

Neuro-Lymphatic Therapy Applications



Pre-conference Training Session for Certified Lymphedema Therapists

Applications of Neuro-Lymphatic Therapy

Carmen Recupero, BS, MBA, LPTA, CMT, CLT-LANA presented a continuing education course and was also the keynote speaker for our 2025 conference. She is a certified massage and lymphedema therapist who trains and certifies CLTs. She has developed advanced courses on the new research around brain lymphatics, or “Glymphatics.”

Glymphatic vessels drain fluid from the brain. This fluid often contains proteins that are associated with Alzheimer’s disease. Several diseases or conditions involving the brain are associated with fluid buildup or inflammation, including Multiple Sclerosis, ADHD, Depression, Long Covid, Alzheimer’s, Parkinson’s, Autism, Migraines, Stroke, Hardening of the Arteries, and Epilepsy. Neuro-lymphatic therapy is being researched in conjunction with other treatments for these conditions.

While neuro-lymphatic therapy does not cure these diseases, it is a non-invasive, non-pharmaceutical support for chronic aging or disrupted glymphatics. Carmen demonstrated techniques to help open the lymphatic pathways from the head and neck. Individuals can support their own glymphatic systems by

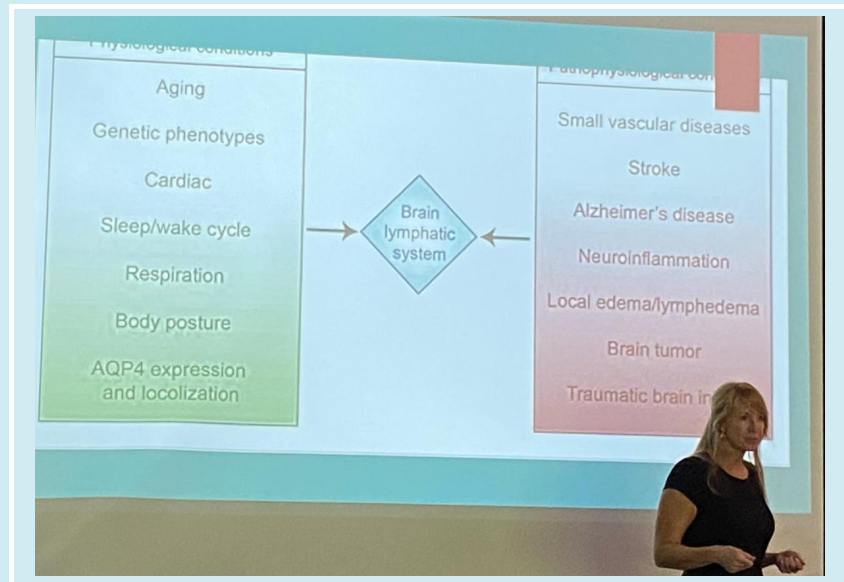
1. Staying Hydrated
2. Breathing Deeply
3. Specific lymphatic manual techniques
4. Erect posture

5. Exercise, including stretching such as yoga as well as cardio.
6. Singing – creates cranial vibration that stimulates lymphatics.
7. Sleeping on one's side with the head supported so pathways in the shoulders and abdomen are not shut down.

Neuro-lymphatic therapy supports memory, focus, mood, and fluid homeostasis in the brain. All attendees at the Friday training session also reported that it feels wonderful!

[Carmen Recupero's Website](#)

The Lymphatic System's Central Role in Brain Health



"Taking the weight of a patient's head in your hands goes a long way toward clearing the lymphatics."

~Carmen Recupero



Therapists enjoyed practicing the neuro-lymphatic therapy techniques.

[Lighthouse Lymphedema Network](#)





Try email marketing for free today!