



Facilitation of Body Mapping and Manual Lymph Drainage with Phyto-rx fusions and Healium Breast Oil as a Holistic and Body-Centered Approach to Treating Diverse Conditions

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Abstract

"Body Mapping Creative Change" used Art Psychotherapy and the Massage therapy techniques of Swedish Massage, Myofascial Release, Hydrotherapy, Diaphragmatic Breathing, Breast Massage, Manual Lymph Drainage and specific Essential Oils to facilitate a safe somato-emotional release of negative subconscious emotions, sensations, thoughts, stress, and trauma in the 'pain body'. The inclusion of Essential Oils is an ancient healing protocol which increased dermal penetration of the plasma membrane with deeper skin absorption into the bloodstream and brain. Essential Oils therefore offered a natural, restorative, anti-fungal, anti-inflammatory, and anti-bacterial options for acute and chronic conditions, as well as, cancer prevention and recovery.

Keywords: Mapping; Manual Lymph Drainage;

Art Psychotherapy monthly treatment for one year with a forty-nine-year-old female client

Her health history was complex and revealed early familial trauma, chronic stress, anxiety disorder, ADHD, auto-immune conditions, asthma, sinusitis, lung infections, viral infections, strep throat, inflammation, hormonal issues, emotional eating disorder, digestive problems (gas, bloating, and Leaky gut syndrome), Stage 3 Lipedema which is an autoimmune and fat metabolic disorder often associated with underlying Hashimoto's Lymphocytic Thyroiditis and Lymphedema.

Art Psychotherapy treatment objectives using "Body Mapping" to support embodiment

This creative process used material diversity to stimulate sensory-motor neurons in the fingers through drawing an image which represented a 'self-image' and/or 'identity' in process of change. This neurological activation through the fingers translated up into the spinal cord and somatosensory cortex in the brain. The client consented to having a "Body Map" drawn around the outline of her body. As she moved and interfaced with her "Body Map" she realised her pattern of dissociation and disembodiment which numbed her emotional and physical pain. She realised how this placed her at risk for physical injury. The "Body Map" offered her a voice to tell her body's story and dialogue with the image of different body parts causing her pain. Her willingness to engage in

this creative, interactive and dynamic process helped her see and voice energetic blocks and limiting psycho-social-cultural beliefs around body shape, size, and weight without shame, judgment, and stigmatisation.

Massage therapy treatment objectives

The focus in the first year was assessing and performing a weekly sixty-minute full-body gentle Manual Lymph Drainage treatment in conjunction with "Phyto-rx Lipedema fusion" on painful varicosities and Cold Hydrotherapy compresses on her legs. This treatment approach drained the lymphatic system without irritating her fragile vascular circulatory system. After one year there was relief of her severe Lipedema vascular leg pain. The focus in the second year of bi-monthly Massage Therapy treatment was to relieve pain and fibrotic scar tissue in her lung and breast tissues. The focus in the third year of Massage Therapy treatment was to address her new condition of Plantar fasciitis with Cold/Heat Hydrotherapy, organic Castor Oil, "Phyto-rx Lipedema fusion", Apple Cider Warm Foot Baths, Stretches, Myofascial, and Manual Lymph Drainage which reduced her Achilles tendon heel and plantar fascia shortness, inflammation and pain.

Massage Therapy evidence-based outcomes

Positive outcomes in the first year of sixty-minute treatments were reduced lymphatic swelling and heaviness in her limbs, hips, and gluteal muscles. Regular flushing of her sinus with drop ap-

plication of “Phyto-rx Sinus fusion” decreased her and swollen submental and submandibular lymph nodes and enhanced respiration and sense of well-being. She consulted with Dr. Earle Sweet, Chiropractor, and Doctor of Natural Medicine who recommended daily application of his “Healiu Breast Oil” which improved her breast health and became part of her Homecare self-care.

Positive outcomes in the second year of bi-monthly seventy-five to ninety-minute treatments was a palpable opening in her soft tissues and bronchioles with the application of “Phyto-rx Breathe fusion”. She commented that she felt “heaviness dissolving in her lungs and was filled with joy at being able to breath freely again without experiencing bronchial spasms.” Also “Phyto-rx Happy Tummy fusion” was used in conjunction with the traditional Naturopathic technique of applying organic Castor carrier oil to the abdomen to relieve her chronic digestive gas, bloating, and constipation. The positive outcomes were increased intestinal absorption of nutrients, improved energy levels; reduced gas, bloating, intestinal inflammation and digestive discomfort [1-34].

In conclusion the creative synergy between Art Psychotherapy in conjunction with regular Massage Therapy treatments over three years helped this female client feel more embodied with increased body acceptance. She experienced greater inner coherence as a self-loving and self-caring person. As a result, she experienced a reduction in chronic anxiety, stress, inflammation, and vascular leg pain.

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