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DETOXIFICATION OF THE LYMPHATIC SYSTEM

How the Lymphatic System Works

The Lymphatic system is a complex vascular-like system with nodes and ducts to transport in lymph fluid: oxygen, nutrients, and lymphocytes which includes white blood cells to fight infection and natural killer cells which destroys cancer cells. This fluid unlike the blood can travel outside this system into the intercellular tissue of the body to transport these nutrients to every cell and then carries off toxins for the body to eliminate. It does not have a heart to pump it like the blood stream but is moved by muscle pumping with the activity of the body. Good circulation depends on exercise so by engaging in a brisk walking, aerobics exercises, yoga with inverted postures or using a rebounder (mini trampoline) it moves the lymphatic fluid throughout the body. The lymphatic system is fluid by nature so it is essential to hydrate the tissues in order to release stagnant waste so be sure to drink lots of purified water. Note that people who are ill or bedridden need to be moved in order for the lymphatic system to help them heal.

Diet Improvements

Dietary adjustments are almost always required if you want to heal faster and feel better. Eat a balanced diet with organic, non-gluten, non-GMO, whole grains such as rice, quinoa, millet soaked for eight hours and cooked in fresh water to eliminate unnecessary lectins. This procedure of soaking or sprouting should also be used for beans and legumes before cooking and, nuts, seeds before eating which releases the enzyme inhibitor making them more digestible. Increase your intake of organic vegetables but limit organic fruits to those on the low glycemic index such as berries, kiwi, plums, lemons, limes or avocado. Fresh raw organic vegetable and fruits juices will help to increase your anti-oxidants for a strong immune system. Two vegetables that are very good at helping detoxify the lymphatic system are ginger (made into a tea with some lemon or in cooking) and radishes in any form. These help cut mucous and thus decongest the lymphatic system. Eat only meat with animals raised on grass or finished with organic, non-GMO grains should be eaten with servings no larger than the size of your fist so that your digestive enzymes can break it down. Undigested meat decomposing in the bowels can cause colon cancer.

Avoid These Major Sources That Impair the Lymphatic System:

1. Avoid dairy which forms mucus and congest the lymph and eliminatory tract.
2. Eliminate all white flour and gluten in general as most people are gluten sensitive if not completely gluten intolerant.
3. Avoid sugar as it feeds yeast and bacterial overgrowth, which can become systemic throughout the entire body. Some highly sugar fruits should be enjoyed only in moderation like melons or grapes.
4. Cooked and hydrogenated fats clog up the vascular and lymphatic systems and impair circulation.
5. Avoid pork and shellfish since all are hard-to-digest and release histamines causing inflammation through out the entire body.

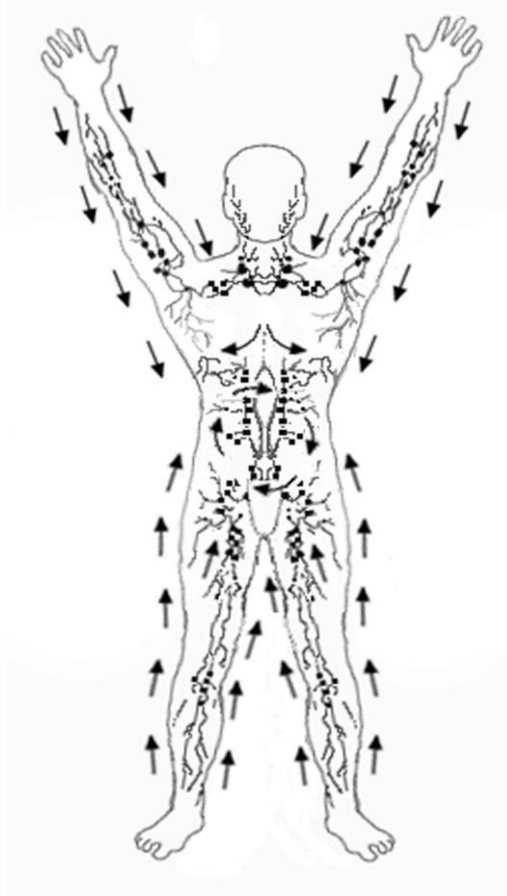
Add to Your Regimen for a Healthier Lymphatic System

1. Regular exercise 3 to 4 times a week with a sustained elevated heart rate for 20 or 30 minutes.
2. Daily dry brush massage or during a shower using the directions in the diagram below will increase the lymphatic systems circulation and help to eliminate toxins from the body.
3. A Full Body Lymphatic Massage or a Lymph-Light Treatment weekly will increasing the flow of elimination of lymphatic by stimulating the function of the lymphatic nodes and ducts. This is especially important if they is any places of swelling indicating a back-up of stagnant lymph fluid.

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4. Detoxify your lymph system by drinking herbal teas, such as Jason Winter's Tea, Essiac Tea or freshly-grated ginger tea with lemon. Adding radishes to vegetable juices and salads helps to expel mucous that clogs the lymphatic system.
5. Drink plenty of purified water to replenish what the lymphatic system needs to do it's job.
6. Don't forget deep breathing helps to oxygenate your system. Disease cannot survive in a healthy environment.

Lymphatic Drainage Diagram



Direction of Elimination of the Lymphatic System

This article is intended to educate as to the various options available to heal the body and in no way is intended to take the place of a doctors advise or treatment of disease.



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