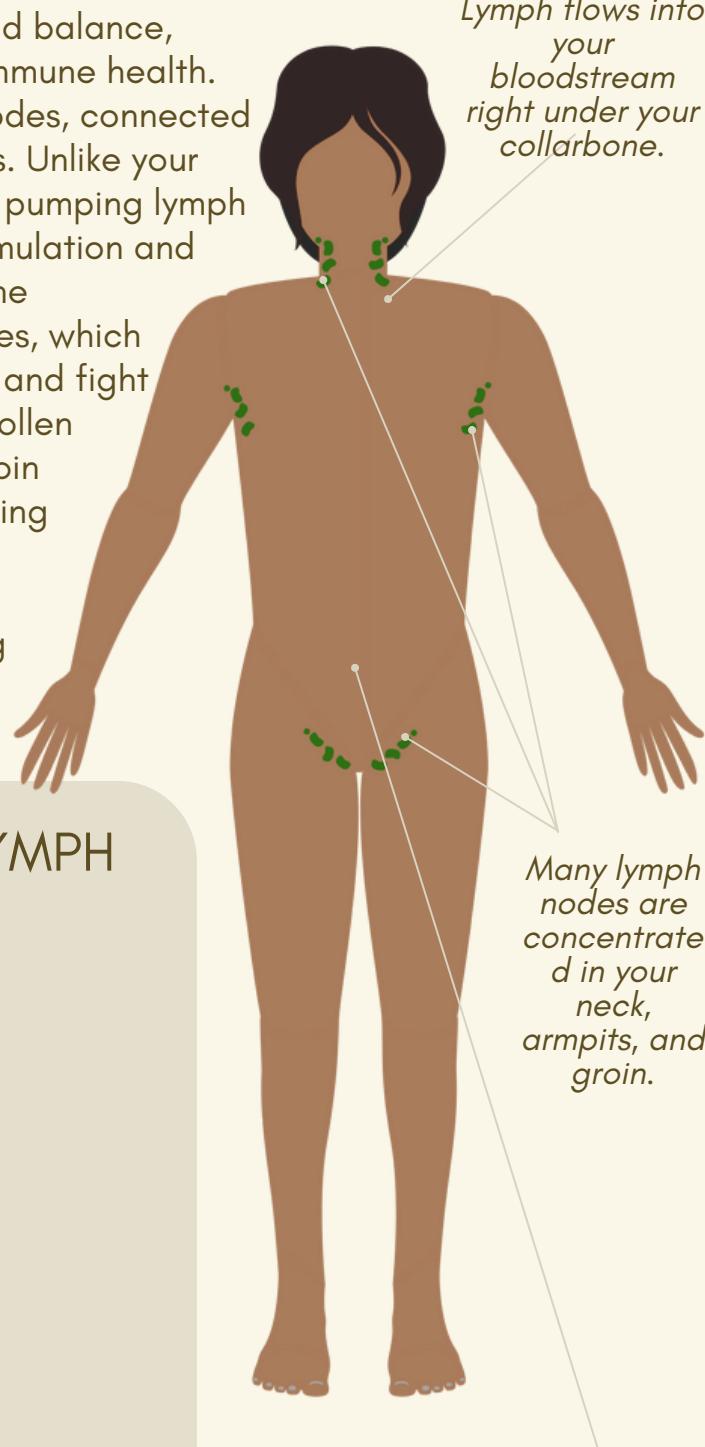




Lymphatic Health

GO WITH THE FLOW

Your lymphatic system is involved in fluid balance, nutrient delivery, waste removal, and immune health. It is made up of bean-shaped lymph nodes, connected by an extensive system of lymph vessels. Unlike your cardiovascular system, there is nothing pumping lymph through your body. Instead it needs stimulation and muscle movement to keep it flowing. The lymphatic system is home to lymphocytes, which are white blood cells that help identify and fight pathogens. This is why you may feel swollen lymph nodes in your neck, armpit, or groin area when you have an infection. Keeping your lymph fluid and flowing is key for supporting immune health, preventing edema (swollen tissue), and eliminating collected toxins.



SUPPORT HEALTHY LYMPH

- drinking enough water
- regular movement
- stretching & yoga
- deep breathing
- dry brushing
- face roller
- massage
- alternating hot & cold showers
- skipping rope or jumping on trampoline
- minimal toxins
- healthy fat
- vegetables
- herbs: calendula, ginger, cleavers, garlic, astragalus, echinacea, dandelion

There are also many lymph vessels in your gut to absorb and deliver dietary fat and fat-soluble vitamins to the rest of the body.