

healthy

HEAR IT FROM THE EXPERTS...



HAVE YOU HEARD ABOUT... ELECTRO-LYMPHATIC THERAPY (ELT)?

WHAT IS IT? A treatment using a non-invasive, hand-held device designed to stimulate the lymphatic system and rid the body of toxins. 'The lymphatic system is a vital series of lymph vessels and nodes that carry waste such as excess water and proteins away from tissues,' says holistic GP Dr Shamim Daya. 'But the lymph system can become clogged up.'

WHAT CAN IT DO FOR ME?

'The ELT device generates heat and light, which alters the charges of blood cells, separating any clumps. This allows lymph to flow freely, waste to be eliminated, and oxygen to get where it's needed,' says Dr Daya. She says ELT is great for

maintaining overall health and can help with anything from sore breasts to sinus trouble.

WHAT HAPPENS IN A TYPICAL SESSION? You undress to the waist and lie on your back on a treatment table. The ELT practitioner gently presses the device over your body. 'We always start on the upper body as this opens the main entry and exit points of lymph flow,' says Dr Daya. You should feel a warm, light tingling sensation. A half-body session lasts around 30 minutes. Regular treatments are recommended for lasting

effects and prices start at £75.

● Call 020 7580 7537 or visit www.wholisticmedical.co.uk for more information.

