



Zap! How they pulled the plug on my niggling problem

What is it? LymphLite electro-lymphatic therapy is a quick and painless treatment designed to improve the flow of lymphatic fluid in the body. The lymph system runs more or less parallel to the veins in the body and lymph, a clear colourless liquid, acts as the body's waste-disposal system. If the system becomes clogged and sluggish (as it often does from our sedentary lifestyles and toxin-loving habits), the knock-on effects can range from feeling generally unwell, to bloating or swelling.

What does it claim to do? LymphLite aims to kickstart a sluggish lymphatic system into action so that

FEELGOOD FACTOR Alice Hart-Davis tries a treatment to rid herself of a long- standing complaint

it can do its job better. The hand-held LymphLite device sends a charge of negative ions across the skin and into the body where they go to work on any clumps of red blood cells which are sticking together (healthy red blood cells already have this negative charge on the outside of their cells, and since one negatively charged

particle will repel another, this charge enables them to float freely through the body). So, by giving the red blood cells a charge, it improves their mobility. And since the blood and lymph systems are interdependent, whatever helps the blood to flow will help the lymph to flow, and vice versa.

Any science to it? Plenty of quantum physics (which is frequently called upon as validation by complementary therapists, and since it is so complicated, is hard to both understand and to gainsay). And plenty of anecdotal evidence which is greatly in favour of it.

What's it like? I have a soft, swollen

lump in my armpit which swells up from time to time and this treatment is good for improving lymphatic drainage all over the body but particularly good for reducing lymph congestion in the breast area. In my case, 15 minutes of zapping and the lump simply deflated and flattened, making me feel more comfortable, as well as livelier and less bloated.

My lump, which plagued me for months, deflated as if a plug had been pulled. What more evidence of efficacy could one ask for?

Where and how much? £75 per session at the Wholistic Medical Centre, 57 Harley Street, W1 (020 7580 7537; www.wholisticmedical.co.uk)



Painless: Alice dispatches her lump