

Combined Decongestive Therapy (CDT) Manual Lymphatic Drainage (MLD) and Multi Layer Bandaging (MLB)

Lymphoedema has a very defined treatment;
Combined Decongestive Therapy (CDT).

We have brought this treatment to **The Sanctuary** via **Alejandro Suárez**, of the **Oceánico Clinic**, Gijón, Spain, to give a proven response to this pathology.

With this **intensive 6-day treatment**, we work to improve the patients health to an optimal state. There are varied objectives including a **reduction of swelling, elimination of heaviness of the limb, improvement of self-image and avoidance of relapses.**

All complementary therapies transcend through the course of time.

Each practitioner is born with fresh ideas, new methods and formulations.

Alejandro Suárez has crafted his own **unique method of MLD**. This has been achieved through **25 years of hands on experience** and research, by combining his own methodology with the existing building blocks of MLD. He trained originally with the official Dr. Vodder school in Barcelona.

Alejandro Suárez and his accomplished team have achieved remarkable results. There are many testimonials from his clinic, **Oceánico** in Gijón, Spain.

Alejandro Suárez is now offering this **pioneering MLD treatment** at **The Upminster Sanctuary**, combining his valuable work within **The Sanctuary's multidisciplinary team.**



“We believe in treating others as we would wish to be treated ourselves - and we want the best”

The Upminster Sanctuary offers a calm and relaxing atmosphere for your treatment. We pride ourselves on our beautiful gardens that provide an oasis of tranquillity. Time slowed down is an important part of the healing process.

Please consult your GP/Consultant before embarking on a course of treatment.

With best wishes,

Julia Massey/Amanda McGregor

Founder and Partner of The Upminster Healing and Teaching Sanctuary.



Pea Lane
Upminster
ESSEX RM14 2XH
01708 251124

info@healingandteaching.co.uk

Please visit our website for further details
www.healingandteaching.co.uk

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Intensive 6-day Treatment

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 **oceanico**[®]
NATUROPATHIC CLINIC

YOUR TREATMENT PLAN

Day 1 Consultation in the morning in order to take a case history and plan suitable treatment protocol.

Measurements are taken to record limb volume.

With consent, photographs of the affected limbs will be taken for records.

A number of health tests such as blood pressure, weight, etc. will be taken.

Afternoon Treatment:

Manual Lymphatic Drainage (MLD) and Multi Layer Bandaging (MLB).

Day 2

Morning Treatment: MLD and MLB

Afternoon Treatment: MLD and MLB

Day 3

Morning Treatment: MLD and MLB

Afternoon /Evening: Free

Day 4

Morning Treatment: MLD and MLB

Afternoon /Evening: MLD and MLB

Day 5

Morning Treatment: MLD and MLB

Afternoon /Evening: MLD and MLB

Day 6

Morning Treatment: MLD and MLB

Afternoon /Evening: MLD and MLB

- Final bandage measurement, measurement for hosiery and ordering of garments.
- Final assessment and management/ maintenance plan.

YOUR TREATMENT PLAN

Follow Up Appointments

We strongly advise weekly MLD appointments either here at **The Upminster Sanctuary** or with your local therapist for the following four weeks.

Thereafter, we recommend either twice monthly or monthly treatments for as long as necessary.

Introduction to the Sanctuary Team

This is an optional meeting on the evening prior to commencement of your intensive treatment plan.

ADDITIONAL THERAPIES AVAILABLE AT THE UPMINSTER SANCTUARY

Whilst our **6-day Intensive Programme** is highly effective in itself, general well-being can be greatly enhanced with our additional therapies. **Our Therapists are all highly qualified practitioners** within their own modalities. We offer a friendly and holistic approach to your treatment.

Nutritional Support, Bach Flower Remedies, Emotional Support Therapy, Aromatherapy, Healing, Yoga, Meditation, Reflexology, Massage, Bowen Therapy, and Acupuncture.

To be listened to, valued and to find someone who really cares can make all the difference to a rapid recovery when facing a chronic condition. Our holistic approach is second to none and complements conventional medicine.



YOUR INTENSIVE TREATMENT COST

The Cost of Your Intensive Treatment Programme is £750.

For information on future dates, please contact us on 01708 251124 or email us at info@healingandteaching.co.uk.

Bandages will be invoiced separately or a prescription can be requested from your GP.

Made to measure compression hosiery will be ordered at the end of the Intensive Programme and will be invoiced separately, or a prescription request will be issued.

OUR INTENSIVE TREATMENT TEAM

Alejandro Suárez Pérez. Director of of the **Oceánico Clinic**, Gijón, Spain. Manual Lymphatic Drainage (MLD) including Multi Layer Bandaging (MLB). Registered Practitioner of Chiromassage and Manual Therapy. Osteopathy and Kinesiotaping. Spanish Federation of Medicine and Sports Science, Barcelona. Lecturer at Conferences, Presenter on TV and Radio programmes both in England and Spain.

Bozhidar Dunin “Bosco”. Manual Lymphatic Drainage (MLD). Registered Practitioner of Chiromassage, Kinesiotaping and Osteopathy.

Katrina Ray ITEC CMC. MLD Practitioner. RLD Practitioner and Holistic Therapist.

