
Introducing LLN 2025 Conference Speaker Carmen Recupero, CLT



Carmen Recupero, BS, MBA, LPTA, CMT, CLT-LANA, is an accomplished healthcare executive and entrepreneur with a strong track record in developing innovative solutions for health and wellness. She is the founder of Monarch Consulting & Education, a continuing education leader for CLT training since 2008, where she specializes in advanced therapeutic strategies for oncology and lymphedema care, including neuro-lymphatic therapy. Over her distinguished career, Ms. Recupero has led consulting projects with leading healthcare organizations, focusing on diversity, inclusion, and the integration of cutting-edge therapies.

Ms. Recupero has pioneered the use of cranial lymphatic techniques to enhance brain function and address neurological disorders such as Alzheimer's disease, Parkinson's disease, and post-concussive syndrome. Her work involves developing and refining therapeutic protocols that stimulate the brain's natural lymphatic clearance pathways, improving waste removal and reducing neuroinflammation. These therapies show promise in accelerating recovery, improving cognitive function, and offering non-invasive alternatives to traditional medical treatments.

In addition to her clinical expertise, Ms. Recupero has contributed to the advancement of neuro-lymphatic research, offering valuable insights into the role of glymphatic and meningeal lymphatic systems in brain detoxification. She has worked on pioneering case studies that demonstrate the effectiveness of lymphatic drainage therapies in improving cognitive and motor functions in patients with neurological disorders.

Ms. Recupero holds an Executive Master of Business Administration from the University of Virginia Darden School of Business and has a rich history of working with healthcare networks and academic institutions. She is dedicated to exploring new, non-invasive therapeutic strategies that can revolutionize the treatment of neurodegenerative and neuroinflammatory diseases.

At the 2025 LLN Conference, Ms. Recupero will address *Practical Applications of Neuro-Lymphatic Therapy*. We welcome Ms. Recupero to the Lighthouse Lymphedema Network conference!

The LLN's 27th Annual State of Georgia Lymphedema Education and Awareness Conference will take place on Friday, October 17th, and Saturday, October 18th, in Atlanta, GA. Registration is open on the [LLN website](#).

Register for the upcoming LLN Education and Awareness Conference at www.lighthouselymphedema.org on the Events tab.

Lighthouse Lymphedema Network
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Lighthouse Lymphedema Network is a 501(c)(3) organization that aims to educate, increase awareness, and provide support for individuals who have lymphedema or are interested in lymphedema. All donations are tax-deductible. [Donate](#) now.