

## Electro-Lymphatic Therapy

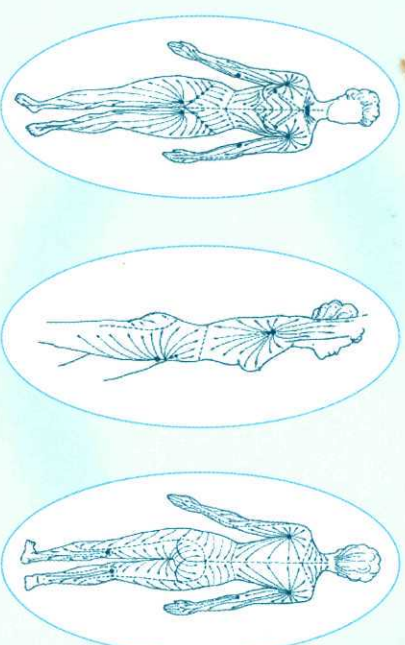


*Founder, Dr Simon de Montfort*

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*Be proactive...  
Be one step ahead.*

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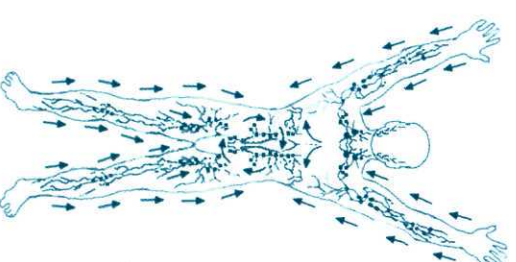
## The importance of The Lymph System

Both the Lymph and Circulatory systems cover the entire body and can greatly affect many of its functions when there are obstructions in the flow of these important body fluids. It is important to keep these fluids moving properly to ensure that oxygen and other nutrients reach the tissues through the circulatory system and for the wastes to be carried away from the tissues via the lymphatic system.

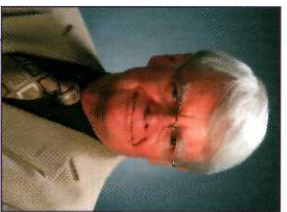
Whilst the circulatory system has the heart to move the blood, the lymph moves by muscle contraction and the effect of breathing on the thoracic duct.

Factors contributing to lymph congestion include injuries, immobility, poor diet, dehydration, pathogens, inactivity, surgery, stress, hormone imbalances, environmental toxins and the normal ageing process.

The purpose of this Electro-Lymphatic Therapy device is to increase the flow of fluids in the body, namely the blood and lymph. It does this primarily by improving the pressure differential between the blood and lymph, which allows oxygen, nutrients, hormones and other necessary substances to flow from the blood into the cell bed. Movement of body fluids is essential for health at a cellular level.







## About the founder Dr Simon de Montfort

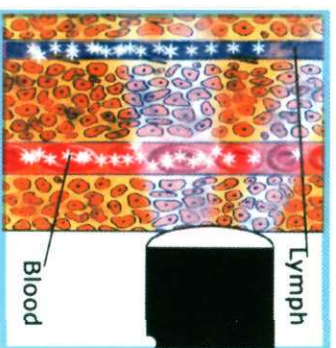
Dr Simon de Montfort, a homeopathic medical doctor, has spent over 20 years researching into the problems and finding solutions to various chronic conditions suffered by people of all ages.

What he found was that the common characteristic between different illnesses was the difficulty in maintaining the proper flow of blood and lymph.

He found that many chronic conditions seemed to be related to the flow of fluids in the body and this led him to work on a device that would increase the flow of body fluids by dissociation of the obstructions to normal flow patterns.

## How it works

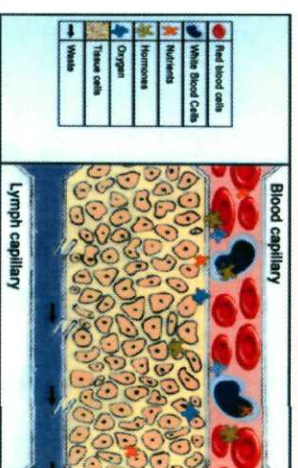
Based on the principles of Quantum Physics, the Lustrate essentially works by producing an energy field that is applied to the surface of the skin. The energy moves through the tissue and knocks electrons off the cells in the body fluids creating a negative charge which moves these cells into the fluids flowing through blood and lymph channels. It breaks up waste stored in the tissues, improving the immune system.



