

LYMPHPRACTIC SESSIONS

LymphPractic sessions are deeply relaxing to the body and mind. From the first session you will feel improved circulation, less pain & stress. You will feel rejuvenated, while improving your immune response and overall physical and mental health. If dehydrated, some may experience a slight detox reaction of a headache, fatigue, digestive discomfort or irritability.

LymphPractic can be used for either deep relaxation or as a Whole Body Lymphatic System Detoxification, it depends on your need. Receive a series of 5 sessions in the first few weeks to increase circulation and help the “natural detoxification” of acid waste and toxins from the body. Maintain with a session every 3 to 4 weeks or as needed for optimal health. Every few months do a series of sessions of LymphPractic for a powerful lymphatic system detoxification. Sessions are 60 minutes and clients remain fully clothed, so dress comfortably.

BIO

LymphPractic was developed by John Ossipinsky who has studied and worked with the lymphatic system for over two-decades. John’s bodywork career started as a certified Lymphedema therapist and Diplomate Certified in CranioSacral Therapy. When he learned of acid-alkaline balance he studied the relationship between pH, the lymphatic system and health.

John’s book, *An Undetected Acid-Alkaline Imbalance*, as well as his website JohnOssipinsky.com explain how an acidic pH can slow, or stop, the lymphatic system. This lymphatic stagnation can lead to Autointoxication; your own cellular waste and toxins building in your body, creating inflammation and your specific health concerns.

LYMPHPRACTIC RATES

First Session \$125

60 min. \$100 Series of 3 - \$265

\$400* for 5 - 60 min. Sessions (*terms apply)

JOHN OSSIPINSKY, LMT, LPT
LYMPHPRACTIC THERAPIST

How would your life improve if you had less pain and stress, slept better and had more energy?

**A LymphPractic Session
Can Help You Feel Better TODAY!**

Call for a FREE Phone Consultation

602-628-0070

Sessions by Appointment Only

HealthyLymphSystem.com

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Scottsdale, AZ 85260

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In Balance & Motion Chiropractic

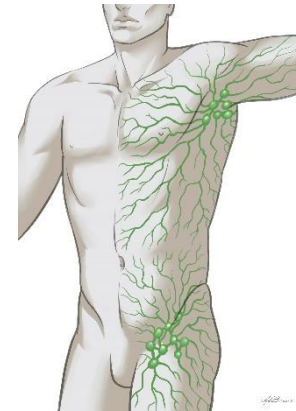
Learn More About the Lymphatic System and Health at

JOHNOSSIPINSKY.COM

*Improving World Health Through
Lymphatic System Education*

LYMPHATIC WELLNESS HEALTH, VITALITY AND HEALING

- Pain & Stress Relief
- Relaxes Muscles
- Increased Energy
- Healthier Skin
- Improved Sleep
- Improved Digestion
- Clearer Thinking
- Healthy Pregnancy
- Reduction in Swelling
- Builds Immune System
- Weight Loss



Every person has a lymphatic system, that helps to maintain their body and brain. The Goal of LymphPractic® is to help clients return back to health or to help maintain a healthy vibrant lifestyle. This is achieved by improving whole body circulation by activating the lymphatic system (a sewage treatment system for the body). LymphPractic uses hands-on techniques that releases the tissues of the body to improve lymph flow, blood circulation and the “Natural Detoxification” of acidic cellular waste and toxins to reduce inflammation and disease.

“Lymphatics are the next frontier of discovery in human disease. Long ignored because of their subtlety and complexity...”

- Dr. Mehmet Oz 2001

The lymphatic system is a tiny network of vessels (many as thin as your hair or microscopic) and nodes. It helps to clean “EVERY” system in the body and plays a major role in pain, stress, fatigue, insomnia, digestive problems, immune disorders cognitive issues and most health problems. When your lymph flow is improved you have less pain, feel more relaxed, less congested and more ALIVE than you have felt in a long time!

WHAT IS LYMPHPRACTIC?

LymphPractic was developed by John Ossipinsky to increase whole body lymph flow and blood circulation. Specifically to help improve the “Natural Detoxification” of damaging acidic waste, fibrin, fats, hormones and toxins from the tissues, skin, muscles, bones, organs, nerves, spinal cord and brain in a one-hour session.

LymphPractic gently opens the micro-circulation to improve the environment around and in your cells. We live and die at the cellular level, when your cells are healthy, you are healthy.

