



Alternative/Allopathic Modalities & Patient Tips

These methods are shared for informational and educational purposes. This guide provides various resources and tips for patients. Always consult your healthcare provider for personalized advice. Use at your own risk.

Finding a Certified Lymphedema Therapist

To locate a certified lymphedema therapist in your area, consider contacting the following resources:

- 1. Lymphology Association of North America (LANA)**
 - Website: www.clt-lana.org
- 2. National Lymphedema Network (NLN)**
 - Contact: 1-800-541-3259
 - Website: www.lymphnet.org
- 3. Lymphatic Education & Research Network**
 - Website: lymphaticnetwork.org
 - Article: [Living with Lymphedema and Lymphatic Disease](#)

Check their therapist directories. These are primarily US and Canadian resources.

Lymphedema Organizations and Conferences

- NLN (National Lymphedema Network) has been a driving force in the lymphedema community since 1988. Their garment program purchases garments for individuals who cannot afford them. You must visit one of the NLN approved Therapists. They also host yearly conferences: [NLN Conference 2023](#)
- The **Lymphie Life** is a newsletter that helps people worldwide find Lymphedema Support Groups and Certified Lymphedema Therapists: [Find Therapist](#)
- Lymphatic **Education & Research Network** also provides information on California support groups: [California Support Groups](#)
- **Lymphie Strong** and **Lymph Connect** are online lymphedema support groups: [Lymphie Strong](<https://lymphiestrong.com/>), [Lymph Connect](<https://www.lymphconnect.co.uk/>)



Lymphedema Support Groups

Find communities of support and resources tailored for those experiencing lymphedema:

- **Lymph Connect**
 - Website: www.lymphconnect.co.uk
- **Lipedema Support Group**
 - Website: [Dr. Amron Consultations](http://Dr.AmronConsultations)

Alternative Modalities

Discover various alternative methods that might aid your health journey. It is important to consult your healthcare provider before starting any new treatment.

1. **Ketogenic Diet**
 - [Leslyn Keith's Lymphatic Code](#)
2. **Turkey Tail Mushrooms**
 - [Paul Stamets' TED Talk](#)
 - [Fungi Perfecti](#)
3. **The Bengston Energy Healing Method®**
 - [Bengston Research](#)
4. **Juice Fasting**
 - [Superjuiceme App](#)
 - [Superjuiceme Documentary](#)
5. **Strengthening the Pituitary – "EAT THE SUN" Film**
6. **Plant-based Diet**
 - [The Game Changers](#)
7. **Post-Chemo Hand and Foot Numbness - Alpha-Lipoic Acid**

Managing Side Effects of Chemotherapy: Hair Retention, Cognitive Health and Physical Comfort - Patient Tips

Handy tips from patients who have navigated similar paths. Please consult your healthcare provider to ensure these are safe for your individual health circumstances.



Chemotherapy, while an effective cancer treatment, can have significant side effects. Here are some strategies from real patients to help manage these effects:

Hair Retention with Cold Cap

A hairdresser who underwent chemotherapy shared these tips for hair retention:

- Use organic shampoo and conditioner.
- Avoid hair gel products.
- Protect your head and hair from sun exposure.
- Avoid hot water; wash your hair in cold water instead.

Cognitive Health Post-Chemotherapy

Chemotherapy and anesthesia can sometimes result in mental foginess, often referred to as "chemo brain". One patient reported that her doctor recommended including a soy product in her daily diet for its phytoestrogen content. The patient reported a significant improvement after incorporating this into her diet. Please note that this approach should be discussed with your healthcare provider, especially if you have hormone-sensitive conditions, as soy has been linked to estrogen activity.

Physical Comfort for Arms and Legs

For physical comfort, especially when sleeping, consider arm and leg supports. One such product can be found at Loungedoctor.com. These supports can help provide comfort and proper positioning during the day and night.

Remember that individual responses to treatments and strategies can vary, so it's important to consult with your healthcare provider before starting any new regimen.

Essential Oils/ Herbs/ Tinctures

Lymphedema can be effectively managed using various natural remedies such as essential oils, herbs, and tinctures. Here are some beneficial options based on the book "The Complete Book of Essential Oils" by Valerie Ann Worwood and other sources.

Essential Oils for Lymphedema

The following essential oils have been noted for their beneficial effects on lymphedema:

- Grapefruit (Citrus Paradisi)
- Juniper berry (Juniperus Communis)
- Sweet Orange (Citrus Sinensis)
- Cedarwood Atlas (Cedrus Atlantica)
- Immortelle (Helichrysum italicum)
- Manuka (Leptospermum Scoparium)
- Plai (Zingiber Cassumunar)



Essential Oil Blends for Lymphedema

These blends combine multiple essential oils to help manage lymphedema:

Blend 1:

- Juniper Berry: 5 drops
- Grapefruit: 2 drops
- Cypress: 2 drops
- Sweet Orange: 5 drops

Mix these together and dilute 1-3 drops of the blend per 1 teaspoon of a carrier oil like fractionated coconut oil. Apply as needed, stroking upward towards the armpits from the arms, or towards the groin from the legs.

Blend 2:

- Lavender: 6 drops
- Juniper Berry: 3 drops
- German Chamomile: 6 drops

Use this blend in the same way as directed for Blend 1.

Tinctures

Horse Chestnut Tincture has been claimed by many people to decrease lymphedema. However, based on experience, it doesn't seem to make a significant difference.

Supplements

Doterra Meta Plan is a new product from Doterra aimed at reducing inflammation in the body. As lymphedema is an inflammatory condition, this product may be beneficial. Users have reported weight loss, reduced inches, and clearer minds over the past few months. It's essential to remember that everyone's body responds differently, and what works for one person might not work for another. Always consult with a healthcare professional before starting any new health regimen.

Spiritual Journey / Journaling / Books

Find spiritual guidance and inspiration from:

1. [The 15 minute Miracle](#) by Jacqueline Aldana
2. [Qigong for Energy & Vitality](#)
3. [Jixing Li Energy Qigong](#)
4. [Jeff Primack Qigong Master](#)

Support Resources

Resources dedicated to providing comfort and support for those with lymphedema:

1. **Upper Extremity Resources**
2. **Lower Extremity Resources** - [Loungedoctor](#)



Sacred Harp Music



People have said they are healing through sound and this harp is made in the sacred mathematical geometry of the Fibonacci series and Solfeggio frequencies and held close to the body the overtones can decrease nervousness and help in healing. Harp itself can also heal the body. This little harp has been crafted with these special frequencies and is light weight and many have found comfort and healing through the Sacred Scale Harp.

<https://sacredscale.ca/harp-1/ols/categories/sound-healing-musical-instruments-with-solfeggio-frequencies--sacred-scale>

The finest Solfeggio sound healing instrument! It has warm healing tones with the 9 solfeggio frequencies: 174 Hz, 285 Hz, 396 Hz, 417 Hz, 528 Hz, 639 Hz, 741Hz, 852 Hz, 963 Hz. This fine sound healing instrument was both invented and created with the intention to heal.

Each instrument is expertly, fine crafted with alder wood with spruce and maple accents. Alder tree essence is widely known for its qualities to help balance our emotions by easing stress, anxiety and nervousness. It can bring clarity into the mind, while increasing the life-force energy flow within us. Alder essence is closely associated with the sacral chakra, the seat of our soul with the elemental correspondence of fire and water.