



# The X' Tract Study

What is the need for Lymphatic Bodywork?

X - CANCEL  
T OXIC  
R ELEASE  
A CCELERATED  
C ELLULAR  
T RANSFORMATION

## What is the function of a healthy lymphatic system?

Your Lymphatic system consists of: lymph and interstitial fluid, lymphatic vessels, capillaries, and nodes. Your tonsils, thymus and spleen are also a part of the system. Your lymph system is a component of your circulatory system because it consists of moving fluid (lymph) derived from the blood and tissue fluid and a group of vessels (lymphatics) that return the lymph to the blood. The lymph node functions include defense and hematopoiesis (the process of blood cell formation).

A healthy lymphatic system has 2 main functions; the maintenance of fluid balance internally and immunity. The 3rd function is the absorption of lipids from digested food in the small intestine and it's transport to the large systemic veins (fat transport). Lymphatic vessels act as "drains" to collect excess tissue fluid & return it to the venous blood just before it reaches the heart. The lymph nodes usually occur in groups. Their defense functions include filtration. The mechanical filtration - physically stopping particles from progressing further in the body and biological filtration - biological activity of cells destroys and removes particles. The phagocytosis occurs when reticuloendothelial cells remove microorganisms and other injurious particles from lymph and phagocytose them (biological filtration).

## Cycle of Life: Lymphatic System

If overwhelmed, lymph nodes can become infected or damaged.

- Dramatic changes throughout life
- Organs with lymphocytes appear before birth and grow until puberty
- Post-puberty

Organs atrophy through late adulthood

Shrink in size

Become fatty or fibrous

Spleen - develops early, remains intact

- Overall function maintained until late adulthood

Later adulthood

Deficiency permits risk of infection and cancer

Hypersensitivity - likelihood of autoimmune conditions

## What are the Results of an Unhealthy Lymph System?

Your Lymphatic System affects: cognitive/brain function, emotions, energy levels, allergies, stress, sleep, circulatory function, nervous system, digestion, edema/weight gain,

Lymphedema - abnormal condition in which swelling of tissues in the extremities occurs because of an obstruction of the lymphatics and accumulation of lymph.

Lymphangitis - red streaks mark the location of acute inflamed lymphatic vessels, this stems from invasion of an infectious organism. The lymph nodes become enlarged, tender and reddened.

Tonsillitis - acute or chronic infection. Tonsils (which are composed of lymphoid tissue) are your first line of defense from the exterior.

Lymphoma - this is a term that refers to a tumor of the cells of lymphoid tissue. They usually originate in

isolated lymph nodes but can involve lymphoid tissue in the liver, spleen and gastrointestinal tract. Toxicity stores in your lymphatic system.

## What is X'Tract and What Does the Name Mean?

X - CANCEL  
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- *X - CANCEL OUT* (eliminate)
- *TOXIC* of or relating to or caused by a toxin or poison
- *RELEASE* to let go of
- *ACCELERATED* some perceived results are apparent after just one session
- *CELLULAR* to relate to the cells, to eliminate old patterns
- *TRANSFORMATION* to allow for the new, by the movement of the old

X'Tract is a transforming detoxification modality that delivers wellness throughout the lymphatic system on a cellular level utilizing essential oils in the delivery system.

The process itself works with your lymphatic system, in a massage like environment, to move interstitial fluids valve to valve, ultimately redirecting fluids to your bladder. This helps to

eliminate more completely resulting in a cellular level transformation. It's a progressive process with each session building upon the previous sessions.

## Demographic Research Results

Total Responded: 44

Gender: 36 Females, 8 Males

Respondents are located in the United States and Canada (1 province)

Relationships of Respondents to X'Tract:

All 44 have either received or facilitated at least 1 X'Tract

5 were facilitators and receivers

39 were clients (receivers) only

Total X'Tracts Received: 642 (ave. of 14 X'Tracts per receiver)

Perceived Results of X'Tract as expressed by X clients and facilitators receiving X'Tracts

Positive	91%	Neutral	9%	Negative	0
Pleasant	90%	Neutral	8%	Unpleasant	2%
Resulted in a Healing	83%	No perceptible Results	17%	Caused Injury or Harm	0
State of Health Improved	92%	No change of Health	8%	General Health got Worse	0
Emotional state Improved	91%	No Change in Emotions	8%	Emotional State Worsened	1%
Would Receive Again	97%	Maybe so, Maybe not	3%	Would Never Receive Again	0

**How facilitators received their training:**

All 5 facilitators received their hands on training from Nina Venturella in a MWA workshop.

**Testimonials**

Among the returned questionnaires returned, there are many more comments and testimonials. None of the comments here necessarily represent the options or policies of Majestic Wellness Academy, nor the author. They are not to be construed as making any claims for

the results of X'Tract, but are only presented as data obtained by this survey. None of these statements have been independently confirmed by a qualified, independent researcher. They are here for mere education and statistics.

The sources of these testimonials is completely confidential and are on file with Majestic Wellness Academy. This was the understanding of every individual that has participated - and that understanding will be respected and honored by the academy.

