

# *What Conditions May Improve with L.E.T.?*

- ✦ Breast Conditions
- ✦ Physical Discomfort
- ✦ Immune Issues & Recovery
- ✦ Pre/Post Surgical
- ✦ Esthetics Procedures
- ✦ Injury Rehabilitation
- ✦ Sports/Workout Recovery
- ✦ Lymphedema Care/Swelling
- ✦ Women's Health
- ✦ Stress Relief
- ✦ Post Cancer Therapies
- ✦ Cellular Inflammation
- ✦ Digestive Issues
- ✦ Sleep Problems
- ✦ Mental Health
- ✦ Aging Skin
- ✦ Diet/Lifestyle Changes

*To Make Your Appointment  
Please Contact:*



*Lymphatic Enhancement  
Technology  
(L.E.T.)*



## *What is L.E.T. and How Does it Work?*

Lymphatic Enhancement Technology, L.E.T. for short, is the decongestion of the lymphatic system using the Lymphstar Aria® lymphatic therapy instrument. L.E.T. enhances detoxification and health by enhancing lymphatic circulation. The therapy unit emits a combination of vibrational energies (an electrostatic field, low frequency acoustic waves, and an electro-pressure field) which clear away randomly bonded proteins, excess fluid, and blockages in the lymphatic system. It also communicates with the meridians and acupuncture points of the body and is extremely relaxing to experience.

## *What is the Lymphatic System?*

The lymphatic system is often called the “sewage system” of the body. It moves lymph fluid in one direction from the spaces between your cells, through the lymphatic vessels and nodes. Lymph contains fats, proteins, enzymes, minerals, hormones, toxins, bacteria, viruses, among other debris.

## *What to Expect During a Treatment*

You will be laying down on a massage table, undressed to your comfort level while your L.E.T. practitioner uses the two lymph therapy heads to lightly stroke the skin in a sequence that follows lymph drainage pathways.

## *How Do I Know if I Have Lymphatic Problems?*

Lymphatic flow functions normally with physical activity and an overall healthy circulatory system. But stagnation can occur anywhere along the system creating congestion and thicker lymphatic fluid. Also, surgery, injuries, radiation therapy, and removal of lymph structures create scar tissue that blocks lymph flow. The results of slower or blocked flow can be many. They range from sinus trouble, headaches, swelling (edema) in any part of the body, tender cystic breasts, fatigue and chronic pain syndromes, skin and other infections, asthma and allergies, poor digestion, female problems, prostrate issues, continued discomfort after injuries and surgeries, premature aging, to cancer and other ‘dis-eases’.

## *What Can I do to Improve Lymph Flow at Home Between L.E.T. Sessions?*

There are a few ways to improve the flow of lymphatic fluid between sessions. Drinking enough water is crucial along with regular exercise, good nutrition and stress management. Dry brushing is a great way to stimulate your lymphatic system, rebounding on a mini trampoline helps pump lymph through the body, and ending your showers with cool water stimulates lymph flow as well.