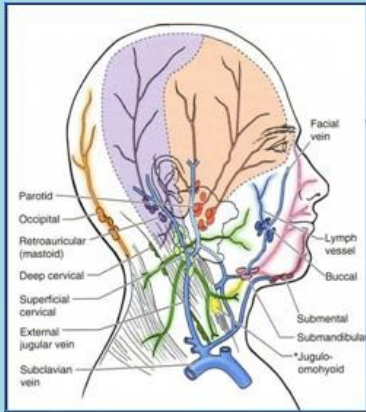




# Lymphatic Therapy for Your Brain



## Introducing Neuro-Lymphatic Therapy

### and Keynote Speaker Carmen Recupero

By Lili Gill, LMT, CLT, CPMT  
Student of Carmen Recupero

Until recently, humans believed there were no lymphatic vessels in or surrounding the brain. For this reason, the term "glymphatic" was coined to describe how a series of channels, perivascular spaces, and the bulk flow of cerebrospinal fluid (CSF) removed excess fluid, soluble proteins, and metabolic waste such as amyloid- $\beta$  proteins from the meninges.

In 2015, two teams of researchers (one led by Louveau, et al. at the University of Virginia School of Medicine and the other led by Aspelund et al. at the University of Helsinki, Finland – see references) published their discoveries of actual lymphatic vessels lining the dural sinuses and arteries in the meninges of the brain. This was the long-sought connective pathway between the glymphatic system and the deep cervical lymph nodes. This connection allows the fluid surrounding the brain and central nervous system to be filtered and cleaned, and to maintain balanced fluid levels.

The implications of this discovery were discussed throughout the world's medical community. Scientists speculated about various neurological conditions and diseases, including Alzheimer's, Parkinson's, Astrocytoma, and Glaucoma, that might be affected by impaired lymphatic drainage.

Carmen Recupero was inspired by this new knowledge. She looked for ways to clear the lymphatic pathway from the brain through the cervical lymph nodes and into the subclavian veins, and developed a hands-on protocol focused on stimulating these deeper lymphatic vessels and nodes.

(Click button below for a description of Carmen's Neuro-lymphatic training.)

**Lili Gill, LMT, CLT, CPMT is a certified lymphedema and massage therapist in Charlottesville, VA. She specializes in lymphedema prevention and management, oncology, and neuro-lymphatic issues. She can be contacted through her website at [www.liligill.massagetherapy.com](http://www.liligill.massagetherapy.com)**



[Neuro-Lymphatic Therapy - Full Story](#)

Keynote and Pre-Conference Session:

## Practical Applications of Neuro-Lymphatic Therapy

**Carmen Recupero, BS, MBA, LPTA, CMT, CLT-LANA,** 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.

[Click for more information about Carmen Recupero](#)

## Glymphatic Basics: A Primer

**Dr. M. Mark Melin, MD, FACS, RPVI, FACCWS,** is the Medical Director of the Gonda Vascular Center Wound Clinic at the Mayo Clinic, Rochester, Minnesota. His interests include management of lymphedema/lymphatic stasis in the wounded patient, the endothelial glycocalyx, and emerging technologies in wound products and wound technologies as well as human physiology in the weightlessness of space travel.



[Click for more  
information about  
Dr. Melin](#)

For our 2025 LLN Conference, Dr. Melin will explain what researchers know about the brain's lymphatic system. After his presentation via video, questions may be submitted and will be answered in the Conference Edition of our newsletter in November.

# Professional Registration Discounted until July 31 deadline.



## *The Lighthouse Lymphedema Network presents* **The 27<sup>th</sup> Annual State of Georgia Lymphedema Education and Awareness Conference**

**Friday, October 17, 2025, 9 am – 4 pm Pre-Conference (in-person only)**  
**Saturday, October 18, 2025, 8:30 am – 4:30 pm (in-person or virtual)**

### ***2025 Speakers***



#### **Practical Applications of Neuro-Lymphatic Therapy**

**Carmen Recupero, BS, MBA, LPTA, CMT, CLT-LANA**

Executive Director and Instructor, Monarch Consulting and Education, Christiansburg, VA

Pre-Conference and Keynote Speaker



#### **Glymphatic Basics: A Primer**

**M Mark Melin, MD, FACS, RPVI, FACCWS**

Medical Director of the Gonda Vascular Center Wound Clinic at the Mayo Clinic, Rochester, MN

Pre-recorded with Q&A in the next LLN newsletter



#### **Oncology-Related Lymphedema and Its Impact on an Individual's Everyday Life**

**Alexandra Hill, PT, DPT, OnCS, WCS, CLT-LANA**

Oncology and Pelvic Health Physical Therapist, Jacksonville, FL



#### **Insurance Coverage for Garments: Pitfalls to Avoid**

**Brandy McKeown, OTR/L, CLT-LANA, CLWT**

Director of Lymphedema at Rehabilitation Services and Chief Executive Officer, International Lymphedema & Wound Training Institute, Tifton, GA



#### **Pregnancy's Impact on Lymphedema and Lipedema**

**Shelley DiCecco, PT, PhD, CLT-LANA, CI-CS**

Lymphedema Therapist and Associate Professor at Philadelphia College of Osteopathic Medicine, Georgia Campus

**Plus: Patient Stories, Networking, & an Exhibits Hall**

[More Details](#)



*Register Now for the*  
**Lighthouse Lymphedema Network**  
**27<sup>th</sup> Annual State of Georgia**  
**Lymphedema**  
**Education and Awareness Conference**  
**October 17-18, 2025**

**NEW LOCATION!**  
**ROAM DUNWOODY**

On-Line Patient and Caregiver Registration

On-Line Professional Registration - Register by July 31 for \$50 Discount

Mail-In Registration Form

**Upcoming Georgia Events for Therapists and Patients**

**Georgia Alliance for Breast Cancer – 2-Day Walk** – October 4-5

**Lighthouse Lymphedema Network – Conference in Atlanta** – October 17-18

ZOOM Attendance is available! Registration is open

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