



Life as a Full Time Therapist



I am delighted to report that since taking the leap into full time Therapy work this Easter, I have been able to take on more clients and make a difference to a wider variety of people.

After further study in Manual Lymphatic Drainage (MLD), last year, I qualified to treat clinical Lymphoedema and, in February, I started working at St George's Hospital, in Tooting, London. This is a fantastic opportunity to work in a Centre of Excellence for Lymphoedema, under the wonderful Professor Peter Mortimer, a world-renowned Specialist. I am learning a lot, in a very supportive environment and travelling down to London for two days a fortnight doesn't impact too much on the appointments for my regular clients.

I have been able to use the experience in London to great advantage for my clients back in this area, and have been delighted to meet and help some lymphoedema sufferers, some of whom are travelling for over an hour to the Clinic as I am their closest fully qualified lymphoedema therapist.

MLD is also a wonderful treatment for clients with 'lazy' lymphatic systems. Clients with fluid retention, sinusitis, puffy eyes and heavy legs have all seen marvellous results, and the sense of relaxation during and after a treatment is an added bonus.

Lesley

New Therapies

I recently underwent another training course, this time for Lava Shell Massage, the latest therapy to hit the Spa scene. This treatment works in a similar way to Hot Stone Massage, but with added bonuses. See page 3 for more details.

Dave and I have recently invested in a "Hivamat 200" to offer Deep Oscillation Therapy. This wonderful 'magic gadget' works very well alongside our treatments, often bringing greater results to our clients. More information is on page 3.

Lymphoedema an overview



There are two types of Lymphoedema, Primary and Secondary.

Primary Lymphoedema is usually determined from birth and arises due to some failure of the lymphatic system itself - usually with the under-development of the lymphatic system. It may develop without any obvious cause at different stages in life, particularly in adolescence.

Secondary Lymphoedema is the result of some problem outside of the lymphatic system that prevents it working properly. This includes:

- Surgery, particularly when lymph nodes are removed after treatment for cancer
- Radiotherapy
- Cancer itself may also result in a blockage of the lymphatic system
- Accidental trauma/injury or infection that may damage the lymph vessels
- Reduced mobility/paralysis - muscle contractions are important to help lymph movement

Unfortunately, most of the underlying causes of lymphoedema are irreversible and, there is currently no known cure. However, appropriate treatment can reduce the swelling and keep it to a minimum, dramatically improving quality of life.

Lymphoedema Progression

Initially, lymphoedema may be very slight and not always noticeable. It may also be intermittent, for example, the swelling may be minimal in the morning, but become more apparent as the day goes on, especially in warm weather. It is often possible to use simple measures to resolve the swelling at this stage so treatment should always be started as soon as possible, preferably in the 'latency' stage.

If left untreated, the swelling over time becomes more permanent, doesn't subside overnight and the area will begin to feel increasingly hard and solid. This is due to the build up of proteins as well as fluid in the tissues. As drainage cannot be 'encouraged' to the lymph nodes which have been removed or damaged (because they aren't there or they can't work anymore), MLD promotes lymph flow to alternative drainage routes.

Treatment for Lymphoedema

The first appointment will include a full consultation and examination, and discussion regarding treatment protocols, including whether MLD is appropriate for you, how frequent the appointments should be, and how long each session will take.

The standard treatment for lymphoedema is Combined Decongestive Therapy (CDT). There are four cornerstones of CDT

- Compression (bandages or garment)
- Manual lymph drainage (MLD)
- Exercises
- Skin care

Treatment consists two phases, intensive and maintenance. The intensive phase involves frequent treatment with MLD and bandaging.

The maintenance phase begins when there is no further reduction in the oedema, usually after 2-3 weeks. Then a compression garment may be recommended. This is an important part of swelling control. The garments work by compressing the swollen tissues and stopping fluid from building up. At the same time, they help to move the fluid to an area that is draining well. The support allows the muscles to pump fluid away more effectively. The design of the garments means that more pressure is applied in certain areas to encourage the fluid to drain.



Lava Shell Massage

Lava Shell Massage has been featured in various publications (including Vogue and Marie Claire) and is one of the newest treatments on the Spa Scene, appearing in Salons such as the Bali Leha Spa on Sir Richard Branson's Necker Island.

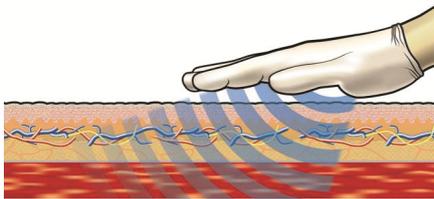
Various treatment options are available, including Full Body, Back & Shoulders or Hot Tummy.

Hot Tummy Massage can be particularly beneficial for clients suffering from IBS, bloating, or menstrual problems, but massage to other areas of the body is equally effective for stress, tension, or just to bring about a wonderful sense of well-being.

If you have a beach holiday looming or you simply want to banish the bloat, Lava Shell Hot Tummy Treatment will help you on your way. The treatment acts as a natural colonic cleanse in helping to move uncomfortable build ups in the digestive system, so it leaves you with a flatter stomach - all without a tube in sight!



Deep Oscillation Therapy



The Hivamat unit can be used to enhance many treatments, as it works on the very deep tissues in the body. This therapy can release clients from pain, swelling and a variety of physical problems, including lymphoedema, fibromyalgia and joint strains; it can even reduce the appearance of cellulite.

Deep Oscillation Therapy works by creating a very safe, and extremely low-frequency, electrostatic field between the hands of the therapist and the client's tissue, which is attracted and released between 5 and 200 times a second. It penetrates to a depth of between 8 and 12 cm, through all tissue layers, including the connective tissue, and not just by vibrating on the skin surface like other conventional electrotherapies.

Deep Oscillation Therapy massages the build-up of excess inflammatory by-products which have accumulated at the problem area causing pain, then pumps it out to the lymphatic system for removal.

Hivamat Deep Oscillation® has been proven as an effective therapy for:

- Occupational injury and everyday conditions associated with pain, inflammation, swelling and scar tissue
- Combined with manual lymphatic drainage for lymphoedema sufferers and post surgery rehabilitation
- Cellulite treatment
- Respiratory problems.



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Venues

As well as being able to offer mobile therapies, I have the use of rooms in a couple of clinic settings in Sleaford, and one in the centre of Newark, should clients prefer to travel to me for treatments. Please contact me for further information, if you would like to take advantage of these rooms.

More News

Talks or Taster Sessions

If you are organising a charity event where you may be looking for stall holders to offer taster treatments, feel free to contact me to see if I am available.

Recent events have included Reflexology, Indian Head Massage and MLD facial taster sessions,

I am also happy to give brief presentations to any group you may be associated with.

Mind Body and Spirit Events

Due to other commitments, the 'Perfect Harmony' team will no longer be appearing at the BSSK Mind Body and Spirit events.

We have all enjoyed our time working together and have met some lovely people at the shows over the past few years.

We will now be going to the shows as 'customers' and I am looking forward to receiving some treatments from other therapists.

Mission Statement

To provide a wide choice of high quality therapies, personally tailored to enhance wellbeing and quality of life.

To provide high quality, knowledgeable and enthusiastic teaching.

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Member of MLD^{UK}, Reiki Healers and Teachers Society and the Complementary Therapists' Association and insured for all therapy treatments.



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