

The Lymphatic system

The lymphatic system includes the lymphatic vessels and nodes, the thymus gland, tonsils, and spleen. It's a network of tubing, millions of tiny vessels, ducts and valves that flush and filter waste products from cells and tissues, and carry them to the elimination organs.

What does it do?

- * Aids the immune system in destroying pathogens
- * Keeps the body's drain clean which allows us to detoxify and remove excess fluid, waste, debris, dead blood cells, pathogens, cancer cells, and toxins from our cells and tissue spaces between them.
- * Assists the digestive system. Vessels located in the gastrointestinal lining help in the absorption of fats from the food we eat. The lymphatic system health is required for proper assimilation of fats in the body. This helps prevent obesity which can be the results of an accumulation of "bad" fat in the body.
- * works with the circulatory system to deliver nutrients, oxygen, and hormones from the blood to the cells in the tissue.

Symptoms of lymphatic congestion

* Swelling of the body, rings tight on the fingers, ankles swelling, breast soreness or swelling, ache feet and joints in the morning, rashes or itchiness on the body, sore muscles, uterine fibroids, sore throats, allergies, headaches, fatigue, swollen glands, chronic colds, belly fat, bloating and gas, cellulite, arthritis, dry wrinkling skin, puffy eyes, acne, auto immune conditions, cancers, and decreased immunity.

Stress factors

- * Stress has been identified as the cause of about 80% of all disease. Stress is lymph congesting. When under stress, the body is forced to manufacture and secrete excess stress fighting hormones to boost energy and fight inflammation. The waste products of these hormones are called free radicals. These hormones and the free radicals are very acidic, which alters the blood and intracellular chemistry.
- * Chronic Digestive Imbalances like constipation and diarrhea.
- * Iodine Deficiency is also a common cause of lymphatic congestion. Iodine protects us from toxic environments and de-stagnates the lymph at a cellular level.
- * Dehydration is one of the most common causes of lymph congestion. Water and only water can hydrate the body.

* Eating a diet in high saturated fat and refined foods compromises glandular health and congests the lymphatic system.

* Living a sedentary lifestyle with little or no exercise.

* Chronic exposure to aluminum (cookware, deodorants and certain foods) puts a strain on the lymphatic system.

Diet and Lifestyle Support

* Exercise. Optimum lymphatic flow depends on regular exercise.

* The best lymph moving rehydration technique is to sip hot water every 10-15 minutes throughout the day. (Try it for a week for best results.)

* Boost nutrients. Protein and B12 deficiency especially effect lymphatic efficiency. Eat lymph boosting vegetables, such as cabbage, kale, carrots, bell peppers, collards, or lymph enhancing fruits, such as apples, pineapples, blueberries and grapes. Include potassium-rich foods regularly like sea veggies, broccoli, bananas and seafood. Spices like cayenne and ginger. Take a glass of lemon and water (warm to hot) in the morning.

* Beets have a special ability to support the lymph. They thin the bile. The bile is responsible for about 80% of the immune response in the gut, and it regulates the stool, digests good fat and gets rid of the bad fat.

* Lymph supporting therapies like massage, mini trampoline, dry skin brushing, yoga (legs up the wall pose), taking a hot and cold treatment at the end of a shower, and taking a bath with minerals (Epsom salts, sea salts, and /or baking soda).

* Optimize liver health.

* Cleanse the lymphatic system for optimal defense with herbs. Echinacea, red root (acute), and manjistha are a few of my favorites.

* Reduce stress and support your energy channels. Here, adaptogenic herbs work well. My favorites are Tulsi (great as a tea), ashwaganda, and rehmannia. Many ginsengs are available, but be careful not to over stimulate a tired system. Work with your practitioner to find what is best for you.

“Almost every condition and disease process can be linked to poor waste removal in the lymphatic system.”