

HOW TO

# DETOX YOUR LYMPHATIC SYSTEM

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The lymph system plays a crucial part in detoxification and defense. About two liters of lymph fluid circulate in our lymphatic vessels that cover the body from the tips of the toes to the top of the head.

These two liters are formed continually from the interstitial fluid that is the extra cellular fluid surrounding each one of our body cells. This extra cellular fluid penetrates the membrane of the capillaries (the thinnest vessels), to keep the volume of lymph fluid constant and to allow the waste products to leave the cells and be carried away to the venous blood stream and evacuated.

The capillaries of the lymph and the capillaries of the venous blood work together, and one compensates for the deficiencies of the other. The network of lymphatic capillaries leads to bigger lymphatic vessels and finally to the lymphatic glands. They are placed in groups all along the lymphatic ways.

Their tasks are manifold, but always aiming at the defense of the body and purification of the body fluids to maintain its proper functioning. These lymphatic glands are stations where infectious agents are filtered and lymphocytes (white blood cells, "the police") are produced.

Other sites of lymphocyte production are the spleen, the thymus, etc. If infectious agents intrude into the body, the production of white blood cells increases rapidly and proportionally to the intensity of the aggression. The lymph nodes that are closest to the site react first: they swell, get warm and hurt.

If the production of lymphocytes is insufficient, the body's defense against invaders and against cancer and other immune disorders will be impaired.

If the work of the lymph nodes is insufficient, the filtering, the degradation, and the transport of the waste products will be impeded and the bodily environment will be more and more overwhelmed with toxic metabolites and toxins.

For all of these reasons, every effort has to be made to support the lymph system and to restore the proper functioning of all of the body's eliminative organs.

You can't technically "detox" your lymphatic system because it's a detoxing system in of itself. But you can stimulate it to do the job it needs to do, in the following ways:

- **Movement:** Daily exercise is how you get your lymph moving around your body. Best exercises for lymph flow and drainage: yoga and rebounding.
- **Massage:** Lymphatic Drainage Massages can be really helpful, especially when you put yourself in the hands of a skilled therapist. Any kind of massage will help, but a specific lymphatic drainage massage is what I recommend most.
- **Dry Skin Brushing** 3 x week will help. Pay particular attention to areas where there are clusters of lymph nodes, such as the backs of your knees, your groin, you underarms, and the back of your neck,
- **Sweat:** This goes hand-in-hand with exercise. Try to break a good sweat at least 3 x week.
- **Hydrate well:** Since your lymphatic system is primarily made up of water, you need to make sure you hydrate with at least 8 glasses of filtered water daily.
- **Make a simple essential oil lymphatic drainage oil at home.**

## Lymphatic Drainage Oil

- 1-ounce of plant oil (I like Argan, Sweet Almond, or Jojoba)
- 25 drops of grapefruit seeds EO
- 20 drops of geranium EO
- Mix the oils well, and transfer to a dark glass bottle. It will keep for up to 1 year in a cool, dark cabinet.
- Use: Massage yourself with this beautiful oil after a dry skin-brushing session. I recommend dry skin brushing, showering, and then massaging with oil.