



10 SIGNS OF A CONGESTED LYMPHATIC SYSTEM

Author - Sarah Anderson - 02/04/2023

1. **Brain fog and anxiety** - signs of lymph not draining properly.
2. **Bloating** - Swollen, puffy, and achy joints leading into the gut. This can be related to food sensitivity issues. Distressed digestion closely ties in with distressed lymph.
3. **Fatigue** – Where life feels harder than it needs to be, resulting from signs of toxicity.
4. **Aching stiff joints** – and fluid retention, especially in the morning – can feel like fluid is sitting just under the skin.
5. **Dry itching skin** – localized directly over certain nodes, or generalized itchiness in certain areas – feelings of clogged skin that can't breathe.
6. **Cellulite** – a sign of lymph distress – can be caused by training incorrectly – is fixable.
7. **Stubborn weight gain** – can be reversed by healing digestion first and supporting lymphatic flow.
8. **Chronic sinusitis** – sore throats – colds. Tonsils are an organ of the lymphatic system. Much like a toilet for the brain, our throat is what our brain toxins drain through. The chemical era we live in today is one of the main reasons we see this entire region under distress.
9. **Swollen breasts** – especially during menstrual cycle – tender at side boobs and/or puffiness under armpits. Toxic deodorants are the main contributing factor. It slows down the lymph flow and clogs it up.
10. **Swollen glands** – around the body – can be visible and noticeable around the neck.

WHY OPTIMAL LYMPH FLOW IS ESSENTIAL FOR YOUR HEALTH

Over the past year and a half, many clients have come to us for help with similar symptoms that they haven't suffered from previously, such as, lymphedema, dizziness, vertigo, unexplained skin rashes, sinusitis, headaches, extreme fatigue, body aches, issues with sleep, among others. Most of these clients have otherwise been in good health prior to these symptoms. What they all seem to have in common is that they have been immunised against Covid, or have been suffering from long term effects of having Covid.



We cannot say for sure that this is the reason for these symptoms, however, from our observations, it seems likely. What we know for sure is, that your lymphatic system is the driver of your immune system, so a healthy lymphatic flow is essential for fighting disease and illness.

We have been treating these clients with Lymphatic Massage Compression Therapy, in combination with suggested dietary changes and supplements, to help alleviate, or attempt to resolve their symptoms. At the very least, give them the tools to safeguard themselves from any viral and/or bacterial infections, superflu, autoimmune disease, or any other illness and disease they may encounter. We all need to take care of our health and boost our immune systems, and this begins with the lymphatic system.

WHAT IS THE LYMPHATIC SYSTEM?

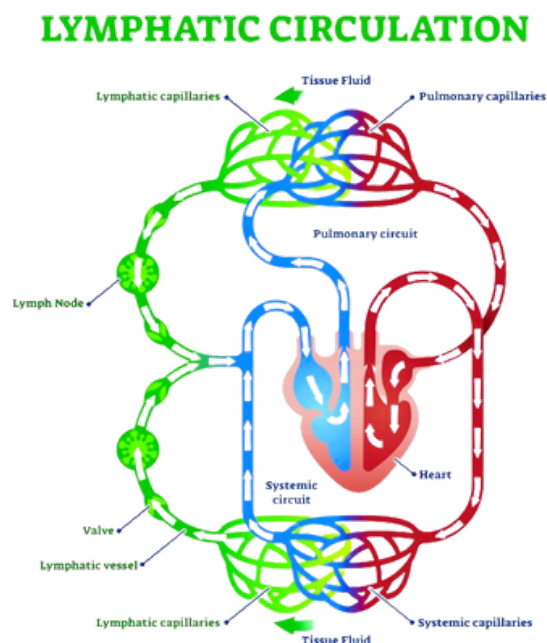
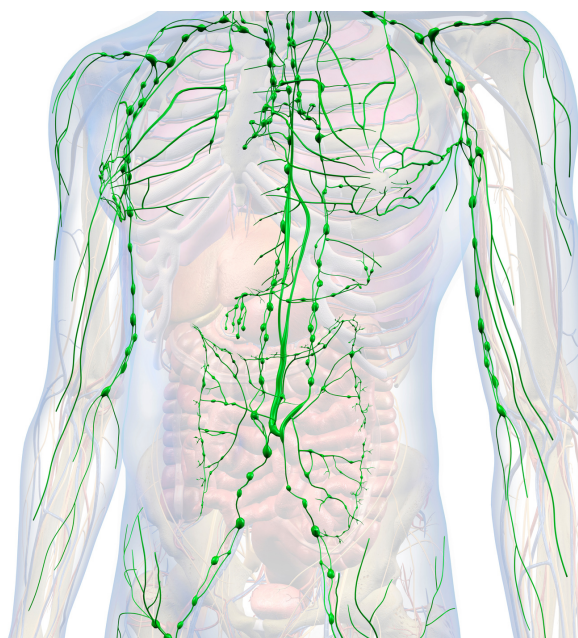
**THE LYMPHATIC SYSTEM IS NOT GIVEN
THE ATTENTION IT DESERVES.**

The Lymphatic System is a complex system made up of ducts, vessels, nodes, the spleen, thymus, adenoids and tonsils. It is one of the most significant systems in the body and essential to the immune system. We would die without it. But unfortunately, it is so overlooked and rarely gets a mention by doctors.