This energy field induces a flow of fluids thus relaxing muscles and relieving tension. An expansion is created in order to allow fluids to flow freely. Creating this expansion also opens the way for the body to provide nutrients to areas previously deprived and this encourages the healing process.

Most circulatory problems that people have lie in the capillaries. This is where cells are fed the necessary oxygen, nutrients and hormones the body needs to work efficiently.

Along the capillary pathway these nutrients penetrate into the tissue bed. Similarly, waste products in the cell bed move into the lymph pathway.



In order for this to happen, there needs to be a pressure differential between blood and lymph. The blood has a high pressure because of the heart but the lymph has a low pressure for moving fluids.

The Lustrate works on improving this pressure differential whilst releasing toxins from the muscles and improving the flow of blood and lymph.

The Lustrate only requires light pressure to the surface of the skin and by reducing pressure sensitivity, it makes any manual massage much more tolerable.

Whilst the Lustrate does not cure chronic illnesses, it treats problems associated with chronic illnesses

## Clinical Applications

The Lustrate has numerous clinical applications especially on all disease processes that have a chronic nature.

- Skin lesions of head and face
- Chronic Colitis
- Headaches and sinus problems
- Carpel Tunnel syndrome
- Sore throats including lymphadenopathies of the neck
- Most joint inflammatory conditions
- Stiff necks and sore shoulders
- Helps to clear fluid retention
- Whiplash
- Helps to improve fertility by clearing congestion in the pelvic area
- Emphysema, asthma, bronchitis
- Helps many cases of under active thyroid by allowing the thyroid hormone to get into the tissues where it is needed.
- Fibromyalgia
- Helps release stress and tension
- Chronic fatigue
- Back problems
- Helps to reduce cellulite



## Contraindications

The main contraindication to using the Lustre device is that of a person having an electrical implant such as a pacemaker.

Another contraindication would be to use this device on a patient who is terminally ill. Clearly in this state their toxic load is bound to be high and it would not be

appropriate in this terminally ill state to start moving toxins. The primary concern of a person who is terminally ill would be to focus on palliative and supportive care.

Whilst it is perfectly safe to use this device on a woman who is pregnant, it would be best to wait until after delivery of the baby to work on improving blood and lymph flow.

## Setting up your machine

The machine consists of two parts – the main unit and the therapy head.

Using the plug and lead provided, plug the unit (at the back) to the mains socket.

Using the therapy head lead, clip this in to the unit (at the front).

Switch the unit on by pushing the red button.

The therapy head also has a switch. With both switches turned on, now turn the black knob on the right hand corner clockwise or anti-clockwise until you see the dial on the left hand side move.

This should never move above the 400 mark. It is best to turn the black knob to set the dial to the 300 mark.



The dial indicates the intensity of the frequency emitted. So when applying the device to the face where the skin is thinner, this dial should be reduced down to 100-200. When working on areas of the body where there is a thicker tissue such as the thighs or buttocks, then this can be set up to 400.

However, should this high setting make a strange noise or seem like the energy field is erratic, then using the black knob, turn it anticlockwise to reduce the setting to around 300 until you hear a more steady level.

## Preparation

Always start and finish a treatment session by cleaning the glass end of the therapy head with an alcohol wipe.

Using the larger alcohol wipes, clean the skin surface of the areas to be treated. This removes any grease, enabling better contact between the therapy head and the skin.

### Prior to your treatment:

Remove all jewellery.

Have a shower and do not apply deodorant or body cream as the treatment can drive these into the skin.

Ensure that you drink plenty of good quality water before and after your session. This helps the lymph to move and flow better.

Whilst giving a treatment, ensure that the skin surface is always dry before applying the therapy head.

