



Lymphatic Drainage

Stimulate Lymph Flow, Shuttle Toxins out of Tissues, & Keep Immunity Strong

The Quiet Plumbing System of the Body

In order to be healthy, cells need a constant supply of fresh fluid, laden with the oxygen and nutrients they need to survive. It is the job of the cardiovascular system to supply this. The arteries deliver oxygenated blood and nutrients to the tissues and the veins carry the carbon dioxide back to the heart and lungs to be eliminated.

You may be aware of the other major branch of your body's plumbing system—the lymphatic system. Lymph is the fluid that leaves the blood stream to bring water, oxygen and nutrients to cells. In fact, this colorless fluid bathes every cell in the body.

Once lymph enters the tissues, it does not move back into the blood stream, which is why veins aren't the body's sewage system. Lymph must be drained away by the lymphatic system, another branch of circulation that drains the lymph from the tissues, removing toxins, cellular debris and infectious organisms at the same time.

Lymphatic Stagnation and Disease

The lymphatic system is a critical part of the immune system and responsible for cellular detoxification. The major eliminative organs like the colon and kidneys remove waste from the body, but it is primarily the lymphatic system that removes waste from the tissues. It is also the primary home for the adaptive immune system, the part of the immune system that gives you permanent immunity to certain infections. So, healthy lymphatic drainage is critical to your body's ability to resist both toxins and infection.

Lymphatic congestion is at the base of many common health problems including tonsillitis, earaches and ear infections, breast swelling and tenderness, some cases of prostate swelling, and chronic sinus problems. There is a much greater tendency to cysts, tumors, allergies, sore throats, spleen problems, and skin problems like eczema with lymphatic stagnation. Recent research shows that lymphatic flow is also critical to hormone distribution and balance.

Keeping lymph moving is key to healing injuries and relieving pain, both acute and chronic. When tissues are injured, they become inflamed. In the inflammatory process lymph in the injured area



becomes congested and this fluid must be drained away via the lymphatic system in order for the tissues to heal. If this does not happen the tissues at the sight of injury become chronically congested and inflamed.

Chronic inflammation is now recognized as the beginning state of just about all chronic and degenerative diseases. So, knowing how to improve lymphatic drainage is key to both preventing chronic disease as well as recovering from chronic disease and injury.

Physical Movement for Lymph Support

When you are sitting still, lymphatic flow diminishes. This causes fluid to start building up the tissues. It's why you start to feel uncomfortable when sitting at a desk or classroom for long periods of time. As soon as you get up and start moving around, lymph flow increases and you feel better.

It also helps us understand why infants will cry when left lying down for long periods of time. Parents instinctively pick the baby up and rock them up and down to help them feel better. This pumps the baby's lymphatic system.

This also explains why inflammatory conditions like arthritis (inflammation of the joints) usually feel worse in the morning after being relatively sedentary all night and start to feel better as you begin moving around.

A particularly effective way to move lymph is to bounce up and down gently. You can do this standing. This doesn't necessarily mean jumping; your feet can remain on the ground. Using a mini trampoline is also a great way to move lymph.

Deep breathing compresses the major lymphatic ducts in the chest causing an increase in lymph movement throughout the entire body... stretch, yawn, and deep sighs count!

Pressure, massage, and rubbing increases lymph flow in that particular area. These actions work better when herbs or essential oils are added to a carrier.

Hydration and Lymph Flow

Both blood and lymph are primarily composed of water, and dehydration will thicken both blood and lymph, reducing their flow. Thirst is regulated by the water level in the blood, but when you're low on fluids, only 8% of the water loss is from the blood. Another 26% is from extracellular fluids or lymph and the rest is from inside of your cells.

Thus, moderate dehydration can cause lymphatic stagnation, which increases pain and irritation to all tissues. If your lymph is congested you need to drink plenty of water to help your lymph drain properly.

Mineral electrolytes like sodium, potassium and magnesium are also needed for lymph flow. In traditional Chinese medicine, salty herbs like seaweeds were used to help lymphatic swelling so it makes sense to use a little bit of a natural sea salt (not table salt) along with the water.

Lymph Moving Herbs

A number of select herbs can contribute to an optimally functioning lymph system. These herbs, known as alteratives or “blood cleansers” in folk medicine, help tone and stimulate the entire lymphatic system, encouraging cleansing of the network of lymph vessels and glands located throughout the body. Alteratives primarily assist detoxification, aiding the body’s eliminatory and cleansing functions to reduce accumulating metabolic waste product. Alteratives can also aid digestion and improve circulation, both of which contribute to enhanced elimination and thus, an improvement in the “quality” of the blood. Alteratives are often used for chronic conditions as a long-term therapy.

The most efficient herbs for lymph cleansing include Cleavers (aerial parts), Red Clover (flower), Prickly Ash Bark, and Red Root. This combination is found in [Nature’s Sunshine’s Lymphatic Drainage](#).

Cleavers is a great herb for general lymphatic stagnation and swollen lymph nodes. It is well known for its eliminative properties and action as a renal and lymphatic tonic. Cleavers helps drain excessive fluid buildup and provides diuretic and mild astringent effects.

Red Clover is noted for its lymphatic, expectorant, and mild antispasmodic properties.

Prickly Ash stimulates peripheral circulation, promotes perspiration and provides anti-rheumatic properties. It has been used in chronic rheumatic conditions and joint disease involving poor circulation and coldness.

Red Root is particularly helpful for swollen lymph nodes and supporting spleen function, which is critical for immune support.

Suggested Use: [Lymphatic Drainage](#) will help decongest the lymphatics and promote better drainage. A particularly good program is to add ½ to 1 teaspoon and ½ to 1 teaspoon of liquid [Kidney Drainage](#) containing asparagus, plantain, juniper berries and goldenrod to a quart of water. Sip throughout the day to hydrate and move your lymph.

Click Here to Purchase from Nature’s Sunshine:
[Lymphatic Drainage](#)
[Kidney Drainage](#)

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