

# Body Mechanix Therapeutic Massage

creating health and well-being



www.bodymechanixmassage.com

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## How to Keep the Lymphatic System Flowing

**Exercise** - This is one of my favorites for sure. Movement is one of the best ways to keep the lymph system moving. If you don't like to exercise then walk, walk, walk. Any movement is good movement.

**Water** - Your body needs

May 3, 2015

## Greetings!

Wow! What a beautiful weekend we just had. It was hard for me to sit still long enough to do this newsletter, but here I am. Actually I have to confess right now. I am laying in my hammock talking to my iPad which turns it into a typewritten document, which I then download to this email and thus a newsletter written while laying in the sun. Sometimes I do love technology!

**Don't forget to purchase a gift card for Mother's Day. To purchase [click here](#).**

We have been super booked up for the past couple of months so if you really need to get in and you can't find anything on line, please text me at 716-4646. Sometimes I can shift things around and make it work. Also, when we have cancellations I do send out a text alert so signing up for the text alerts would let you know about last minute appointments.

This month's newsletter is about the lymphatic system. It's a huge topic but I'll try to break it down and make it understandable. I hope you enjoy.

## Wellness Series

### Understanding Nutrition

So here we are on the fifth newsletter dealing with nutrition. If you would like access to any of the past months I have added them to my website. You can find them by [clicking here](#).

## My Recommendations

[Chiropractor](#)

[Top Shelf Supplements](#)

[Dog Grooming](#)

[Organization to donate to](#)

[Natural Hormones](#)

[Get Fit at Home](#)

(Choose me as a coach)

[Life Coach](#)

## Business Hours

For 2015, I am continuing my holiday hours. I have managed to fill those hours and at this time it would be hard to go backward.

## [Schedule Appointment](#)

### Melody's Hours

Monday - 10:00 - 7:00

Tuesday - 1:00 - 7:00

Wednesday - 4:00 - 7:00

water to stay hydrated and keep your lymph fluid flowing properly.

**Digestive Enzymes** - Use digestive enzymes with meals to ease the burden of complex fats and proteins on the lymph system.

**Diet** - On this one you can refer back to previous newsletters. Just remember, the more processed the food, the less the health benefits.

**Toxic Chemicals** - Try to stay away from contact with toxic chemicals and heavy metals. They can quickly overwhelm the lymph system.

**Whole Body Cleanses** - This is a topic I will be covering later but if you go to a health food store, there are a lot of cleanses to choose from. I always try to go with organic.

**Epsom Salt Baths** - I have gotten in the habit of taking one almost every night. Make it as hot as you can stand it, add Epsom Salts and you can use a few drops of essential oils. I like peppermint or eucalyptus.

**Dry Brushing** - Before you hop in the shower, dry brushing for five minutes can help get the lymph system flowing. [Click here](#) for instructions on how to do it.

**Total Wellness Detox** - Some would call this a lymph drainage massage but what Donna does goes beyond the lymph drainage and also detoxes the system.

As with everything I write about, the learning started with me, so the only way I know to do this is tell my own story and then go from there. Each of these topics I have written about have been completely life changing for me and have come in just the right order in just the right time.

I hope some of this clicks with you and makes your life and your health better.

### **How I Unclogged the Drains**

Part of healing my liver, which I wrote about last month, involved some pretty intense detoxing. I actually detoxed for months, which is not advised by anyone, but I was being impatient. And did I ever pay for that impatience!

Last summer in June, I started getting sick.. I would be going about a normal day and within a few minutes I would have a raging fever and think I was going to die. I started noticing that it would start with my left shoulder hurting and then my armpit and arm would swell.

This was happening at least once a week and it was exhausting. There were so many days I didn't think I would make it through. I figured out that if I took Manuka Honey, silver, olive leaf, and high levels of vitamin C, I could get control of it pretty quick. Sometimes in a couple of hours.

This went on for quite some time. Toward the end of August it got to the point that I just felt bad all the time. I had figured out this was all because my lymphatic system was clogged up but I wasn't sure what to do about it.

One Friday I was running a fever of 102 and had actually cancelled my afternoon appointments, which I very rarely do. I don't know where the idea came from but I texted Donna Franklin and asked her if she could help me. I knew she was very knowledgeable with essential oils and I thought maybe she could figure something out. And this was the day she invented the "Total Wellness Detox" as we now call it.

When I got to her house I didn't even feel like talking. She worked on me over two hours and I was completely out of it. She took all her knowledge and combined it into one treatment which I believe saved my life because I was really in a bad way.

Within an hour after she worked on me I was back to normal. My temperature was gone and I felt better than I had for several months. I have been getting this done every Wednesday since and I have never been sick again.

It has worked so well that I asked her to come work at Body Mechanix so other people could benefit from this unique service she offers.

So why is it important to keep the lymphatic system clear? Let me start by saying that my situation was extreme because I had complete blockage. Complete blockage is very dangerous because the toxins have nowhere to go and re-enter the blood stream. So, most of us live with a sluggish lymph system all the time and don't even know it.