Everyone has a lymphatic system that helps to clean them, so everyone needs a LymphPractic tune-up to maintain their lymphatic system and overall health. LymphPractic is a simple, efficient way to help detox the body of damaging wastes that are creating inflammation and disease.

“there is a clear need to understand the biology of the lymphatic system in health and disease.”
- National Institutes of Health

LYMPHPRACTIC - CUTTING EDGE

LymphPractic is based on cutting edge science of the Lymphatic, Craniosacral, Visceral (organ), and Fascial Systems of the body. By combining the knowledge of these systems into a specific soft tissue therapy to increase whole body lymph flow and blood circulation, LymphPractic becomes extremely powerful in its ability to improve circulation, oxygenation of the cells, “Natural Detoxification” and overall health.

DIGESTION

The lymphatic system plays an important role in maintaining healthy digestion. There are approximately 200-300 lymph nodes in the abdomen. When the cisterna chyli (three lymph vessels in the abdomen) congest, acidic cellular waste builds in the intestines and colon creating bloating, inflammation and disease.

WEIGHT LOSS

In 2005 two-studies linked fat and obesity to damaged lymphatic vessels. In *An Undetected Acid-Alkaline Imbalance*, John Ossipinsky explains how an acidic pH can constrict the lymphatic vessels allowing your own cellular waste and triglycerides to build in your body to form fat. A series of LymphPractic sessions can help stimulate healthy and sustained weight loss.

DIABETES

In 2014 a UCLA study linked the accumulation of cellular waste in the pancreas to type-2 diabetes. Activating the lymphatic system helps the natural detoxification of cellular waste and improves the cells ability to create and better utilize insulin.

INSOMNIA

In 2013 and 2014 studies linked the buildup of b-amyloid plaque (cellular waste) in the brain to sleep disturbances. Clients sleep better after a series of LymphPractic sessions.

LYME DISEASE

Symptoms of Lyme disease vary greatly and may include fever, headache, fatigue and a rash. If the infection is not treated, it can spread to the joints, heart and nervous system. Swollen lymph nodes are one of the hallmarks of Lyme disease. Optimizing the lymphatic system is an important part to detoxing damaging cellular waste, inflammation and toxicity from bacteria which contributes to Lyme disease.

TREATING INFANTS & CHILDREN

Help your child start their life with a healthy lymphatic system. Just a few LymphPractic sessions may help open areas that are congested to reduce the risk of or help colic, earaches, fluid in ears, sore throats, eczema, hyperactivity, hydrocephalus, sleep disturbances, breathing problems, allergies, as well as attention and digestive issues. Schedule a LymphPractic session after vaccinations to reduce the build-up of acid waste and toxicity from repeated inflammation from vaccines. Kids love it!

LYMPH - BRAIN CONNECTION

If you want to improve the function of the brain, from ADHD, Asperger’s, Autism, developmental delays, cerebral palsy, MS, hydrocephalus, OCD, PTSD, depression, anxiety, dementia or Alzheimer’s you must improve the lymphatic system. In June, 2015 researchers at the University of Virginia School of Medicine found lymph vessels in the brain. Improving lymph flow can improve how you or a child feels and thinks.

PRE & POST SURGERY

A few weeks prior to surgery a series of LymphPractic sessions will prepare your body for surgery. Go into surgery with improved circulation, and a cleaner, more balanced and better functioning body and immune system. 48 hours after surgery have a very light LymphPractic session to relax the body and open lymph flow and circulation to reduce inflammation, pain, swelling and infection. A week later have another session to assist the healing process.

PRE & POST NATAL

When you are thinking of having a baby, or are pregnant, you need to prepare your body by optimizing your lymphatic system. A baby forms from a single cell, the lymphatic system maintains your cells. In order to survive, that cell and future baby needs a healthy, balanced cellular environment. Mom should maintain and prepare for the baby’s birth by balancing her pH and having a few LymphPractic sessions to improve Mom and the baby’s cellular environment. Keeping up with your LymphPractic sessions after delivery can help to alleviate Postpartum Depression, mastitis and weight gain.

CANCER & LYMPHATIC DETOX

An important goal in cancer care is removing, or detoxing, the acidic cellular waste created by cellular damage from chemotherapy and radiation. Even Naturopathic or Homeopathic therapies can create excess cellular waste that may limit healing. Improved lymph flow equals improved immune function and improved healing.