PUBLIC HEALTH, WELFARE & SAFETY

Exhibit No. 8

Date 4-6-09

Bill No. HB 662

April 6, 2009

Chairman, Members of the Committee, my name is Jaelene Johnson. I am here today in support of HB 662 with the massage therapy amendments. I have been a therapist for the last 16 years. After college, I went on to complete my massage certification through a school in Montana. To further my education, I was trained in three modalities from two different medical doctors. These modalities include Lymphatic Drainage Therapy, CranioSacral Therapy and Visceral Manipulation Therapy. These techniques are widely practiced all through Europe. There are approximately 600 massage modalities in the world; it was the massage therapists that introduced these techniques to the States many years ago. It would be impossible to comply with the 500 hour requirement as proposed by the physical therapists to include the numerous modalities. I have spent hundreds of hours as well as a small fortune to get where I am today. My education required me travel all over the United States and Canada to complete the curriculum created by the Upledger Institute. I have been personally trained in Lymphatic Drainage Therapy by Bruno Chikly, MD, OD (hon). Dr. Chikly is a world renowned Manual Lymphatic Drainage Educator from France. I have also been certified in bandage and garment to assist my clients who are affected by lymphedema.

Without these amendments, this bill would harm my ability to make a living. I do not want to go to school to learn how to do a "Swedish Massage". I have the financial burden of raising three children on my own and I certainly do not need the extra financial burden of completing unnecessary required education as outlined in the bill.

I urge you to support this bill with the massage amendments.

Thank you,

Jaelene Johnson, LLCC
Healthy Habits, Inc

About The Developer: Bruno Chikly, MD, DO (hon.)

"Incorporating Lymph Drainage Therapy into my practice has added an essential component to my work. Palpating obstructions in the lymph flow gives me important diagnostic information. Resistant conditions are clearing much quicker, and patients are noticing immediate changes."

— S.E., Doctor of Chiropractic

"Lymph Drainage Therapy is one of my most important tools. I use it for many different conditions, including hand therapy, post-surgical recovery, scar treatment, pain, swelling, arthritis, back and neck conditions and lymphedema."

— L.B., Occupational Therapist

Bruno Chikly is a graduate of the medical school at Saint Antoine Hospital in France, where his internship in general medicine included training in endocrinology, surgery, neurology and psychiatry. Over the years he trained extensively in a number of manual and osteopathic disciplines, including lymphatic techniques, CranioSacral Therapy, Cranial Osteopathy, Visceral Manipulation, Mechanical Link, Muscle Energy, Strain/Counterstrain, Myofascial Release, Zero Balancing, Process Acupressure, Neuromuscular Therapy and Orthobionomy.

Of these studies, it was Dr. Chikly's work in traditional medicine, osteopathy and lymphology that primarily impacted his creation of Lymph Drainage Therapy. In 1994 he earned the prestigious "Medal of the Medical Faculty of Paris VI" for his exhaustive research on the lymphatic system and lymph drainage technique.

Dr. Chikly has conducted workshops and lectures in France, Belgium, Germany, Switzerland, the United Kingdom, Italy, Tunisia, Israel, Brazil, China, Canada and the United States. He is currently an adjunct professor at the Union Institute & University Graduate College (Ohio). He is also a member of the International Society of Lymphology, an associate member of the American Academy of Osteopathy and The Cranial Academy, and he is listed in the Millennium Edition of *Marquis' Who's Who in the World*. Dr. Chikly resides in Arizona with his wife and teaching partner, Alaya Chikly, CMT.

Dr. Chikly is the author of the first comprehensive book in North America on the lymphatic system and lymphedema: *Silent Waves: Theory and Practice of Lymph Drainage Therapy – With Applications for Lymphedema, Chronic Pain and Inflammation* (I.H.H. Publishing, 2001). He also created the first lymphatic dissection video in North America, providing an unprecedented view of major lymph nodes, vessels and viscera.

How To Locate Practitioners Skilled In Lymph Drainage Therapy

Practitioners of Lymph Drainage Therapy can be located through Upledger's International Association of Healthcare Practitioners® Directory. This valuable resource is available through The Upledger Institute at 561-622-4334 or online at www.upledger.com.

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DISCOVER

Lymph Drainage Therapy℠

A Hidden Key to Health and Longevity℠

Upledger Institute

The Importance Of Lymph Drainage For Good Health

"The completely new enhancement of LDT is the palpation of the lymph flow — including its rhythm, quality and direction — in the different layers of the tissues. [Bruno Chikly's] work has opened the possibility for practitioners to map the lymphatic flow, greatly enhancing the effectiveness of the work."