Wednesday - (Every other week) 2:00 - 8:00. The opposite week I work from home for the clients in the Danville area.

Thursday - 10:00 - 7:00

Friday - 10:00 - 5:00

### [Schedule Appointment](#)

#### **Donna Franklin's Hours**

Monday - 10:00 - 4:30

### [Schedule Appointment](#)

#### **Laura Rutter's Hours**

Saturday - (Every other week) 10:00 - 2:00

### [Schedule Appointment](#)

#### **Suzanne Warner's Hours**

Aesthetician

Friday - 10:00 - 5:00

#### **Who Works Here**

##### **Melody Herrin**

*Owner  
Certified Massage  
Therapist  
Certified Cupping  
Therapist  
Reiki Master*



Specializes in chronic pain using deep tissue, trigger point, cupping, guasha (scraping), stretching and anything else that works.

Works Monday thru Friday

## Text Alerts

Top three reasons to sign up for text alerts:

1. Be the first to know about last minute openings.
2. Receive discounts that no one else will get.
3. Receive a \$10.00 credit to your account as soon as you sign up.

To sign up text BODYRELAX to 24587. Be careful, your auto correct will try to change it to two words. Tell your phone you know better.

Upon sending the text, you should immediately receive a text back telling you of your \$10.00 credit. If you do not receive this text then something is not right.

If you have any problems feel free to text me at 317-716-4646.

What the heck is the lymphatic system? *This is from internalharmony.com*

"One of the most important systems of the body is a little known circulatory system called the lymphatic system. It is the body's primary waste elimination system. As such it contains over 600 "collection sites" called the lymph nodes and has a network of collecting vessels more extensive than the venous system.

Your lymphatic system can be compared to a freeway. When congested, nothing moves. The same thing can happen in your body. Your lymphatic system affects every organ and cell in your body.

When the lymph fails to function properly and the collecting terminals become blocked, it's like a bottleneck. The lymph starts backing up in the system creating a toxic oxygen-deprived environment conducive to degeneration and disorder. The clear lymph fluid becomes sluggish or even stagnant, changing from a condition like water to milk to yogurt to cottage cheese. Toxic lymph can be stored for a long time in the system. This is not a healthy condition. Thickened, gel-like stagnant lymph overloaded with toxic waste is the ideal environment for the onset of numerous illnesses, including cancer.

Moving stagnant lymph flow is a key to rejuvenation. Once you clear up the lymph flow, which is an essential component of the immune system, you can enhance the body's natural healing ability to clear up illness.

A healthy lymphatic system can absorb and discharge unwanted body fat, carry away excess body fluids and toxic wastes, and aid in healing challenges associated with the muscular, circulatory, respiratory, digestive, endocrine and nervous systems. Again, your lymphatic system affects every organ and cell in you body."

These are just some of the things that can cause blockage or sluggish lymph system: chronic constipation, environmental toxins, heavy metals and chemicals, inflammation, infections, injuries and surgery (scar tissue and adhesions), bruises and traumas, food allergies, poor diet, tight clothing, lack of exercise, hormonal imbalances, structural misalignment, the normal aging processes, genetic predisposition.

Because the lymph system affects every system of the body, the symptoms are many. These are just some of them: colds, respiratory infections, emphysema, sinus headaches, sinus problems, allergies, low immunity, female and fibrocystic breast conditions, menstrual cramps, cellulite, water retention and

obesity, poor healing of injuries, prostate congestion, inflammation and chronic pain, muscle and tissue tension, arthritis, structural misalignment in the neck and shoulders, intestinal blockages, parasites, cancers, digestive disorders, ulcers, wrinkles, acne, and chronic toxicity leading to immune and fatigue syndromes, mental confusion and emotional disorders.

The process Donna uses to open the lymphatic system starts with reflexology. This helps open up the organs and helps Donna know which systems are the most compromised. She then uses a blend

**Donna Franklin**  
Certified Massage  
Therapist



Specializes in chronic pain using deep tissue, cupping, stretching, and essential oils.

The originator of The Total Wellness Detox. She uses a combination of reflexology, essential oils, and detox to open up the lymphatic system and pull toxins out of the body. A clogged lymphatic system can make you very sick.

Works Monday

**Laura Rutter**  
Certified Massage  
Therapist



Specializes in chronic pain using deep tissue and trigger point.

Works Saturday

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of essential oils in a certain direction to help move the lymph fluids.  
And to finish off, she uses several oils on the spine which helps  
pull the toxins out and keep the lymph fluids moving out of the  
body.

If you would like to schedule the "Total Wellness Detox" [click here](#).  
It is a 75 minute service and the cost is \$75.00. This is separate  
from any packages or gift cards because the price is slightly  
higher to cover the cost of the organic essential oils she uses.

See the side panel for the top ways to keep the lymphatic system  
flowing and help keep yourself healthy.

I absolutely love getting feedback from all of you. A lot of times, the  
responses I receive help me formulate the next newsletter or  
helps me improve the newsletters of the future. So, please do not  
hesitate to give me your response.

Sincerely,

Melody Herrin  
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