important in cases of fluid obstruction when it can be used to find the most accurate alternate lymphatic pathways to evacuate stagnant fluids.

3) Depth and pressure:

The ideal pressure has been calculated as no more than 33 mm of mercury per cm2.[4] The standard pressure used is very similar to that applied in cranial work. We need to be identify the specific depth of the lymph circulation we are addressing: working on superficial epifascial circulation, lymph circulation below the fascia, muscles, intercostal spaces, viscera, periosteum will require a different intention and depth.

4) Quality:

Quality of lymph need also to be assessed. Lymph can be quite viscous in cases of chronic lymph retention like allergies, fibromyalgia, chronic fatigue syndrome, chronic inflammation, etc. Emotional "fluidity" is also usually related to lymph fluidity.

For drainage of the central nervous system, the main goal of LDT is to activate resorption and cleansing of some constituents of CSF through the neurolymphatic or haemangiolymphatic pathways. A small study showed that lymphatic drainage techniques can reduce intracranial pressure dramatically, even more effectively in some case than Mannitol.[17]

Many other lymphatic functions also can be applied for different clinical cases. Lymph flow stimulation activates all other fluid fluctuations of the body, locally decreases chronic pain, spasms and chronic inflammations, and drains toxins,[27] fat and macro molecules (proteins) away from tissues. Activation of lymph flow through the lymphatic nodes also stimulates the immune system, increasing production of lymphocytes by about 30 percent.

Clinically these lymphatic techniques may seem to a patient, quite similar to a cranial technique: a very light touch of few grams per cm2, a very slow rhythm, stimulating the parasympathetic tone. The overall quality of the lymphatic stroke is very often described as a "love touch".

Dr. Chikly will present a lecture and seminar at the next AAO Convocation in St. Louis, MO. Dr. Chikly can be contacted at: P.O. Box 14, San Gregorio, CA 94074-0014 or phone/fax: (650)747-9764, e-mail: BCHIK @aol.com.

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