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Textbook of Dr. Vodder's Manual Lymph Drainage

Hildegard Wittlinger, Gunther Wittlinger, Günther Wittlinger

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Manual Lymph Drainage (MLD), first introduced in 1936 by Drs. Emil and Estrid Vodder of Denmark, is a procedure which stimulates the lymphatic circulation with slow circular and careful pumping massage movements of the hand and the thumb.

The thin lymph vessels run through the body tissue like a drainage system which transports the lymphatic fluid via large collecting vessels, the lymph nodes, on to the blood circulation. Manual Lymph Drainage has especially proven its worth in the case of a congestion of the lymphatic flow. This is often the result of postoperative abdominal surgery and surgical treatment of breast carcinoma. It is only with this smooth and harmonic form of massage that the lymphatic flow is stimulated in the sensitive lymph capillaries. Painful swelling is removed and healing is encouraged.

This volume contains all the subject matter of the basic course and has proven its worth for many years. Hildegard Wittlinger is the director of the Dr. Vodder School in Walchsee, Austria, and has taught the MLD technique throughout the world since 1972.

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Edward Lott:

Why? Because this Textbook of Dr. Vodder's Manual Lymph Drainage is an unordinary book that the inside of the guide waiting for you to snap the idea but latter it will zap you with the secret this inside. Reading this book close to it was fantastic author who have write the book in such wonderful way makes the content within easier to understand, entertaining technique but still convey the meaning totally. So , it is good for you because of not hesitating having this nowadays or you going to regret it. This amazing book will give you a lot of positive aspects than the other book have such as help improving your talent and your critical thinking technique. So , still want to hold up having that book? If I ended up you I will go to the guide store hurriedly.

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