— R.S., Medical Doctor

The proper functioning of the lymphatic system is critical to our body's ability to drain stagnant fluids, detoxify, regenerate tissues, filter out toxins and foreign substances, and maintain a healthy immune system (Asdonk, 1970, Adair & Guyton, 1982). It is a complex system comprised primarily of lymph vessels and nodes working in cooperation to accomplish these tasks.

Unlike the circulatory system, which uses the pumping of the heart to circulate its blood flow, lymph vessels rely upon hundreds of tiny muscular units (lymphangions) contracting throughout the body to propel lymph flow (Mislin, 1961). These contractions enable the lymph vessels to transport numerous substances (i.e., proteins, toxins, hormones, fatty acids, immune cells) to lymph nodes, which can then process them. The action of these muscular units can be hindered or stopped, however, due to surgery, trauma, burns, infections, substantial swelling, fatigue, stress or age. When the lymph circulation stagnates, fluids, proteins, cells and toxins accumulate, and cellular functioning is significantly compromised (Adair, Guyton, 1982). This may open the way to many physical ailments and hasten the aging process.

Lymphatic drainage is a hands-on technique designed to attain and sustain proper functioning of the human fluid system. Its origins can be traced to two traditions in particular: the published research of osteopathic physicians E. Miller (1920) and F. Millard (1922), and E. Vodder, a Danish massage practitioner and doctor of philosophy (1932). Over the years, methods based on the discoveries of these pioneers have been honed, refined and expanded. Today lymphatic drainage techniques are employed as standard scientific practice throughout Europe and continue to gain recognition in the United States — both from healthcare providers and national insurers such as Medicare.

LDT...Taking The Techniques To A New Level

Lymph Drainage Therapy (LDT) is an original hands-on method of lymphatic drainage developed by Bruno Chikly, MD, DO (hon.). Created out of his award-winning research on the lymphatic system, LDT takes traditional lymph drainage techniques and adds a new level of precision in keeping with the latest scientific discoveries and exact anatomical science.

LDT enables practitioners to detect the specific rhythm, direction, depth and quality of the lymphatic flow. As a result, therapists can achieve profound, more precise outcomes in shorter periods of time. For clients, the process is very pleasurable and induces deep states of relaxation.

How Lymph Drainage Therapy Is Performed

The LDT process involves the use of gentle manual maneuvers to aid in the recirculation of body fluids. While the exact amount of pressure applied depends on the area and pathology involved, it averages an extremely light five grams, or the equivalent weight of a nickel.

Using this technique, trained therapists are able to detect the specific rhythm, direction, depth and quality of the lymph flow anywhere in the body. From there they can use their hands to perform Manual Lymphatic Mapping (MLM) of the vessels to assess the overall direction of lymphatic circulation, areas of stagnation, and the best alternate pathways for draining lymph and other body fluids (Chikly, 2001).

As this cross-section of lymph vessels shows, the body's lymphatic system is very extensive and complex. It helps circulate fluids, proteins and immune cells throughout the body, plus eliminate toxins and waste products.

The Benefits Of Lymph Drainage Therapy

Due to the nature and role of the lymphatic system, LDT can prove beneficial in the correction of numerous conditions as well as in preventive health maintenance. This is why you'll find a wide range of practitioners using LDT. Among them are medical doctors, osteopathic physicians, doctors of chiropractic, physical therapists, occupational therapists, naturopaths, nurses, lymphedema specialists, dentists, massage therapists and other bodyworkers.

In essence, Lymph Drainage Therapy works to help recirculate body fluids, stimulate functioning of the immune system, and balance the autonomic nervous system. It is shown that when these actions are accomplished, the results may be:

- Reduction in edemas (swelling) and lymphedemas of many origins
- Relief of chronic and subacute inflammation and conditions such as acne, eczema and allergies
- Immune system stimulation for preventive and therapeutic effects
- Regeneration of tissues (e.g., from burns and pre- and post-surgical scarring) and anti-aging effects
- Detoxification of the body
- Relief of chronic pain
- Deep relaxation to aid insomnia, depression, stress, loss of vitality, and loss of memory
- Antispastic actions to relieve conditions such as voluntary or involuntary muscle hypertonus
- Reduction in the symptoms of chronic fatigue syndrome and fibromyalgia
- Alleviation of adiposis and cellulite tissue