

**Most ailments, pains, and other symptoms of *aging* can actually be **linked** to the slow build-up of **lymphatic congestion** in our immune system!**

## WHAT IS THE LYMPHATIC SYSTEM?

The lymphatic system is the web of veins, glands and ducts that removes wastes and toxins (our body's "sewage") naturally out of the body, starting at the inter-cellular level. The body contains two to three times more lymph fluid than blood, and relies on muscle movement to propel it through and out of the body.

## WHAT CAUSES LYMPHATIC CONGESTION?

There are many possible causes... largely from physical and emotional life stresses: from heavy metals, man-made chemicals and food choices our bodies don't know how to metabolize, to surgeries where the cuts and scars compromise lymphatic flow; or from tight-fitting clothes to lack of exercise or dehydration. Bumps, bruises and other injuries can cause lymphatic congestion, as can food allergies or sensitivities. Once there is a blockage, like a logjam, the congestion can increase over time, causing more and more uncomfortable symptoms.

## BUY A DISCOUNT SERIES OF 5 FOR MORE RESULTS

Regular sessions assist the body with a cumulative effect. Buy 4 at once, get the 5<sup>th</sup> one free.



BODY CLEANSE LYMPH  
RELEASE™

**Margo Covington**



**Certified:**

Lymphatic Decongestive Therapist  
(DeLT = Level 2)  
Lymphatic Enhancement Therapist  
(LET 2)  
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**Since 2004**

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BODY CLEANSE  
LYMPH RELEASE™



*Empower Your Immune System*

**Lymph is the home of  
our immune system.  
This technique moves the  
lymph faster - with results  
we can feel, see and even  
hear!**

*"I Love to work myself  
out of a job."*

*- Margo Covington*

"Not only have I found easing of my uncomfortable symptoms through working with Margo, I am learning more and more about surprising additional health benefits. I wish I had started lymph treatment earlier in life. I am glad 360 Medicine recommended her lymphatic work to me."

**Mary Costello, Santa Fe**

## ARE YOU EXPERIENCING ANY OF THESE SYMPTOMS?

*How would it feel to live without your persistent ailments?*

- I'm just **getting old**... There's nothing to be done about these symptoms.
- My **digestion** is "off". I feel **bloated, burpy, heartburn, clogged**.
- Something's wrong, and I've had all the tests. **The doctors say I'm fine**. But I know I'm not.
- **Joint pain** – hips, shoulders, knees, ankles, wrists
- An **odd ache in my belly**... what could it be?
- An **odd ache in my heart**... I'm afraid of what it might be...
- I'm doing a **detoxification** program, but I feel worse instead of better.
- I have **asthma / sinuses clogged / trouble breathing**.
- I have **back pain**.
- I have **lyme disease, arthritis, or other auto-immune disease**.
- "**Brain fog**" – I just can't think as clearly as I used to.
- I just haven't been the same since I had **surgery** for \_\_\_\_\_.
- I'm in a "dance" with **Cancer**. I'm so frightened.
- I have **lymphedema / lipedema**.
- Mouth sores, **flu** like symptoms.
- **Chronic sinusitis**.

## BODY CLEANSE LYMPH RELEASE

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**"We melt lumps and melt pain!"**

Using wands about the size of a hand-held microphone that provide gentle, high-frequency, extremely low energy, physical vibration with acoustic waves, electro-static field and electro-pressure all aimed the lymphatic fluids in the body. This method breaks up lymphatic congestion allowing it to naturally leave the body.

This results in the breaking up of block-ages by breaking apart the congested molecules throughout the body – causing the erosion of the materials and the safe flowing of the lymph fluid through the natural channels - to be expelled from the body.

The company that makes the machine says that each session is equivalent to eight to ten manual lymphatic drainage (massage) sessions. My work is fully compatible with Manual Lymphatic Drainage (MLD) massage.

### WHAT ARE SESSIONS LIKE?

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90, 60 and 45 minute sessions are similar to massage: they are relaxing, and you will disrobe. For the 15-minute sessions you keep your clothes on. [See my website or ask for a pre-session Information Sheet.](#)

**\*\*THERE ARE A FEW FOR WHOM THIS IS NOT RECOMMENDED...**

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Virtually everyone can benefit from lymphatic release. However, if you are pregnant, nursing, use a pacemaker that is influenced by micro-waves, or have congestive heart failure, a blood clot, or lymphoma - and still want this kind of treatment – we can discuss your options.

## EMOTIONAL CONGESTION RELEASE

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Over the years, my clients and I have experienced a very high correlation between clearing lymphatic congestion and clearing stuck emotional hurts. I have witnessed and personally felt how the lymphatic system provides us with a clear place to observe the mind / body/ emotion connection. Clearing one, often clears the others much faster, and more comfortably.

We invite patterns that are no longer serving you to shift and release out of your physical and emotional body. On the "menu":

- Your preferred technique like mantra, affirmation, etc.
- Others' solutions that I've customized:
  - Emotional Freedom Technique (EFT)
  - Access Consciousness Customized Questions
  - Emotion Code

## DETOXIFYING FOOT BATH

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"Not all foot baths are created equal." This high-quality foot bath, made by the company that makes the other machine I use – ArcturusStar.com - is designed to "pull" heavy metals and toxins out through the bottoms of the feet without any corrosion of the heads, allowing symptoms to be relieved incrementally and comfortably. It works well with the lymph release sessions.

**Is it possible to feel better after only ONE session?**  
**YES!**