

# Unlocking the Flow: Innovative Approaches to Move Lymphatic Fluid in Central Lymphatic Dysfunction

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## Objectives

Discover the forefront of lymphatic health from educating about the condition to sharing personal insights, exploring advanced diagnostics like Pelvic Lymphangiography, and introducing revolutionary holistic methods, I aim to raise awareness, inspire exploration, and empower those seeking transformative lymphatic solutions.



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## Born Swollen



At birth, the right side of my body was twice the size of my left.



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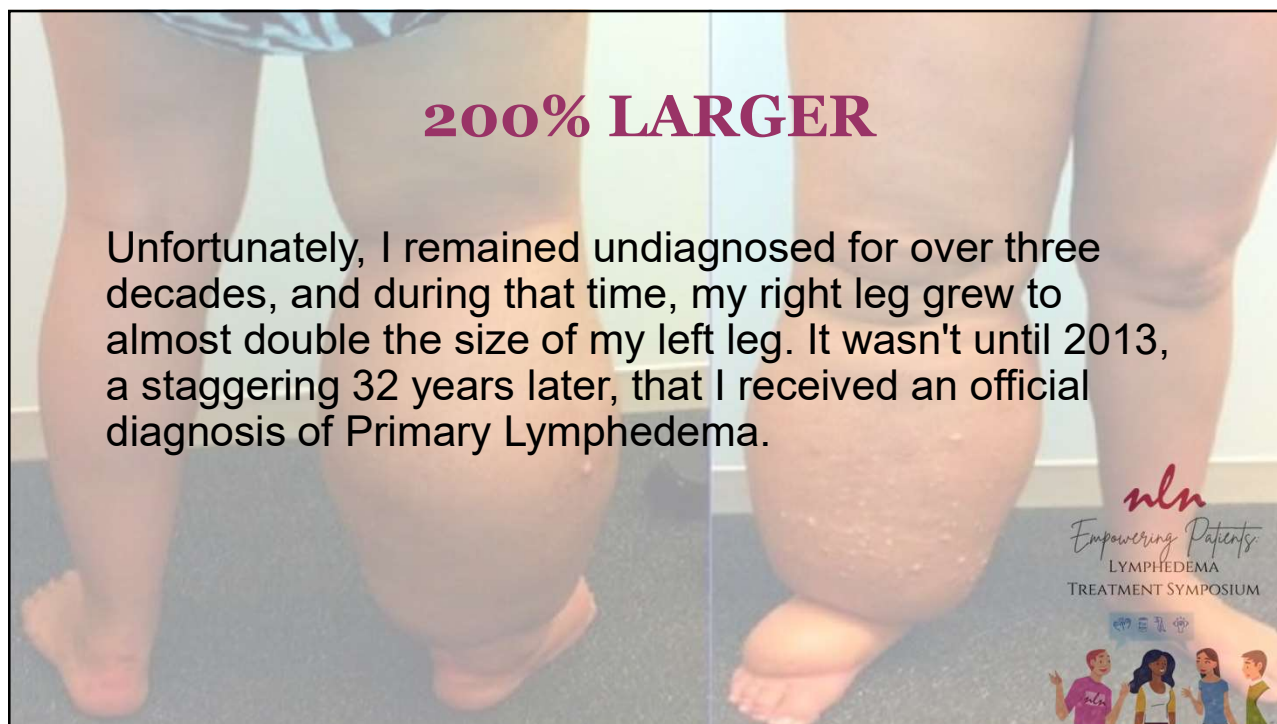
## Growth Wasn't Limited to Me – My Leg Grew Too



