

**Allegra Hayim**, a certified health care practitioner since 1991, is a New York and Texas Licensed Massage Therapist (nationally certified since 1999). She has certifications in Zen Shiatsu (Ohashi Institute, New York, 1991), Tuina Medical Massage Therapy (International Academy of Acupuncture, Beijing, China, 1995), and an Associate Degree in Occupational Studies (Massage Therapy) from the New York College of Health Professions (New York, 1998). Ms. Hayim has 120 hours of clinical experience at the New York College and two months of clinical experience in Tuina Medical Massage under medical supervision at Dongzhimen Hospital, Beijing, China. She is a member of the International Association of Healthcare Practitioners (2002).



Since 2002, Ms. Hayim has specialized in the hands-on method of **Lymph Drainage Therapy** (LDT) developed and taught by Bruno Chikly, M.D., D.O. (hon.), president of the Chikly Health Institute. She has had excellent results using LDT, treating numerous pathologies, among them lymphedema, detoxification, allergies, sinusitis, mastopathies, gout, hearing loss, vertigo, digestive problems, musculo-skeletal problems, insomnia, circulatory problems, cellulite, chronic pain, TMJ, Bell's palsy, edema, and Cystic Fibrosis.

Allegra Hayim worked with Dr. William Rea at the Environmental Health Center – Dallas providing LDT to the EHC-D patients from October 2006 to August 2009. She continues to treat patients affected by environmental illness at her office – **call 214.965.0190**.

Ms. Hayim is a certified **Lymph Drainage Therapist** and **Complete Decongestive Physiotherapist** (Upledger Institute).

#### Testimonials

Allegra Hayim has been providing LDT to EHC-Dallas patients. The physicians at EHC-D have determined that this therapy helps many of our patients. — *William J. Rea, M.D.*

Ms. Allegra Hayim has provided excellent services for my patients for the last two years. My patients experienced tremendous relief from back and neck pain and anxiety-related symptoms. — *D. Bortz, M.D.*

I received Lymph Drainage Therapy from Ms. Hayim ... after only twenty minutes of treatment I experienced immediate relief from positional vertigo ... and it has not returned. Also, a patient who suffers from chronic neck pain and restricted range of motion after a cervical spine fracture, having previously been unsuccessfully treated with conventional therapies, after only one session of LDT experienced dramatic improvement. I strongly recommend LDT from Ms. Hayim, who conducts her practice in a highly professional and thorough manner. — *C.L.O., M.D., F.A.C.S.*

I have experienced Ms. Hayim's work first hand and she has treated several of my chronically ill patients with Lymph Drainage Therapy. I have found her work to be very beneficial and have seen a definite improvement in their recovery.

— *D. T. Watkinson, D.C., Clinical Nutritionist*

# Lymph Drainage Therapy

## Hito

## EnergyWork



*Total Health  
through  
Healing Touch*

## Allegra Hayim, LLCC, NY LMT

### Complete Decongestive Physiotherapy



Member, National Lymphedema Network and  
International Association of Healthcare Practitioners  
Nationally Certified in Therapeutic Massage and Bodywork

<http://www.Lymph-Drainage-Therapy.com/>

By appointment only . . . [Allegra.Hayim@gmail.com](mailto:Allegra.Hayim@gmail.com)

## before LDT treatment



before treatment

## after LDT treatment



after one treatment, reduced swelling

## What is Lymph Drainage Therapy?

For the past thirty years the benefits of Lymph Drainage Therapy have been scientifically documented and medically prescribed throughout Europe. Now it is rapidly gaining recognition in the U.S. by health care providers. Trained in Dr. Chikly's unique technique, **therapists use precise, gentle, wave-like hand movements to feel the rhythm, depth and direction of the flow of the body's lymph fluid, to detect obstructions, and to map that flow. This enables the therapist to redirect the lymph to the pathway that is most effective for drainage - with far-reaching benefits.** The main functions of the lymph system are: stimulation of the immune system, stimulation of the parasympathetic nervous system, and stimulation of body fluid circulation.

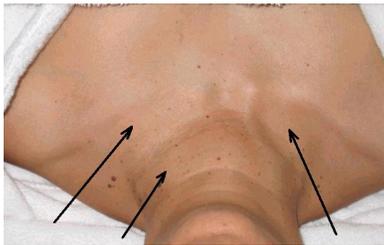
The lymphatic system drains the interstitial fluid. Stress, disease, injuries, environmental toxins cause the lymphatic system to stagnate or be obstructed, leading to the accumulation of excess fluid, metabolic waste, cells and toxins, foreign bodies and pathogens, and proteins in the interstitial environment, compromising optimum cellular function. This leads to disease and premature aging. Once the interstitial fluid enters the lymph vessels, it is called lymph. Lymph is then transported to the lymph nodes, purification centers, where it is filtered and processed for elimination through the kidneys.

