

# Nurse on the Geaux

OPTIMAL HEALTH BEYOND THE SURFACE



## Manual Lymphatic Drainage Benefits for Breastfeeding Moms

---

**1. Reduces Swelling:** Pregnancy can lead to edema (swelling), and lymphatic drainage massage helps to gently move excess fluids out of your tissues.

**Results:** Reduced puffiness and discomfort.

**2. Boosts Immunity:** By stimulating the lymphatic system, this massage will give your immune system a much-needed boost.

**Results:** Toxins and waste flushed out of your system.

**3. Promotes Healing:** Improving circulation and reducing inflammation will help your body bounce back faster.

**Results:** Accelerated recovery process.

**4. Eases Stress and Fatigue:** Motherhood is beautiful, but also exhausting! This gentle massage can help you relax!

**Results:** Reduced stress and improved overall sense of well-being.

**5. Enhances Breastfeeding:** By improving lymphatic flow, this massage can support more comfortable and successful breastfeeding.

**Results:** More effective breastfeeding experience and reduced engorgement.

**6. Supports Hormonal Balance:** The gentle stimulation can help regulate hormones, which is crucial during the postpartum period.

**Results:** Supported hormone regulation.

***Remember, always consult with your healthcare provider before starting any new treatment. Your body is a wonderland, and it deserves all the love and care!***