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The Importance of Lymphatic Drainage in Modern Times-A Review

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Introduction

In conventional medicine, the lymphatic system plays only a minor role. One pays attention to it with strong lymph flow disturbances like elephantiasis. Until 2017, for example, it was unknown that the brain has a lymphatic drainage. Lymphatic drainage therapists who claimed this were not taken seriously. Disorders and diseases of the brain and sensory organs are not seen in connection with lymphatic drainage disorders.

Why has this problem gained importance in recent times? For about 3 years we have been seeing the roll-out of technical electrosmog (especially 5G) on an unprecedented scale. One should know that the lymph, i.e. the lymphatic fluid, removes all metabolic waste products. This fluid contains a multitude of ionized molecules and free radicals, which are electrically charged. This makes the lymph a second-order electrical conductor (similar to the blood). The entirety of the lymphatic system is thus a large antenna for electro-magnetic waves that encompasses the entire body.

Problems

This is rather rarely noticeable in the extremities, where congestion or eczema may result from the leakage of lymph from the skin. More important is undoubtedly the head, where the brain, the eyes, the ears and the gums and roots of the teeth need an undisturbed drainage of the lymph. For this purpose, of course, the neck including the cervical lymph nodes is of crucial importance.

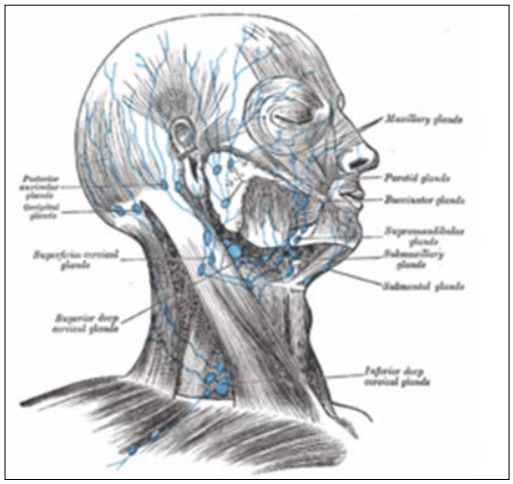

Figure 1: Lymph vessels and nodes of head and neck [1]

What do we see today? The front of the neck is disturbed by the sharp increase in thyroid problems. Hashimoto's thyroiditis has become a common disease. This is caused by the increasing autoaggressions with thyroid autoantibodies. As a cause can be considered an insufficient supply of iodide, a significant increase in the intake of fluorides, aluminum and other non-physiological metals, and as an effect of the general spread of spike proteins that cause antibody production. On the back of the neck, a tension and hardening of the trapezius muscle increases in the whole population. A simple-minded person will not see this in any connection with electrosmog. However, we should remember that the muscles have spindles that are very sensitive to electromegnetic effects. Of course, other organs of the head, such as the sinuses, also react to electrosmog. It is known that the paranasal sinuses have magnetites that act as small antennas. We are noticing more and more in our center that disorders of the organs of the head are becoming a general problem, and that this is related to disorders of the lymphatic drainage [2-4].

What to do?

The lymphatic system reacts positively to vibrations with a mechanical frequency of about 20 to 30 Hz. This can be used by using vibrators that generate this frequency. It is worth mentioning here the Belarusian scientist Vladimir T. Nazarov who for many years produced and used devices for this purpose with success [5].

Figure 2: The head and neck vibration device developed by Nazarov

Quotes, translated [5,6].

The development of Nazarov stimulation

Biomechanical stimulation (BMS) was developed by one of the best Russian sports scientists, Prof. Dr. habil. Vladimir T. Nazarov. Originally for legal performance enhancement in elite sports. Then gradually the method was used for health promotion.

The principle of Nazarov stimulation

Mechanical vibrations, which are within the biological spectrum of human activity, are transmitted to nerve, connective and muscle tissues. This is done with vibrations that are between 20 and 40 Hz and an amplitude of 4-6mm. The muscles are made to vibrate longitudinally, in a sinusoidal oscillation. The pumping activity, as triggered by BMS, removes old intercellular material, cleans the cell membranes and exposes the ion channels, thus purifying the tissues.

The mode of action of Nazarov stimulation [7]

Nazarov stimulation stimulates natural muscle work through mechanical vibrations and is approximately 10-100 times more effective than conventional training. Nazarov stimulation is non-invasive and can be performed without any effort of the patient's own will, e.g. even on paralyzed muscles. BMS is a method that does not involve stimulation current treatment and does not use chemical substances. It is based on the transmission of mechanical vibrations of a certain amplitude and frequency to the neuromuscular system. BMS is used to promote oxygenation and detoxification of the body, as well as muscle development and pain elimination.

BMS was developed in Russia in 1978/1979 and published only in the early nineties (Nazarov). In the then Soviet Union, this new type of therapy was first used in competitive sports. It was very quickly recognized that a respective treatment time of only a few minutes far surpassed the conventional training successes, not only seen in relation to the lower time expenditure. BMS is now being applied in many areas of medicine. BMS is leading the way in the fields of neuro-orthopedics, sports medicine, internal medicine, geriatrics, general medicine, preventive medicine.

The vibration generated by the equipment is transformed into longitudinal vibration of the musculature.

Positive « side effects » of BMS

- Stimulation of blood circulation and metabolism
- Expulsion of toxins and deposits through the lymphatic system
- Better cooperation of central and peripheral nervous system

However A, these devices are not widely available. However B, the devices were used in Russia and Germany, and no clinical investigations were performed outside Russia.

What you can use anytime and anywhere is manual lymphatic drainage of the head and neck. However, it requires good training, because a normal massage is not indicated here [6].

Conclusions

In this way, it is possible to allow the organs of the head to rid themselves of their metabolic waste products and of the free radicals. Success in the treatment of various symptoms and diseases of the organs of the head is thus made possible. Thus, the lymphatic drainage treatment has become important in modern times. However, it would be useful to protect oneself from exposure to technical electrosmog and, if not possible, to buy and wear protective devices.

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