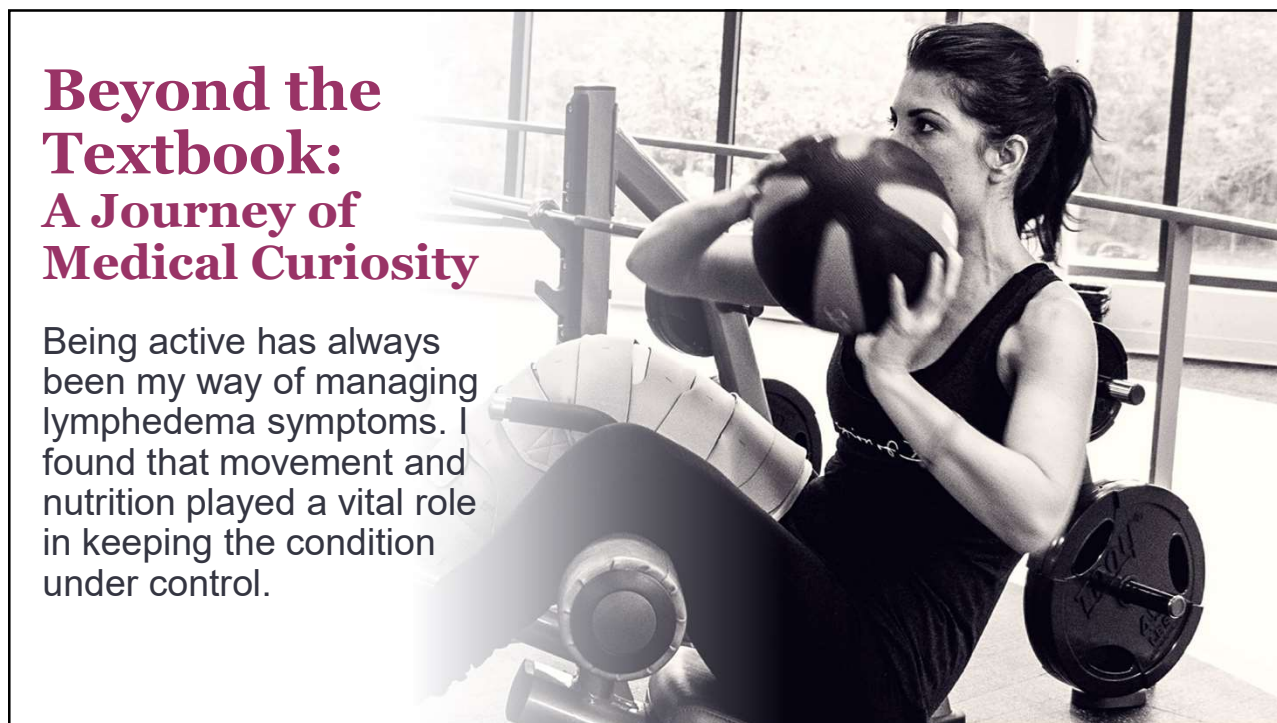
The swelling seemed to diminish everywhere except my right leg, which continued to grow along with me.



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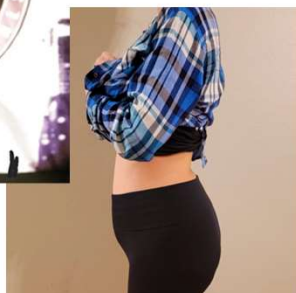


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## Central Lymphatic Dysfunction and the Impact of COVID-19

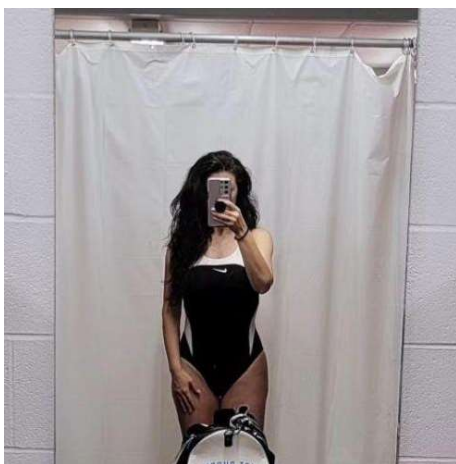


My experience with what I believed was "long covid" took an unexpected turn, revealing a condition far more challenging. Covid seemed to intensify something that was already present within me.



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## Navigating the Enigma of Chyle Leakage: Unraveling its Mysteries and Impact