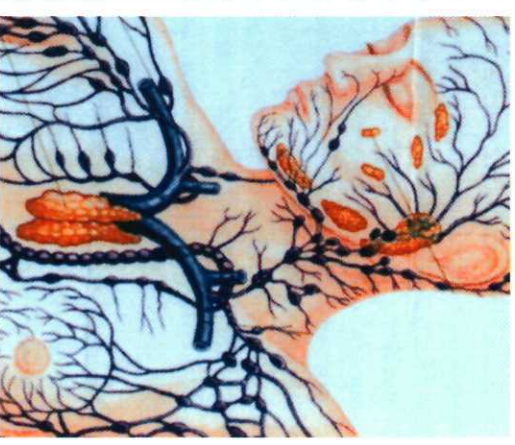
One hand should always be in firm contact with the skin surface of the body whilst the other hand holds and applies the therapy head to the appropriate tissue area. This avoids the formation of any electric sparks.

## Precautions

To protect the glass therapy head, cover the glass end with a sponge and elastic band.

Be careful not to trip over the long lead of the therapy head whilst giving a session.

Always begin and end a treatment session by applying the therapy head to the sternal area and follow the natural direction of the lymph flow.



Always turn the machine off at the switch and main socket after a treatment.

Do not cover the main unit whilst it is switched on at the mains as this will only overheat it. Do not expose the unit to intense sunlight.



## Terms and conditions

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Your Lustre machine and therapy head is guaranteed for 1 year from date of purchase. This will not include negligence or accidental damage.

This is quite a robust unit - the main possible problem would arise from burning out the therapy head if the dial setting is set too high, above 400, or the therapy

head is knocked or dropped.

If the therapy head is knocked or dropped, the glass may or may not show an obvious crack. Sometimes the glass can crack on the inside releasing the gases and preventing it from working.

In such instances we can arrange for it to be repaired but this will incur a charge.

## Frequently Asked Questions

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### ● *Is Electro-lymphatic therapy a form of massage therapy?*

Not really, however as the energy field is applied to the surface of the skin, a form of massage pushes the fluids to move toward the subclavian vein. The lymph system is a series of pathways and these pathways must be followed in the proper order for the therapy to be successful.

### ● *Is it safe for children and the elderly to have this treatment?*

Yes. Of course it depends on the condition of the person being treated as to whether it is appropriate or not.

### ● *Are there any side effects from these treatments?*

It is probably the safest and least likely to have any side effects of any device that has a major effect on bodily function. The most common side effect is from treating a toxic person too rapidly for them to handle the waste being dumped from the system. The solution to this is starting out with treating a limited area to see how the person can handle the waste disposal, reflecting how well their liver functions. It always helps to drink plenty of good quality water to help flush out the toxins.

### ● *How might I feel after a treatment session?*

Generally speaking, there is relief from pain and other things associated with the condition that the person presents with. Sleep is often better and most people report a general feeling of well being.

### ● *How long does the effect of one treatment last?*

It depends upon the condition one is treating. It is also important to understand the origins of the particular condition one is being treated for. Generally speaking, once

the lymph system has been cleared then it can maintain itself with the help of all the correct lifestyle habits.

### ● *Is it harmful to feel electric shocks or sparks during a treatment?*

This is more uncomfortable rather than harmful and should be avoided if possible. Some of the reasons for these shocks or sparks are brushing your hand or finger against the skin in a different area than is being treated. The therapist should always either make a firm contact with the patient's skin using their free hand whilst the other hand is holding and applying the therapy head or move their free hand completely away to avoid touching the person's skin in any way.

### ● *What important preparations are needed prior to a treatment?*

The main preparation is not to wear any chemicals such as deodorants, body lotion or makeup. It is also important to take a shower before your treatment.

### ● *I am a very sweaty person – will that interfere with a treatment?*

It will not interfere so long as the therapist has a towel and consistently dries the area to be treated.

### ● *Why is it necessary to have shorter sessions in the beginning?*

The therapist needs to understand how toxic the patient is. If a person responds to the treatment with some ill effects, it is important to limit the amount of time one spends on the treatment itself. This gives the liver time to detoxify the material coming from the lymph system and avoids discomfort for the patient. If there are no or little negative effects, one can increase the length of the treatments.

