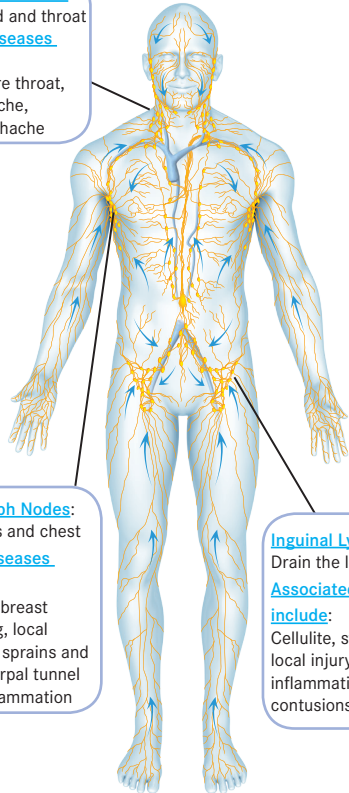


Applying LYMPHDIARAL® Cream

There are three important lymph node regions in our body. Each of these regions of lymph nodes drains different areas of the body

Cervical Lymph Nodes:
Drain the head and throat
Associated diseases include:
Headache, sore throat, sinusitis, earache, tonsillitis, toothache



Auxiliary Lymph Nodes:
Drain the arms and chest
Associated diseases include:
Lymphedema, breast pain & swelling, local injury, strains, sprains and contusions, carpal tunnel syndrome, inflammation

Inguinal Lymph Nodes:
Drain the legs
Associated diseases include:
Cellulite, swollen ankles, local injury, strains, inflammation, sprains and contusions

Maximizing the effect of LYMPHDIARAL® Cream

1. Apply the cream sparingly, one to three times a day.
2. First in regional lymph nodes that drain the area, then in the area where you are experiencing symptoms.
3. Gently massage the cream in the direction indicated on the diagram.
4. For local inflammation, pain or swelling; apply to the affected area in a gentle motion towards the nearest lymph nodes.

Why choose LYMPHDIARAL®?

- ✓ Over 50 years of experience
- ✓ Made in Germany and quality assured
- ✓ Safe and effective for the whole family



Made in
GERmany

AVAILABLE IN:

LYMPHDIARAL® Drainage-Cream 40g & 100g

LYMPHDIARAL® Sensitive Cream 40g

For complete product information see product info insert or ask your health care practitioner.



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*Inflammation?
Swelling?
Pain?*



We Can Help

**LYMPHDIARAL®
Drainage-Cream**

Injuries happen everyday...

Injuries affect almost everyone at some point. They can be acute injuries such as falling down stairs or turning your ankle while running. They can also be chronic injuries caused by overuse of a particular part of your body at work or during sports. All injuries cause inflammation as the body begins the process of healing.

The benefits of LYMPHDIARAL®

- ✓ Odorless and non-greasy
- ✓ Excellent tolerability



Inflammation causes pain and swelling

Ongoing pain due to unresolved injuries is very unpleasant and can have a huge impact on our lives. Pain generally comes from the stretching of tissues due to swelling.

Redness and heat result from increased blood circulation to the affected area, which makes it feel hot to the touch.

Swelling is due to the leaking of fluids and repair substances from the blood into the injured tissue. Swelling appears when more fluid enters the tissue than can be removed by our lymphatic system.

LYMPHDIARAL® belongs in your first aid kit

LYMPHDIARAL® Drainage-Cream and Sensitive Cream are an effective first aid to relieve symptoms of injuries.

- Swelling
- Inflammation
- Pain



Note: The body can heal only when swelling has been removed!

LYMPHDIARAL® Drainage-Cream and Sensitive Cream are also great remedies for relieving symptoms of chronic injuries or recurrent conditions.

- Wrist and finger pain
- Neck pain

Swelling blocks healing

Swelling:

- Prevents immune cells from entering the area
- Puts a large burden on the lymphatic system
- Is generally the cause of pain
- Inhibits microcirculation required for healing
- Leads to more inflammation

Problem:

PAIN & LONG-TERM SWELLING



OBSTRUCTION OF HEALING

Proper treatment accelerates the healing process

The primary goals in the treatment of most injuries are to support the body's own healing mechanisms, alleviate pain, and prevent swelling and bruising as much as possible. This is accomplished using RICE in combination with LYMPHDIARAL® Drainage-Cream or Sensitive Cream.



Rest - reduces pain
Ice - reduces inflammation and pain

Compression - reduces swelling
Elevation - reduces swelling

Homeopathic relief

LYMPHDIARAL® Drainage-Cream and Sensitive Cream are homeopathic remedies used to relieve symptoms of swelling and inflammation, including pain due to injury.

LYMPHDIARAL® Drainage-Cream has been used clinically worldwide for over 50 years and has excellent tolerability. It is safe to use for patients as young as 1 year old. LYMPHDIARAL® Sensitive Cream is especially useful for sensitive patients or delicate areas of the body such as the face.

