

Business Connection



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Business Spotlight

Healing treatments on Main Street

With over 15 years of experience in professionally caring for people, Leah Lyons is the owner of Renew + Restore Healthcare. Her clinic is a unique blend of results driven treatments to decrease pain and swelling and increase quality of life.

Lyons is a former event specialist for Marriott International and was the Vice President of Communications for the Event Planners Association. She was involved in high-end celebrity projects working alongside worldwide superstars. Through all of her rewarding experiences, she suffered through back pain, migraines and anxiety from trying to hide the discomfort. Prescription medications did not help, so she sought to follow her own path, discovering effective treatments and healed herself. After seeking out these treatments at various locations, Lyons felt destined to share this combination of therapies conveniently in one location. She returned to school, became licensed, certified and trained in a variety of traditional and alternative holistic health care methods.

With a new location on Main Street, upstairs in the historic Pleasanton Hotel building, Renew + Restore specializes in pain management, manual lymphatic drainage therapy, lymphatic massage therapy, myofascial massage therapy, cupping treatments, restorative yoga and reiki mediation.

Lyons is an advocate for lymphatic healthcare and is a board member of Lymph Rehab, a non-profit organization that elevates the education of the lymphatic system.

Traditionally, manual lymphatic drainage therapy (MLD) was reserved for those with a compro-



Renew + Restore Healthcare is located at 855 Main Street Suite #201 in downtown Pleasanton.



Leah Lyons

mised lymphatic system: swelling in the body, lymphedema, have had lymph nodes removed due to cancer, and doctors refer post-op patients for MLD to reduce infection after surgery.

Because MLD is gentle, has many benefits, and feels similar to a massage, lymphatic massage therapy has become popular in serving all populations from athletes to elders. Benefits include a decrease in bloating, assisting with digestive issues such as constipation, a decrease in PMS symptoms, an increase in circulation and improvement of range of motion. "The lymphatic system is the body's sewage system; a sluggish lymphatic system can be the culprit of many ailments," said Lyons. She also teaches a lymphatic healthcare workshop.



**Learn more about Renew + Restore Healthcare at
www.renewrestore.net or call/text 925-336-3166**