



I have 5 years of experience and comprehensive, specialized training in working with people living with cancer. I am also trained in Lymphatic Drainage Therapy



Body Sage Massage Therapies, LLC

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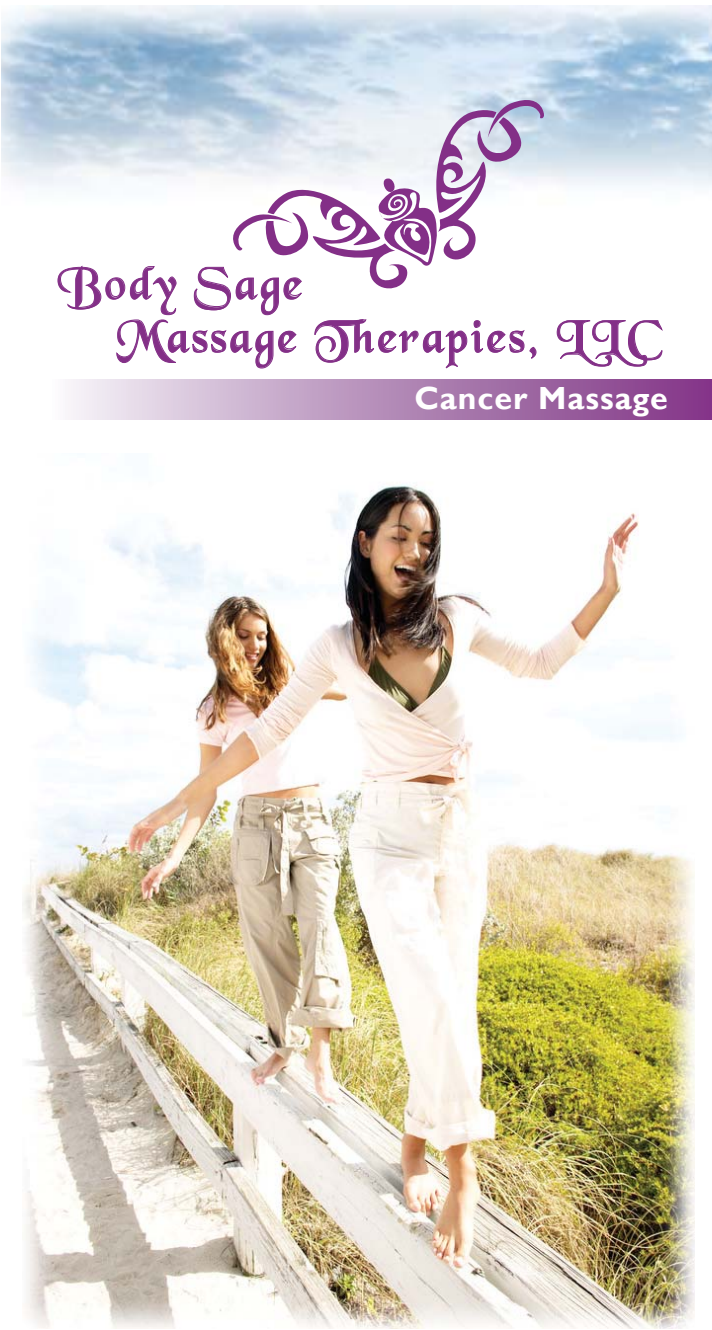
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Cancer Massage

How do I know if my massage therapist is qualified to do this work?

Always ask about someone's training and their experience in working with people with cancer. They should have received specialized training and have an understanding of medical terminology, the course of cancer in general, interventions, and complications in order to provide a safe and effective treatment.

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Healing the body,
Calming the mind,
Nourishing the soul.

Can massage help people with cancer?

Research on cancer and massage continues to grow and results have been documented with a variety of cancers. Studies overall have shown the tremendous benefits that massage can provide to cancer patients, including:

- emotional support and comfort
- decrease in anxiety and depression
- relief/reduction of pain, nausea, vomiting and fatigue
- increased quality of life



How is massage for cancer patients different from normal massage?

The basic massage techniques are the same. The difference is that adjustments may need to be made to create a safe session based on the type of cancer, medical interventions, or complications. These adjustments can include: pressure, position, site, speed and duration.



When we come in contact with the lymph we connect with the fluid dimension of the body. LDT is a subtle therapy requiring the use of a “lighter” touch. For many it is a new way of approaching the body and getting information about it.

Lymph Drainage Therapy is a gentle hands-on technique used to detect the rhythm, direction, depth and quality of the lymph flow throughout the body. The therapist, using slow, gentle pressure with soft pumping (wave-like) movements, encourages the lymph to flow in the direction of the lymph nodes where the lymph fluid is filtered and then returned to the blood.

Stress, fatigue, lack of physical activity, infection and aging are some of the factors that can cause the lymph circulation to stagnate. When this occurs, fluids, proteins, cells and toxins accumulate and cellular functioning is compromised.

LDT is an original technique developed by Bruno Chikly, MD, of France. Recent scientific discoveries about the physiology of the lymphatic system have verified that these techniques offer the precise rhythm and pressure necessary to activate optimal lymphatic flow.

Improving the circulation of the lymph offers the following benefits:

- Helps fluid drain from cells Improves the production and distribution of antibodies & lymphocytes thereby boosting the immune system.
- Stimulates the lymphatic system’s filtering process which helps remove toxins & bacteria from the body.



LDT also works on the autonomic nervous system:

- Helps calm & slow the sympathetic nervous system (which promotes activity)
- Stimulates the parasympathetic nervous system (which promotes relaxation)
- This results in **RELAXATION & STRESS REDUCTION.**

Massage improves the function of the muscular, circulatory, skeletal, lymphatic and nervous systems.

