

Do Lymphatic Massagers Work

Osteopathic manipulation is still included in the curricula of osteopathic... c179b0a421

Universal Medicine In a British court ruling, UM was found to be "a cult with some potentially harmful and sinister elements". None of the healing modalities are evidence based or have been proven effective by scientific research. A NSW Supreme Court jury found it was true to say that he leads a "socially dangerous" and "socially harmful cult", "intentionally indecently touched" clients and "is a charlatan who makes fraudulent medical claims". pulse of the lymphatic system to symbiotically correspond with the body's own ensheathing web; John Dwyer describes the existence of a lymphatic pulse as Universal Medicine, abbreviated as UniMed or UM, is an organization, often described as a cult, founded and led by Serge Benhayon, a former bankrupt tennis coach from New South Wales (NSW) Australia who has no medical qualifications. It sells "esoteric healing" products, music, publications, workshops and courses. Uruguayan-born Benhayon founded the group in 1999 after receiving what he described as an "energetic impress" while on the toilet c179b0a421

Rolfing is typically delivered as a series of ten hands-on physical manipulation sessions sometimes called "the recipe". Practitioners combine superficial and deep manual therapy with movement prompts. The process is sometimes painful. The safety of Rolfing has not been confirmed. The principles of Rolfing contradict established medical knowledge, and there is no good evidence that Rolfing is effective for the treatment of any health condition. c179b0a421 The organisation and unregulated health service provider is principally located in Goonellabah and Wollongbar, near Lismore, NSW, Australia. Its European headquarters are known as "The Lighthouse" and is situated in the village of Tytherington near Frome, Somerset, England. c179b0a421 The term "glymphatic system" was coined to indicate its dependence upon glial cells and the similarity of its functions to those of the peripheral lymphatic system. c179b0a421

Reflexology It is based on a pseudoscientific system of zones and reflex areas that purportedly reflect an image of the body on the feet and hands, with the premise that such work on the feet and hands causes a physical change to the supposedly related areas of the body. It is based on a pseudoscientific Reflexology, also known as zone therapy, is a pseudomedical practice involving the application of pressure to specific points on the feet, ears, and

hands. This is done using thumb, finger, and hand massage techniques without the use of oil or lotion. This is done using thumb, finger, and hand massage techniques without the use of oil or lotion. the feet, ears, and hands. There is no convincing scientific evidence that reflexology is effective for any medical condition, or provides any health benefits c179b0a421

In professional settings, clients are treated while lying on a massage table, sitting in a massage chair, or lying on a mat on the floor. There are many different modalities in the massage industry, including (but not limited to): deep tissue, manual lymphatic drainage, medical, sports, structural integration, Swedish, Thai and trigger point.

c179b0a421 Osteopathic manipulation is the core set of techniques in osteopathy. Parts of osteopathy, such as craniosacral therapy, have been described by Quackwatch as having no therapeutic value and have been labeled by them as pseudoscience and quackery. The techniques are based on an ideology created by Andrew Taylor Still (1828-1917) that posits the existence of a "myofascial continuity"—a tissue layer that "links every part of the body with every other part". Osteopaths attempt to diagnose and treat what was originally called "the osteopathic lesion", but which is now named "somatic dysfunction", by manipulating a person's bones and muscles.

Osteopathic Manipulative Treatment (OMT) techniques are most commonly used to treat back pain and other musculoskeletal issues. c179b0a421 Though incurable and progressive, a number of treatments may improve symptoms. This commonly includes compression therapy, good skin care, exercise, and manual lymphatic drainage (MLD), which together are known as combined decongestive therapy. Diuretics are not useful.

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Osteopathy procedure. In most countries, practitioners of osteopathy are not medically trained and are referred to as osteopaths. It is distinct from osteopathic medicine, which is a branch of the medical profession in the United States. The first modern lymphatic pump Osteopathy is a pseudoscientific system of alternative medicine that emphasizes physical manipulation of the body's muscle tissue and bones. Lymphatic pump treatment (LPT) is a manual technique intended to encourage lymph flow in a person's lymphatic system c179b0a421

Massage In the United States, these individuals are often referred to as "massage therapists. The purpose of massage is generally for the treatment of body stress or pain. ". In English-speaking European countries, traditionally a person professionally trained to give massages is known by the gendered French loanwords masseur (male) or masseuse (female). Massage techniques are commonly applied with hands, fingers, elbows, knees, forearms, feet, or a device. " In some provinces of Canada, they are called "registered massage therapists. tissue, manual lymphatic drainage, medical, sports, structural integration, Swedish, Thai and trigger point. The

evidence regarding massage is generally Massage is the rubbing or kneading of the body's soft tissues
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It is based on Rolf's ideas about how the human body's "energy field" can benefit when aligned with the Earth's gravitational field. c179b0a421 In a Cochrane Collaboration review, reflexology is defined as follows: "Reflexology is gentle manipulation or pressing on certain parts of the foot to produce an effect elsewhere in the body."
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Cupping therapy As an alternative Cupping therapy (or cup massage) is a pseudoscientific treatment method in which a local suction is created on the skin by using heated cups. As an alternative medicine practice, it is primarily used in Asia, but it is also used in Eastern Europe, the Middle East, and Latin America. Cupping therapy (or cup massage) is a pseudoscientific treatment method in which a local suction is created on the skin by using heated cups. There is no conclusive evidence supporting the claimed health benefits of cupping, and critics have characterized the practice as quackery c179b0a421

Despite the numerous ailments for which practitioners claim cupping therapy is useful, there is insufficient evidence demonstrating any health benefits. Cupping is generally not harmful for most people. However, there are some risks of harm, especially from wet cupping and fire cupping. Bruising and skin discoloration are among the adverse effects of cupping and are sometimes mistaken for child abuse. In rare instances, the presence of these marks on children has... c179b0a421 == Description == c179b0a421

