

# WOMAN'S WORLD

## Improve your mind and body, with Violetta Cope, MLD Therapist

**AS I reported in June, Violetta Cope practices Manual Lymphatic Drainage (MLD) which has helped me enormously in the relief of Irritable Bowel Syndrome (IBS). She concentrates on various areas of the body using slow rhythmical stroking and touching movements.**

This unique style and technique has had amazing results, not just physiologically but psychologically,

creating for me an intense state of relaxation and calmness.

For those who missed my article on the women's page in June, there are numerous ailments and conditions which benefit from MLD, so here's a recap.

For those who wish to detox, MLD speeds up your ability to rid your body of toxins, waste products and excess fluid. Skin conditions such as acne and rosacea, chronic sinusitis and weight loss can all benefit from MLD. Violetta can help those who have undergone surgery including post mastectomy. A full list can be found on the website.

Visiting Violetta is a joy. She has the ability to communicate with people on an individual level and to put them totally at ease. Violetta practices from home in a 19th century abbey in Teignmouth, which is warm and relaxed. The treatment never feels rushed. Violetta takes time to ask how you are feeling and suggests different body areas to treat to enhance benefits.

Since visiting Violetta not only have my IBS symptoms subsided but her approach allows me to cope with IBS much more positively. Since June I have been back to Violetta on a regular basis and I cannot emphasise enough how beneficial her treatment has been. My body now recognises each progression of the therapy. Violetta starts with neck movements before progressing to my stomach area. While treating my neck, my stomach anticipates the next stage by rumbling and gurgling! Since my visits my stomach area has become more toned and shapely and the skin area smoother and more taut.

I shall continue my MLD therapy with Violetta and enjoy a stronger body and mind. Violetta can be contacted on 01626 770121 and further information can be found on her website, [www.violettacope.com](http://www.violettacope.com)

*Amanda King*



## What is Manual Lymph Drainage?

**MANUAL Lymph Drainage (MDL) is a specialised massage technique developed in the 1930s by the Danish practitioner Dr Emil Vodder and is widely practised in European clinics.**

The therapy improves the functioning of the lymphatic circulation system by gentle rhythmical movements of the skin, which stimulates the contraction of the lymphatic vessels – this increases the rate of removal of waste products, toxins and

excess fluid from the body's tissues. The lymph passes faster through the lymph nodes where it is cleansed of bacteria and dead cells; the cleaned lymph then returns to the blood stream.

It takes a while to familiarise oneself with this unusual soothing skin moving technique but the rhythmical stretching, twisting and releasing movements induce a sensation of deep relaxation and it is very common to fall into a wonderful sleep during the treatment.