### ● *How often is it recommended to have a treatment?*

It depends on the condition one is treating and the toxicity of the patient. Generally speaking, two or three sessions per week is common.

### ● *Is it possible to have too many sessions?*

Not necessarily. On occasions I have treated individuals with specific conditions every day. On a few occasions I have treated people two or three times a day for certain rare conditions.

### ● *What should I be doing in between sessions to help myself?*

It helps to massage and move lymph in the proper direction. Also drinking plenty of water is important and be aware of your dietary habits. A good healthy intake of food can make a big difference.

### ● *If I have a cancerous lump in my breast, would it be harmful to have this treatment?*

This is a difficult question to answer as there are many facets to this problem. Animal experiments we have done suggest that heparin (which is given to thin the blood) has



been used to prevent metastases of primary tumour cells. Similarly, a negative charge makes it more difficult for a tumour cell to attach to other tissue when the cell is charged by this instrument and also with heparin. The therapist needs to assess how toxic this patient is and whether they are in the terminally ill stage of the cancer. It is not recommended to treat patients who are terminally ill with this treatment. The focus on such cases must be on palliative supportive care.

- ***Would you recommend having this treatment before and after any surgery?***

There may be good reasons for you to have these treatments before surgery. However, after surgery your body needs to have time to heal. It takes at least a week after surgery to be past the safe period for triggering any haemorrhage from the surgery site so I would recommend waiting at least a week or 10 days after surgery before recommending these treatments.

- ***How is this treatment different from manual lymphatic drainage?***

There is no comparison. Unlike Manual Lymphatic Drainage, the energy field delivered by this instrument instantly removes the obstruction to the flow of lymph by dissociating the components causing this obstruction. On an effectiveness scale of 1 – 10, Manual Lymphatic Drainage works up to 4 or 5 on this scale. Electro-lymphatic therapy however rates between 8 or 9 on this scale.

- ***If I have had all my lymph nodes removed from my axilla following breast cancer, is it harmful to have this treatment?***

No, we use this treatment in fact to help relocate a pathway to bypass that area so that one can avoid post mastectomy lymphedema.

- ***If I have large lymph nodes in my neck on both sides – would I benefit from this treatment?***

This depends on whether this is acute or chronic and the cause of these enlarged nodes but generally speaking yes, this treatment is helpful because it dissociates the obstructions in the lymph nodes.

- ***Is it possible to have treatments directly on the face for rejuvenation?***

Yes. When you do this you have the possibility of removing wastes from the tissue and bringing healthy blood and nutrients to the tissue which has the potential for making that area youthful.

- ***Why is it important to work on the upper body when I have problems with fluid retention in my lower body?***

There are important pathways for the lymphatic system in the body to which you must follow in order for the treatments to work properly. It is important to start by opening up the area underneath the clavicle which is where the main drainage of the lymphatic system begins. From that point go to the next main junction which would be the axillae,

abdomen and inguinal areas before treating the lower parts of the body. You must then always go back to the upper trunk area and make sure that as you move the fluids back, you do not bring about further blockages otherwise the treatment will not work properly.

- ***Is it possible to have treatments to the bowel and abdominal areas?***

Yes and this can help many digestive problems to heal.

- ***Is this a useful treatment for people who have had a stroke?***

This treatment would help work alongside physiotherapy to improve the flow of blood and lymph in the affected limb.

- ***Is this useful for diabetic patients?***

Yes. This is an excellent treatment for diabetics whose primary problem is one of the capillaries not being able to adequately perfuse the tissue bed with oxygen and nutrients. By improving the microcirculation, this treatment will allow oxygen to move more readily into the tissue bed.

- ***Will this treatment work as well over clothes or does it require skin contact?***

This device has only ever been used in direct contact with skin. However, it might work over a gown that is made of pure silk.

- ***What qualifications are required for using this equipment?***

This device is ideally suited for therapists who are familiar with working with the body. This includes massage therapists, chiropractors, osteopaths and other body workers who have a good knowledge and understanding of anatomy. However as it is a relatively simple device to use, with adequate training patients can also learn to use this device at home on themselves.

## **For Further Information**

For further information on the Lustre including purchase, repairs and training please contact:

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