



LYMPHSTAR® LYMPHATIC THERAPY PROTOCOL

On The Day of Therapy

1. Try to limit protein and fat intake 4 hours before your treatment and 1 hour after treatment. You move fats and proteins through your lymphatic system so to amplify the lymphatic flow from the Lymphstar®, it is advisable that you limit the work on the lymphatic system from digestion. Fruits and vegetables are preferred as are most grains (preferably from non-glutinous sources such as rice, quinoa, and millet). Soups are acceptable as long as they are not a cream base made from dairy products.
2. Please consume at least 1 litre of water 2 hours before your treatment. The Lymphstar® does promote your lymphatic system to empty and thus will place a larger workload on your kidneys and liver. Being well hydrated will limit any adverse affects that may occur after the therapy (i.e. headaches, digestive cramping, fatigue, etc.)
3. Please avoid dairy products (including yogurt) 4 hours before your treatment. They are highly lymphatic congesting and will work against the goal of therapy.

To promote the flow of the lymph before and after treatment it is advisable to practice diaphragmatic breathing (belly-breathing) for 4 hours before and 2 hours after treatment. This is done simply by placing one hand on your chest and one hand on your abdomen, ensuring that the hand on your abdomen is moving outward and the hand on your chest is not moving. Deep belly-breathing will ensure that yours lungs are filling with air efficiently and your colon (your largest area of lymphatic congestion) is being massage effectively.

If you need any clarification after reading this protocol please call our office at (403) 270 – 9355