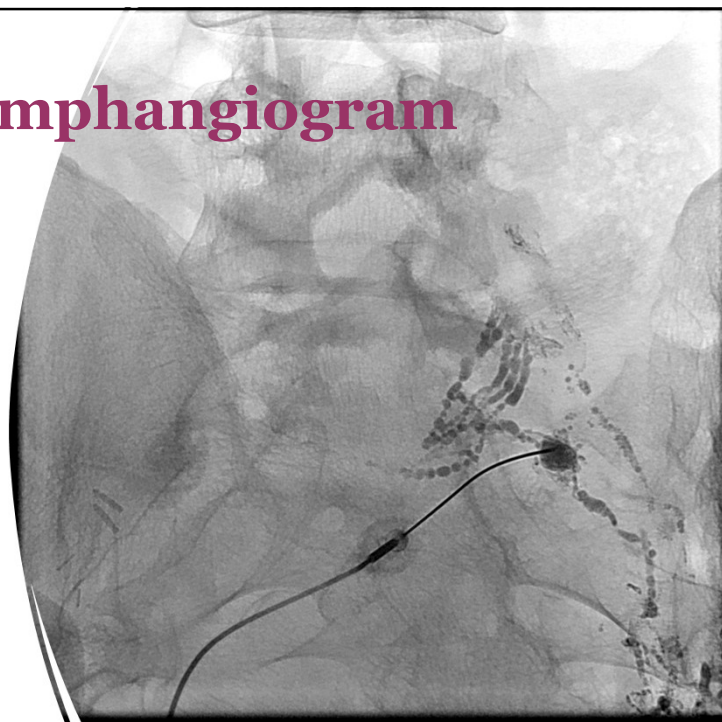
- I could no longer control my lymphedema symptoms with simple nutrition, compression and movement.
- In my quest for understanding why, I embarked on a meticulous journey of recording the shifts that paralleled my dietary choices and activities.



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## Bilateral MR Lymphangiogram

It is a diagnostic imaging procedure used to visualize the lymphatic system. It involves injecting a contrast dye into the lymphatic vessels, and then using X-ray or other imaging techniques to track the flow of the contrast dye through the lymphatic system.



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## Bilateral MR Lymphangiogram



Lymphangiography Procedure and Findings: Contrast Propagation and Visualizations – How High Fat Foods Can Affect Central Lymphatics.



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## Journey Across Continents: Seeking Solutions at the Wittlinger Clinic



If you know me, you're aware that I'm not one to back down easily. After opening up about my journey on social media, I was astonished to discover that many others were silently enduring similar struggles. Determined to find answers, I resolved that it was time to embark on a journey to Austria. I was eager to uncover the European approach to tackling the complexities of lymphedema anomalies like mine firsthand.



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## Holistic Approach for Alleviating Central Lymphatic Dysfunction Symptoms



For over 3000 years, Tibetan singing bowls have been revered for their ability to reduce stress and promote relaxation and lymphatic movement.

The vibrations and sound frequencies produced by the bowls are thought to resonate with the body's energy and promote relaxation, stress reduction, and overall well-being. By creating harmonic vibrations, Tibetan singing bowls may help stimulate the lymphatic system, aiding in the movement of lymphatic fluid and potentially improving its circulation.



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## The Impact of Nordic Walking and Movement Approaches

Nordic Walking is a highly effective exercise that involves using specially designed poles while walking. This technique engages a significant number of muscles throughout the body, far more than regular walking.



This increased muscle engagement leads to enhanced circulation and lymphatic flow. As the muscles contract and relax with each step and pole thrust, they act as pumps, effectively aiding the movement of lymphatic fluid through the lymphatic vessels.

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## Nutrition and Lymphatic Health: The Importance of Balanced Fat Intake



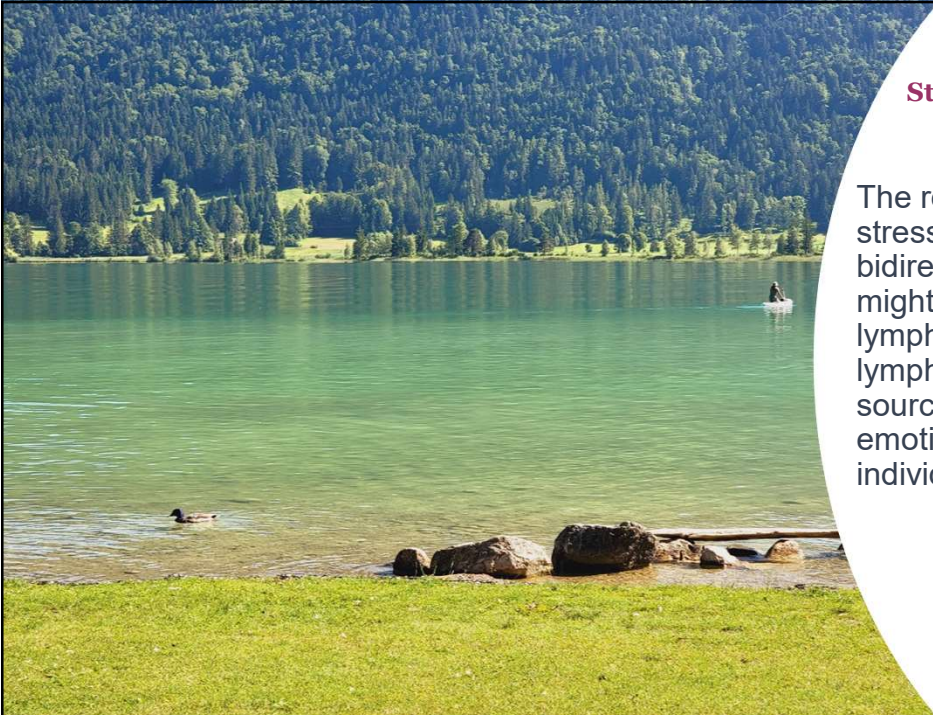
Proper nutrition can have a significant impact on the function and health of the lymphatic system.

