

Massage & Bodywork interview

03-2010

LDT & WORKING WITH THE BRAIN...THE NEXT FRONTIER

by Eileen Laird

Dr. Bruno Chikly changed the field of manual lymph drainage when he discovered you could tune into the lymphatic flow, and therefore work more specifically, following the body's lead. He then developed unique techniques to lymphatically release restrictions at every level: muscle, fascia, joint and viscera. 10,000 students have now trained through his curriculum. I asked Dr. Chikly, "What's next? Where is the future of lymph drainage therapy?" His answer is, "The Brain."

"The brain is a consuming passion," said Chikly. "You feel so honored to touch and become attuned to these structures, to facilitate their metabolic process. To realize how much the whole body is responding to the brain, how much every structure of the body tends to align to the structures of the brain and spinal cord; it is really amazing and humbling."

Chikly's brain curriculum was inspired by the techniques he taught in his advanced lymphatic classes. "As we were applying techniques to the lymphatic of the meninges of the brain and spinal cord, we noticed that the dura and the pia have an important network of lymphatics as well," said Chikly. "Then, very naturally, we followed

other fluids (cerebrospinal fluid). Then we addressed the very important grey nuclei of the brain, the white matter, and the cortex.” Soon, Chikly was working with the brain itself, and a new curriculum was born.

2. What is the Brain Curriculum. Is it an extension of Lymph Drainage Therapy or a completely new modality?

In LDT advanced 1 we started applying these techniques to the meninges of the brain and spinal cord, the dura and the pia that have a network of lymphatics.

Then very naturally I went to the fluid inside the lateral ventricles of the brain, the 3rd, 4th ventricle and the central canal of the spine. Then to the grey nuclei of the brain, the white matter, the cortex, etc. The brain is a consuming passion, Touching these tissues is so incredible. You feel so honor and touch and to attune to these structures, to facilitate their metabolic process. Then you realize how much the whole body is responding to the brain, how much every structure of the body tend to align to the structures of the brain and spinal cord. The brain curriculum was born. A class on its own.

3. Can you talk about Lymphofascial Release (LFR), and how does it differ from traditional MyoFascial Release? What is Lymph Trigger Point Therapy, and how does it differ from traditional Trigger Point Therapy?

This is a very nice technique when we go beyond the fluid and try to release lesion, body dysfunction by releasing in one touch the fascia and the fluid impede in one area.

The effects can be very dramatic, this is what we apply when we work with the viscera for example, releasing at once the stagnant fluid and the potential scar, tight fascia in an area.

Lymph Trigger Point Therapy is the application of these techniques to a trigger point, rather than a plain fascia release or a myofascial release. We can apply these principles to acupuncture/acupressure point for example.

In 2009, Chikly founded the Chikly Health Institute (CHI) with his wife and partner Alaya. The brain class is open to therapists with four years of clinical practice and some class prerequisites.

*For more information, visit CHI's website: **ChiklyInstitute.com***