

1996.06

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Bruno Chikly, MD, is bringing a special touch to lymph drainage. His original technique, called lymph drainage therapy (LDT), achieves many of the same outcomes as traditional lymph drainage (LD), but in a more therapeutic manner.

The difference lies in the LDT practitioner's ability to get in touch with the patient's lymphatic system and natural rhythms. According to Dr. Chikly, that "tuning in" with the patient's body makes LDT unique.

Traditional LD employs a "pumping" action that Dr. Chikly says breaks the contact between the hand and lymph. Dr. Chikly's technique is more like a massage. The practitioner keeps his or her hands flat on the patient, using the palms and fingers to create steady, gentle, wave-like motions



Dr. Chikly and a patient. (photo/courtesy International Alliance of Healthcare Educators)

LDT

The French Connection To Lymph Drainage

that emulate alpha brain waves. "I wanted to develop a (system of) touch for lymph drainage in order to...monitor the lymph exactly in its direction and flow," Dr. Chikly explained.

Constant contact with the patient enables the LDT practitioner to gain a feel for the direction, rhythm and flow of the lymph. "You have systematic feedback with the hands. Each movement is efficient because you are able to tune with the rhythm of the liquid," said Dr. Chikly. "Not only is it more efficient, but more gratifying because you can gain more information about the quality of the lymph and the exact pressure needed."

One of the strengths of LDT, Dr. Chikly believes, lies in the practitioner's connection with the water in the patient's body. "When you touch water in the lymph, you are touching over 50-75 percent of the body. Water goes in and out of the cells...so people react very quickly to that."

The LDT practitioner must possess a strong knowledge of lymph gland anatomy and an ability to tune into the unique, natural body rhythms, pressure and flow of each patient. According to Dr. Chikly, there are numerous applications for LDT, among them

*'Everyone needs
detoxia; you
don't have to be
a (health)
professional
to do it.'*

—Dr. Bruno Chikly

deep cleansing and regeneration of tissues; stimulation of fluid circulation to improve conditions such as edema, lymphedema, and skin dehydration; stimulation of the immune system; stimulation of the parasympathetic system to relieve headaches and pain; and antispastic action (spasm relief). Deep relaxation and rhythmic techniques help in stress conditions, loss of vitality and insomnia.

How does LDT relieve these complications?

It activates liquid circulation, stimulates the immune system and regulates the autonomic nervous system. "When you do that, you can get rid of swelling," Dr. Chikly explained. "When you drain the toxins, you regenerate the tissue, which would be benefi-

cial for patients who are about to undergo surgery. Generally they experience less swelling, scarring and chance of infection."

LDT also has been found effective in cellulite reduction. "Cellulite is a pocket of fat, water and toxins trapped in collagen fibers. With LDT, we work to loosen those fibers, making the lymph drainage techniques we perform next much more efficient."

The LDT process stimulates the immune system and thereby prevents infection. Healing occurs more quickly because the toxins have been drained.

It can even benefit neuromuscular conditions. "In France, some people have been using LDT with muscular dystrophy patients, and it's been helpful," Dr. Chikly added.

Dr. Chikly, a native of France, will be teaching LDT at various points in the U.S. for the International Alliance of Healthcare Edu-

cators. He is a graduate of the medical school at Saint Antione Hospital in France, where he received a medal from the medical faculty of Paris. He also holds a degree in psychology at the master's level. His LDT technique evolved out of a decade of study in lymph drainage, Oriental medicine, acupuncture, osteopathy, cranio-sacral therapy, visceral manipulation, reflexology and Swedish massage.

Dr. Chikly said LD is a routine form of treatment in European hospitals. While he realizes that it will be much more challenging to convince insurers and facilities in this country to embrace this technique, he believes the demand for LDT in the U.S. will grow.

LDT has practical applications for physicians, chiropractors, physical, occupational and massage therapists, and aestheticians, Dr. Chikly noted. He hopes one day to see lay people learn LDT to practice in their homes, as a wellness regimen.

"I want people to touch each other in the family circle. Everyone needs detoxification and rejuvenation."

• For more information about LDT, contact the International Alliance of Healthcare Educators, 800-311-9204, ext. 9279.