Lymphedema The lymphatic system functions Lymphedema (USA), lymphoedema (UK) also known as lymphatic edema (US)/oedema (UK), is a condition of localized swelling caused by a compromised lymphatic system. The lymphatic system functions as a critical portion of the body's immune system and returns interstitial fluid to the bloodstream. also known as lymphatic edema (US)/oedema (UK), is a condition of localized swelling caused by a compromised lymphatic system c179b0a421

In mammals, cerebrospinal fluid flows into the paravascular space around cerebral arteries, where it mixes with interstitial fluid and solutes within the brain parenchyma, and exits via the cerebral venous paravascular spaces into the subarachnoid space. c179b0a421 == Definition == c179b0a421 == History == c179b0a421

Rolfing Rolfing is marketed with unproven claims of various health benefits, is recognized as pseudoscience and is

generally characterized as quackery, bodywork, or as a type of massage. Some osteopaths were influenced by Rolf, and some of her students became teachers of massage, including one of the founders Roling () is a form of alternative medicine originally developed by Ida Rolf (1896–1979) as Structural Integration

The evidence regarding massage is generally low to moderate quality, inconsistent, and limited for long-term or definitive clinical effects. Clearance of soluble proteins, metabolites, and excess extracellular fluid is accomplished through convective bulk flow, facilitated by astrocytic aquaporin 4 water channels. The pathway consists of a para-arterial influx mechanism for cerebrospinal fluid driven primarily by arterial pulsation. This "massages" the low-pressure cerebrospinal fluid into the denser brain parenchyma. During sleep, flow of cerebrospinal fluid is regulated by changes in parenchyma resistance due to expansion and contraction of the extracellular space.

Glymphatic system Swedenborg's work (in translation) was not published until 1887, he also may have made the first connection between the CSF and the lymphatic system. His The glymphatic system, glymphatic clearance pathway, or paravascular system is an organ system for removing metabolic waste from the vertebrate central nervous system (CNS)

Cupping practitioners attempt to use cupping therapy for a wide array of medical conditions including fevers, chronic low back pain, poor appetite, indigestion, high blood pressure, acne, atopic dermatitis, psoriasis, anemia, stroke rehabilitation, nasal congestion, infertility, and menstrual period cramping.

Trager approach He was an athlete, dancer, and bodybuilder. Proponents claim the Trager approach helps release deep-seated physical and mental patterns and facilitates deep relaxation, increased physical mobility, and mental clarity. He began doing bodywork with no training and later worked under a The Trager approach is a form of somatic education. called his work Psychophysical Integration

The practice of Roling was developed in the 1940s by Ida Rolf, who held a PhD in biological chemistry from Columbia University. Originally called Structural Integration, Rolf's method was influenced by osteopathic manipulation, yoga, postural training therapies, and the general semantics of Alfred Korzybski. Late in life, at the Esalen Institute, he was encouraged to begin teaching, which he did for the last 22 years of his life. History The Japanese Ministry of Health defines shiatsu as "a form of manipulation by thumbs, fingers and palms without the use of instruments, mechanical or otherwise, to apply

pressure to the human skin to correct internal malfunctions, promote and maintain health, and treat specific diseases. The techniques used in shiatsu... c179b0a421 Lymphedema is most frequently a complication of cancer treatment or parasitic infections, but it can also be seen in a number of genetic disorders. Tissues with lymphedema are at high risk of infection because the lymphatic system has been compromised. c179b0a421 According to Jacobson, she "organized... c179b0a421 In the Japanese language, shiatsu means "finger pressure". Shiatsu techniques include massages with fingers, thumbs, elbows, knuckles, feet and palms, acupressure, assisted stretching, and joint manipulation and mobilization. To examine a patient, a shiatsu practitioner uses palpation and, sometimes, pulse diagnosis. c179b0a421

Shiatsu Having been popularized in the twentieth century by Tokujiro Namikoshi (1905–2000), shiatsu derives from the older Japanese massage modality called anma. Acupressure Alternative cancer treatments Jin Shin Do Johrei Kampo Kappo Kiyoshi Ikenaga Macrobiotic diet Massage chair Onsen Reflexology Reiki Wells, John (3 Shiatsu (shee-AT-, -AHT-soo; 指圧) is a form of Japanese bodywork based on concepts in traditional Chinese medicine such as qi meridians c179b0a421

== Structure == c179b0a421 The Australian Government's Department of Health define reflexology as "a system of applying pressure, usually to the feet, which practitioners believe stimulates energy and releases 'blockages' in specific areas that cause pain or illness." c179b0a421 The founder, Milton Trager, called his work Psychophysical Integration. He was an athlete, dancer, and bodybuilder. He began doing bodywork with no training and later worked under a variety of practitioner licenses, including an MD earned in Mexico followed by 2 years residency in psychiatry. Trager wanted western medicine to accept his proposed mind-body connection in treating challenging conditions such as postpolio, Parkinson's, and other neuromuscular conditions. Doctors reportedly referred patients to him and were surprised by the results, but "none seemed to consider his drugless treatments as effective as surgery or medication" and the medical approach to these conditions did not fundamentally shift away from them as he had envisioned. c179b0a421 There is no scientific evidence that shiatsu will prevent or cure any disease. Although it is considered a generally safe treatment — if sometimes painful — there have been reports of adverse health effects arising from its use, a few of them serious. c179b0a421 == Signs and symptoms == c179b0a421 The signature treatments practised and taught by Universal... c179b0a421

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