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Die "Do It Yourself" LYMPHDRAINAGE

EINFACHE TECHNIKEN ZUR SELBSTANWENDUNG

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Die Yourself Lymphdrainage Techniken Selbstanwendung

Pfemeter Reinhard



Die Yourself Lymphdrainage Techniken Selbstanwendung:

Die Do It Yourself Lymphdrainage Pfemeter Reinhard, 2015

Lymphödem Selbstmanagement Eos A.I.

Saage, 2025-08-28 Dieses Buch richtet sich an Betroffene die aktiv zur Linderung ihres Lymphödem beitragen und ihr Wohlbefinden im Alltag verbessern möchten. Erlernen Sie die Grundlagen und fortgeschrittenen Techniken der Manuellen Lymphdrainage für die Selbstanwendung. Das Buch leitet Sie schrittweise durch die Vorbereitung der korrekten Grundgriffe zur Anregung der Lymphe sowie spezifische Behandlungen für die obere und untere Körperhälfte. Vertiefende Methoden wie unterstützende Atemtechniken und Faszienlockerung werden ebenfalls vorgestellt um den Lymphfluss zu fördern und das Gewebe zu entlasten. Ein wesentlicher Teil des Buches widmet sich der aktiven Unterstützung für Ihr Lymphsystem. Sie erhalten fundierte Informationen zur richtigen Hautpflege und Infektionsprävention zur Auswahl entzündungshemmender Lebensmittel und zur Bedeutung einer ausreichenden Flüssigkeitszufuhr. Darüber hinaus wird die fachgerechte Anwendung und Pflege der Kompressionsversorgung detailliert erläutert um die Therapie wirksam zu unterstützen. Die Bewegungstherapie bildet eine weitere Säule dieses Ratgebers. Entdecken Sie gezielte Entstauungsgymnastik für verschiedene Alltagssituationen im Liegen, Sitzen und Stehen. Das Buch stellt Ihnen angepasste Sportarten vor und gibt Hinweise wie Sie eine Überlastung Ihres Lymphapparats vermeiden können. Entwickeln Sie Ihr persönliches Selbsthilfeprogramm für die Lymphe. Anleitungen zum Führen eines Lymph-Tagebuchs zum Umgang mit Schwankungen des Ödems und zur Kommunikation mit medizinischem Fachpersonal helfen Ihnen Ihre Therapie langfristig zu managen. Spezifische Hinweise etwa zum Lymphödem nach Brustkrebs runden den Inhalt ab. Das Ziel ist die Integration der vier Säulen: Manuelle Lymphdrainage, MLD, Kompression, Bewegung und Hautpflege in Ihren individuellen Alltag um Ihr Lymphsystem bestmöglich zu unterstützen. Für dieses Buch haben wir auf innovative Technologien gesetzt: darunter Künstliche Intelligenz und maßgeschneiderte Softwarelösungen. Diese unterstützen uns in zahlreichen Prozessschritten bei der Ideenfindung und Recherche, dem Schreiben und Lektorieren der Qualitätssicherung sowie bei der Erstellung der dekorativen Illustrationen. Wir möchten Ihnen damit eine Leseerfahrung ermöglichen die besonders harmonisch und zeitgemäß ist. Manuelle Lymphdrainage Dieter Nelius, 1994

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