internal or external. This takes a longer series of sessions

Lipomas – benign fatty tumors. These also usually take several visits to dissolve. Sometimes, it's 1 visit.

Joint stiffness – often there's fluid around the joint, or in a joint closer to the drainage point, preventing flow

Heavy feeling in limbs – usually a structural blockage at underarm or groin. Upper body is quicker. Lower body may require several visits.

Digestive Issues – Most of the lymph is in the abdomen. This reduces the waste around the organs and actually aids digestion, as the small intestine cannot digest everything.

Leg Swelling – This condition is surprisingly challenging, because the lymph needs to travel all the way up to the clavicle on the left side. When someone is seeking lymphatic drainage for leg swelling, please be aware that I may not get to the legs immediately. Usually there is a lot of blockage in the abdomen that has built up in the tissue for years. They will notice a reduction in swelling even when I don't work their legs because of this.

What LET doesn't help

Structural issue, especially in the back. Disc problems, spinal problems, etc. This will help reduce general back pain because it decreases inflammation in the soft tissue, but it won't actually solve their issue.

“Developed over two decades of research in electronic therapies, LET therapy instruments are supported by practitioners from all sectors of the health industry. Its success at optimizing lymphatic drainage is supported by academic study & clinical research.”



For more information about LET products visit arcstarmed.com