## What are some of its benefits?

- Stimulates the functions of the immune system (promotes healing and general well being)
- Stimulates the parasympathetic nervous system while depressing the sympathetic nervous system (aids insomnia, depression, stress, digestion)
- Relieves muscle pain and hyper tonus
- Reduces edema (swelling)
- Alleviates heavy metal, pesticide and metabolic waste TOXICITY
- Reduces pain (fibromyalgia, chronic fatigue syndrome)
- Helps tissue regeneration (pre- and post-surgical, burns, injuries, reduces scar formation)
- Reduces inflammation
- Improves circulation

## What are some of its applications?

- Surgical: pre- and post-surgical tissue regeneration and reduction of edema
- Sport injuries: sprains, strains, fractures, inflammation, chronic pain, whiplash, sciatica
- Pediatrics
- Ear, Nose and Throat: sinus, asthma, allergies, ear and throat infections, vertigo, tinnitus
- Neurological: migraines, headaches, stroke, facial paralysis, MS, Parkinson's disease, myopathy
- Gastroenterological: celiac disease, irritable bowel disease, chronic constipation, weight problems
- Dermatological: scars, burns, wrinkles
- Gynecological: infertility, menstruation, PMS, swollen legs, varicose veins
- Metabolic: stress, Chronic Fatigue Syndrome, chronic pain, cellulite, insomnia, toxicity
- Dentistry: inflammation, periodontitis, tooth extractions, TMJ pain
- Geriatrics: promotes tissue regeneration and oxygenation, improves circulation, relieves muscles soreness
- Ophthalmology: chronic edema of eyelids, cataracts, macular degeneration, reduced visual acuity
- Orthopedics: trauma, subluxations, sprains, fractures
- Osteopathic: whiplash, back pain, sciatica
- Rheumatology: scleroderma, lupus, fibromyalgia, gout, rheumatoid arthritis, nocturnal paresthetic brachialgia
- Veterinary: Lymph Drainage Therapy can be applied to animals



before treatment



after one treatment, reduced swelling



before treatment



after four treatments, reduced swelling



before treatment



after one treatment, lost three inches in girth

## KNOWN EFFECTS OF LYMPHATIC DRAINAGE THERAPY

Manual Lymphatic Drainage is effective for a wide range of conditions and can be safely applied to everyone from children to the elderly, if the basic precautions and contraindications are respected. Here are a few of the known effects of Lymphatic Drainage therapy.

CIRCULATION of lymph, blood capillaries, veins interstitial liquids and cerebrospinal and synovial fluids (indirectly) is ACTIVATED. This action helps to reroute stagnant fluid in the body (i.e., edema, primary and secondary lymphedema) mucosa, muscles, viscera, joints, cranial sutures, periosteum, chambers of the eyes and cochlea.

TOXINS and METABOLIC WASTE PRODUCTS are removed, making lymphatic drainage especially effective in TISSUE REGENERATION. Scars, stretch marks, wrinkles, bruising and fracture or surgical incision sites are improved. LDT is used as part of DETOXIFICATION and ANTI-AGING regimens.

MACROMOLECULES (PROTEINS) are drained which helps to ELIMINATE PROTEIN-RICH FLUIDS from the extracellular tissues and aid in the REABSORPTION OF EDEMA.

FATS are EVACUATED through the lymphatic vessels. These VESSELS ARE located in virtually every area of the body WHERE FATS MAY ACCUMULATE.

FUNCTION OF THE IMMUNE SYSTEM is STIMULATED through increased lymph flow. The additional flow carries more antigens to the lymph nodes, thereby INCREASING ANTIBODY/ANTIGEN contact. This has been found to HELP with chronic or subacute INFLAMMATORY PROCESSES - chronic fatigue syndrome, autoimmune diseases, bronchitis, sinusitis, amygdalitis, tonsillitis, laryngitis, arthritis, acne and eczema.

FUNCTIONING OF THE PARASYMPATHETIC system is BOLSTERED, and SYMPATHETIC is DIMINISHED with stimulation of the lymphatics. This can be very helpful in dealing with STRESS, DEPRESSION, SLEEPING and DIGESTIVE DISORDERS.

## EFFECTS OF PARASYMPATHETIC STIMULATION

- \* Conserves and restores ENERGY
- \* Helps regenerate injured tissue
- \* Generally most active during sleep, deep relaxation states
- \* Stimulates immune functions
- \* Decreases heart rate
- \* Decreases respiratory rate
- \* Decreases blood pressure
- \* Increases blood flow to skin
- \* Increases blood sugar level
- \* Increases gastrointestinal motility and kidney function
- \* Increases secretion of lachrymal glands
- \* Increases secretion of salivary glands
- \* Increases secretion of digestive glands
- \* Increases secretion of bronchial glands
- \* Constricts bronchioles
- \* Relaxes sphincters and spasms
- \* Contracts pupils (miosis)
- \* Contracts ciliary muscles (accommodations)
- \* Contracts urinary bladder
- \* Stimulates erection

CHRONIC PAIN is REDUCED as the drainage alleviates tissue-fluid stagnation and possibly inhibits nociceptors (pain receptors). TRIGGER POINTS and FASCIA PULLS can be RELEASED.

VOLUNTARY and INVOLUNTARY MUSCLE SPASMS are REDUCED, proving helpful in cases of CONSTIPATION and other muscle-related maladies.

DRAINAGE of the lobes of the LIVER is invaluable for releasing most of the post-treatment effects.

As with any technique, there are conditions under which lymphatic drainage should NOT be used. These include ACUTE INFLAMMATION OR INFECTION (especially any condition with FEVER), MAJOR CIRCULATORY and CARDIAC problems, ACUTE BLEEDING and MALIGNANCY NOT UNDER MEDICAL CONTROL, ACUTE ANURESIS (ABSENCE OF URINATION).