- Dietary Fats and Lymphatic Function
- Benefits of Proper Fat Balance
- Other Nutritional Factors

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### The Interplay Between Stress and Lymphedema: Understanding the Connection

The relationship between stress and swelling can be bidirectional: while stress might exacerbate lymphedema, living with lymphedema can also be a source of stress and emotional distress for many individuals.

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## Central Lymphatic Restoration: Outcomes of a Holistic Approach



**Entrance Measurement:** 2023/06/12

Weight(kg): **60,20** Größe(cm): **160** BMI: **23,5**

Volume in ml: Left leg: **7637** Right leg: **8219**

**Second Measurement:** 2023/06/20

Gewicht(kg): **59,00** BMI: **23,0**

**Final Measurement:** 2023/06/28

Weight(kg): **58,40** BMI: **22,8**

Volume in ml: Left leg: **7392** Right leg: **7655**

**Change in Weight and Volume:**

Weight(kg): **-1,8**

Volume in ml: Left leg: **-245** Right leg: **-564**



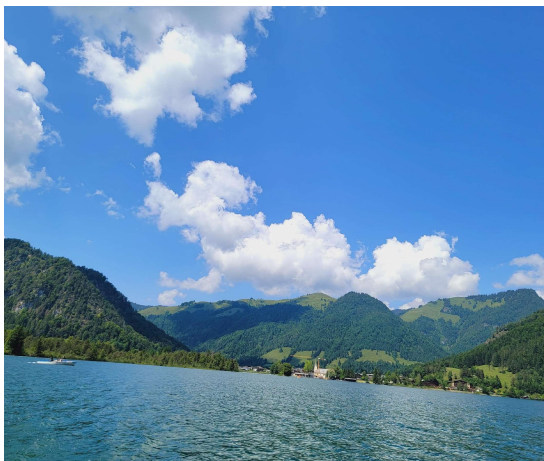
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## Conclusion



- **Wittlinger Clinic Experience:**
- 3-week inpatient treatment.
- **Techniques:** Deep tissue manipulation, abdominal compression, water therapy, pumping, breathwork, and Tibetan singing bowls.
- **Outcome:** Significant improvement in abdominal and pelvic areas.
- **Dietary Discoveries:** Necessity to manage fat intake to control chyle production.
- **Detox Symptoms:** Initial discomfort and toxin release resulted in momentary vomiting.
- **Travel Observations:** Managed a nine-hour journey without excessive swelling in the abdominal area and legs.
- **Therapy isn't a cure, but symptom relief is significant. Emphasis on the power of patient education and personal responsibility is a MUST.**



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## Research References

- Research Study: Effects of Singing Bowl Sound Meditation on Mood, Tension, and Well-being: An Observational Study <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5871151/>
- Pathological changes in the lungs and lymphatic organs of 12 COVID-19 <https://pubmed.ncbi.nlm.nih.gov/34676085/>
- Management of chyluria using percutaneous thoracic duct stenting <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9582170/>
- Lymphatic Interventional Treatment for Chyluria via Retrograde Thoracic Duct Access [https://www.ivir.org/article/S1051-0443\(21\)00799-5/fulltext](https://www.ivir.org/article/S1051-0443(21)00799-5/fulltext)
- Easy method of detection of chyle in urine: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3391817/>
- **Health benefits of Nordic walking: A systematic review:** <https://pubmed.ncbi.nlm.nih.gov/23253654/>



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