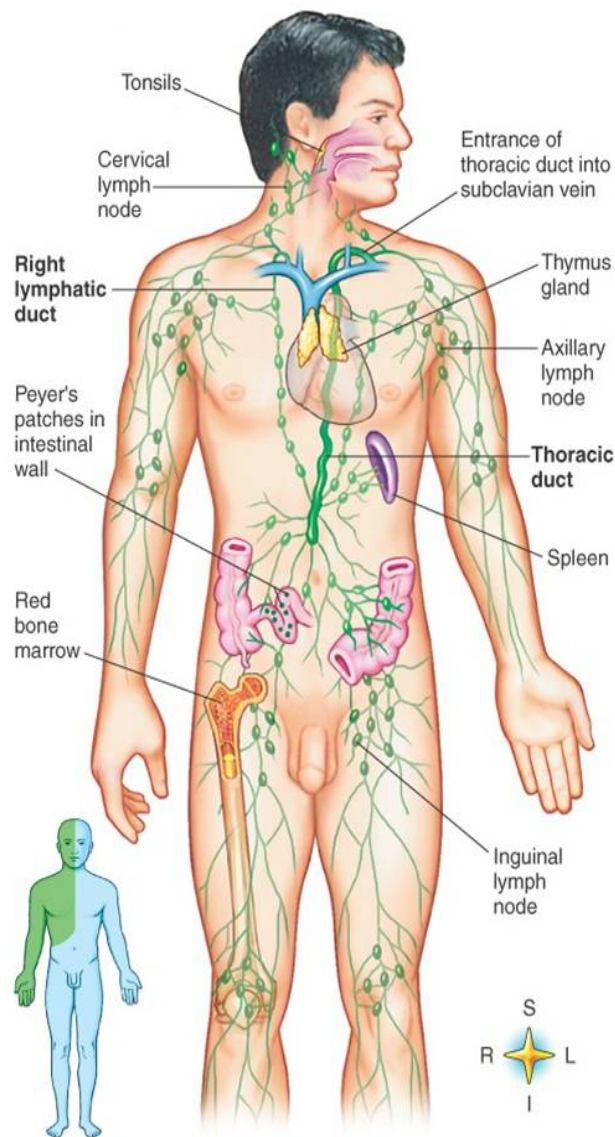


LYMPHATIC SYSTEM HEALTH

Our Lymphatic system is the body's toxin filtration system and plays an important role in the function of the immune system. It is a network of vessels, nodes, ducts and organs that carry the lymph around the whole body supporting the heart, the kidneys, the spleen, the liver, in fact all of our organs. The lymphatic system's primary role is to carry waste from the cells and the space between, to the bowel in order it can be eliminated. Unlike other systems the Lymphatic system does not have its own propulsion system, instead relies on blood flow and joint movement to travel around the body.

Emotional Stress, Age, Scar Tissue, Hormones, illnesses, medications and Lifestyle will all contribute to the lymphatic system working optimally or not!!

If you have low energy levels, joint pain, long term illness, frequent infections or swelling in the limbs, then it could be your lymphatic system that is compromised.



For further information please call :- Terri Klos – Massage and soft Tissue Therapist
Bodhi Tree Therapies, 6, 20 – 22 Ranelagh Arcade. Mount Eliza VIC 3930 - Tel 0407 768223
Specialist in hands on body treatment for the lymphatic system, the digestive system and the endocrine system.

Exercise routine to encourage the flow of lymph for the whole body

1. Sit upright. Place your hands on your stomach, inhale slowly, allowing your lungs, your abdomen and your diaphragm to expand. Exhale slowly. Repeat 5 times. Counting can help you maintain slow and even breath, anything between 6 -12 is ok.
2. Stand, hip width apart, knees slightly bent, rotate your arms from side to side. Allowing them to hit your shoulders and lower back. Start slow, increase speed, for about 30 – 60 seconds.
3. Lie on the floor arms outstretched. Bring your knee up toward your shoulder, Hug to your chest then return to the floor. Hug your left leg toward your shoulder, hug to your chest then return to the floor. Raise both legs to your shoulders hug close then relax to the floor. Repeat 5 times.
4. Lie on floor – hands beside you. Bend the knees, the feet should still be hip width apart and flat on the floor. Lift your pelvis up at the same time as flattening your back to the floor. Repeat 5 times.
5. Lie on floor - Slowly rotate both ankles inward then outward, bring your toes to your face, flexing at the ankle joint, then point the toes. Repeat sequence 5 times.
6. Sit in chair. Raise the shoulders up and then down, Rotate both shoulders forward then back wards. Repeat 5 times.
7. Rotate neck to the left and the right, bring the ear to the shoulder on the left side and then the right. Push forward the chin extending the neck, and then pull it back in. Repeat 5 times.
8. Sitting in a chair without arms, let hands hang down. Rotate wrists in both directions, slowly bend and flex at the wrist then reverse the movement and slowly extend the hand by bringing the hand back.

Dietary advice to encourage efficiency in the lymphatic system

Simply put the less toxins you put in the less the body has to eliminate.

Organic meat and vegetables are the optimal choice, however this is not always practical or economically possible.

Some simple solutions are.

Eliminate sugar from your diet. Sugars encourage the multiplication of bacteria in your digestive system.

Increase your consumption of whole grains, complex carbohydrates, fresh fruit and vegetables.

Drink 6 - 8 glasses of filtered water daily. Increase as necessary if it is a hot day..

Any foods or drinks that encourage the toxin removal and support the circulatory system.

e.g. Garlic, Ginger, Citrus fruits, Fresh Juices & Green Tea.

Simple additional advice to encourage the flow of lymph.

Any form of exercise is supportive to the lymphatic system. A brisk walk around the block will get the joints moving

Body Brushing – towards the torso.

Stomach massage – rub your hands on your abdomen in a clockwise rotation 1 -2 minutes.

Wear loose clothing – tight clothes restrict the flow of lymph.

Rebounding will stimulate lymph flow. Minimum 1-2 minutes light bouncing on a trampoline or trampette.

Introduce a probiotic to your diet, one without sugar is an excellent choice.

Olive Leaf Extract has been proven to improve your immune system, finding one with a probiotic will enhance its effectiveness.