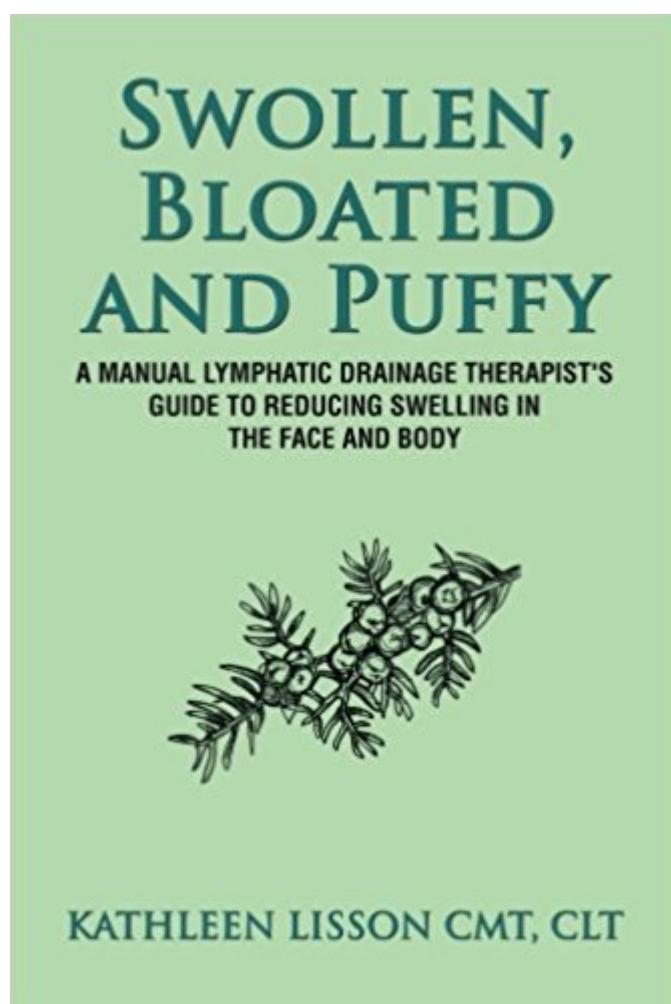


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# **Swollen, Bloated And Puffy: A Manual Lymphatic Drainage Therapist's Guide To Reducing Swelling In The Face And Body**



## Synopsis

Are you frustrated with swelling or puffiness in your face or body? Maybe you had surgery or an injury and want to reduce swelling, or lived with lymphedema for years and are looking for some new tips on reducing edema? In *Swollen, Bloated and Puffy, Manual Lymphatic Drainage* expert Kathleen Lisson explores tricks from proven to CRAZY to reduce swelling and boost the lymphatic system. In this book you'll learn how to: Reduce swelling in your body and face Balance your immune system and reduce stress Improve sleep Use meditation to calm your mind If swelling and puffiness are getting in the way of spending time with family and you want to get back to your life and get a fresh start, this book is for you!

## Book Information

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## Customer Reviews

Kathleen has written a lovely self-help book for people interested in addressing many factors of a busy lifestyle, leading to a suppressed lymphatic and immune system, and resulting in swelling and edema, just to name a few symptoms. Without being too technical, she has shared her knowledge from her own experiences, finding ways to improve her own well-being and the well-being of ladies generally. As well as being a lymphatic drainage therapist, she has covered other aspects of self care including meditation, relaxation techniques, use of essential oils, sleep enhancement and ways to manage and beat stress. It's an easy and informative read (loved the larger font), and will help provoke new ideas in many when looking at oneself and finding ways to improve one's health. It would also be a good book for younger therapists to read, to learn more about their clients and to consider the many factors that help contribute to better holistic care.

Well written and interesting!!...a delightful guide full of important information for those of us who wants to have a Happy Lymphatic System, a balance and healthy immune system, how to correct constipation (as it is the mother of all diseases), Lymphatic drainage, proper exercises, proper breathing techniques, what to use and wear to reduce swelling, bloating and puffiness of the face and body and more. A must read book!!! By Aileen P. Burda

Kathleen Lisson offers some great self care techniques that not only reduce selling and bloating, but are affordable and easy to incorporate into your daily routines. Swollen, Bloated and Puffy is a small book, but is full of resources (books, blogs, and videos) that provide additional information on any topic covered. This is the kind of book you will find yourself going back to and gaining something new each time you read it. Great read.

I'm a certified lymphedema therapist and I loved this book. The information is very valuable for other lymphedema therapists and for people diagnosed with lymphedema. Great tips and advice!

I have enjoyed reading this book. It covers a wide area and speaks plainly..... holistic approach. Recommend read for caregivers and persons with lymphedema

A quick, easy to read book that you could refer to your patients. It has useful, easy tips to help with swelling. There are a lot of useful resources listed in the book as well. I enjoyed the larger print. It isn't too technical and has a lot of good ideas.

Loved the book! I am a certified lymphedema therapist and know this is great information for my clients, written in a way laypeople will understand. I will be sure to recommend this to my clients

I am a certified Lymphedema Therapist and this is a great over view and explanation of MLD and the lymphatic system.

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