X'Tract most certainly helped to reduce and ultimately eliminate water retention in my lower extremities, particularly my left leg. There was no health condition which the swelling was the result of, nor could my doctor's find a reason for the swelling. I have no doubt that the treatment was in large measure responsible for cessation of the swelling. There was a wonderful, overall feeling of well being after each treatment as well. I highly recommend X'Tract. Female - Massachusetts

Having the X'Tract done has helped a big varicose vein on my leg get better and flatter. My sinuses have greatly improved - less pressure and headaches. I just feel wonderful and lighter after the sessions. My facilitator is very helpful, caring and cheerful. She explains everything for a better understanding of how this all works for good! Female - Massachusetts

Not knowing what to expect during my first X'Tract with Nina, I had that morning woke up with yet another start of a bladder infection (they were happening monthly for years) After the X'Tract, my infection was the worst it has ever been throughout the night. Within

2 days, it was gone, and I have not had another for over a year since. Female - Massachusetts

I do look forward to my weekly sessions with my facilitator. She is kind, caring and compassionate. Every time I leave I feel better both physically and mentally and know that I am ridding my body of toxins that are harmful to my wellbeing. It's relaxing and peaceful and I enjoy every minute of my sessions. I would recommend the modality to anyone!! Female - Massachusetts

I had swollen glands for years and Nina performed X'Tract and they disappeared. They are still gone. Never came back. Female - California

Always feel lighter & relief. Knees were painful to go down stairs, but after X'Tract they were not as painful. I have had relief of sinus & swelling in legs. The experience is always positive. Female - New Hampshire

Positive, Pleasant, No perceptible results as far as healing goes. State of health is good - always a few pounds over - found it easier to keep eating clean. There was no change in my emotions, but I would probably receive an X'Tract again. Female - Canada, ON

My experience with my facilitator was positive. In fact, she presents in a warm and friendly approach. As I was experiencing cold symptoms on my first visit, it was hard to determine any healing effects other than my symptoms did not progress as they normally would. On my second visit, I found myself more relaxed to receive X'Tract. Female - Canada, ON

It allowed me the opportunity to sleep better & the chronic pain I had actually subsided. Female - Arizona

My experience with X'Tract was a positive one, as I went in with what were beginning to be cold symptoms (mild sore throat & stuffiness) were gone after the session. The experience highlighted to me areas where I was holding onto past hurts and emphasized placed in my heart that I needed to let go of. Unlike deep tissue massage, I left feeling energized. I would do a session again and recommend the process to others. My facilitator was especially careful to make me feel comfortable throughout my session. Female - Arizona

My experience was most definitely positive and pleasant. You have a lovely personality which makes you well suited for this work. While undergoing my session, I felt comfortable in your hands. The education you provided will enable me to make some informed choices with my continued health and wellness. I look forward to my next session. Female - Canada, ON

I just felt relaxed and overall better. Female - New Hampshire

It was therapeutic and soothing. It may have helped and it definitely didn't hurt. So, for part of a homeopathic therapy plan, I would highly recommend X'Tract. Female - Arizona

Improved efficiency of digestion, had more energy and feel great. Female - Arizona

Cleared up my arthritis. Female - Arizona

From the beginning, X'Tract was extremely healing for me. I believe the first session was spiritually healing for me. Each time I have improved in so many ways. There is a greater sense of wellness each time. My body seems

to respond better to the treatment each time. I am stronger physically and have more energy than I did before X'Tract. I believe the sessions have really changed my life and I am so thankful for them. Female - California

Refreshing! Female - Massachusetts

Each X'Tract has been an interesting experience. After the first session, I remember feelings of anger that evening. I wanted to throw things, which is unlike my character. Each of the sessions afterwards have been more calming and has brought me more peace. I feel more centered and able to deal with bigger issues. Both in my personal & business, while becoming less emotional. I would and do recommend X'Tract to my clients and others. Male - Massachusetts

I'm able to release cold symptoms better and feel better faster. Male - Massachusetts

I felt relief & less tension. Male - Arizona

I have lost weight, no migraines and my sinus' opened up Male - Massachusetts

I could feel draining in the head and chest area, even the next day Female - Massachusetts

I receive X'Tracts on a bi-weekly basis. I visit my chiropractor about every 3 months. She says that the X'Tracts are doing a great job to detox and cleanse. I am more relaxed and my adjustments are holding better from the chiropractor. I am also not retaining as much fluid in my legs and feet as I used to. Female - Massachusetts

There is nothing better than having an X-tract to make your body just melt all the cares of the world away! Thank you for helping this body heal! I was introduced to my facilitator in November and she offered the X-Tract to me, for I suffered with constant pain 24/7 among so many other ailments. I am on my 4th X-tract and I have to say that every one is more productive than the prior one. Since I have been using my Young Living Oils and having the X-Tract, I have gained more strength, better circulation, reduced swelling in my limp limb, rebuilding of muscle, more energy and am pain free. I am so much more productive. My exercising has increased, I can do things I couldn't before and I am all around "healthier". I am so impressed with how it has enriched my own life, that I want to study the technique to share and help others. Female - Massachusetts

I had been suffering from tremendous pain in both my legs and feet. (My pain level was about at a 10) After my X'Tract, I felt wonderful and pain free the next day. Female - Massachusetts

## Conclusion:

This study - as stated on the questionnaire - is not a precision study, but a general determination study. The purpose is to compile a sample of experiences from the receiving and facilitating of X'Tracts. This is to create the statistical data. The testimonials are for the insight into the modality itself. Some perceived results cannot be expressed by statistical data alone. I believe this has been accomplished.

All of the testimonies listed above - they have no medical validity as they were not under any type of medical control. This would have been a very costly

undertaking. Even though they are unverified, they may provide for research value in the future.

This is also not scientific proof that X'Tract has any specific benefits or risks involved. It does provide insight as to the thoughts of the majority of it's participants to have a wide variety of benefits, both physical and emotional.

I do not believe that this is the final study for X'Tract as the modality will gain popularity with the majority. It may be beneficial to revisit and update data in the future.

#### Bibliography

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