Travelling throughout the body, this expansive system helps to absorb fat- and fat-soluble vitamins from the digestive tract, and delivers them to cells in the body. The primary function is to transport lymph, a clear and colourless fluid containing infection fighting white blood cells called lymphocytes, throughout the body. Like a human drainage system, it filters out and removes potentially poisonous, toxic waste products from every cell, tissue and organ.

When you have stagnant, congested lymph, this leads to metabolic waste and toxic build up, compromising your immune system. This can lead to a variety of health issues, and if continually overlooked and ignored, can result in autoimmune disease, diabetes, cancer, and death.

**KEEPING YOUR IMMUNE SYSTEM FUNCTIONING PROPERLY
IS ESSENTIAL FOR OPTIMAL HEALTH!!!**



SIMPLE THINGS YOU CAN DO TO GET YOUR LYMPHATIC SYSTEM WORKING PROPERLY

DEEP DIAPHRAGMATIC BREATHING – One of the best things you can do for optimal lymphatic function. This involves deep, intentional belly breathing. Breathe in through the nose so that you see your belly rise, then letting the breath out through the mouth, slowly. Doing this controlled breathing for 5-10 minutes a day will do your lymphatic system the world of good.

HYDRATION – Our bodies are made up of mostly water. It is recommended that you drink half your body weight in ounces, of good, clean, filtered and pure water. This will keep you hydrated while helping your lymph flow to remove toxins. This is also one of the best things you can do for your circulation, skin and overall health.

MOVEMENT – 5-10 minutes a day of walking will get the lymphatic system moving. Ideally 15-20 minutes a day will get things moving as it should. Using a rebounder, stretching, or doing yoga are also good ways of adding movement to your day to support lymph flow.



GROUNDING – Spending time each day in nature, the ocean, and the forest. Letting your bare feet connect with the earth, hugging a tree and just really getting in touch with nature, is connecting with our source energy and is essential for health. Do your deep breathing and walking while in nature, to stimulate your lymph system. I can guarantee it will lift your mood every time. Especially if you suffer from depression and anxiety.



DRY BRUSHING – A traditional Chinese and Ayurvedic practice that has been around since ancient times. This technique will stimulate the sweat glands, open the pores and remove dead skin cells while encouraging the movement of blood and lymph flow. Doing this often will improve skin health and even help to remove cellulite.



BUY NOW 



BUY NOW 

LYMPHATICS MASSAGE – Having a lymphatic massage by a trained professional will really help to unclog congested lymph and get things moving to remove toxins, boost the immune system, eliminate water retention, improve sleep, remove brain fog, balance hormones and so much more. If you struggle with stubborn, hard to get rid of weight, and even if you eat healthily and exercise regularly, you most likely have congested lymph.



So, if you get into the habit of practicing some or even all of these lymph-loving tips, along with eating good, healthy whole foods, reducing the use of chemical-laden products around your house, and avoiding the need to use medications, especially antibiotics unless absolutely necessary, you will be giving your body the best fighting chance against any virus or diseases you may encounter. You will also see weight start to fall off, skin improve, allergies start to disappear, energy come back, and mental health and focus improve when your lymphatic system is working at optimal levels.



FACTORS THAT AFFECT THE LYMPHATIC SYSTEM

Normal every day stressors have an impact on our lymphatic health.

- Poor nutrition and diet
- Insufficient daily water intake
- Stress
- Wearing clothes too tight
- Food allergies and sensitivities
- Lack of exercise/sedentary lifestyle
- Hormonal imbalances
- Infections and illness
- Normal aging process
- Traumatic injuries and surgeries.
- Environmental toxins including pollutions, heavy metals, pesticides and herbicides.

HOW DO I KNOW IF I NEED LYMPHATIC THERAPY?

Everyone can benefit from lymphatic therapy. Conditions and symptoms that can be alleviated with a few sessions are as follows:

- Headaches
- Constipation and bloating
- Sinus and congestion
- Chronic joint pain and body pains
- Allergies
- Asthma and lung conditions
- Fatigue
- Frequent cold and flu
- Swollen lymph nodes
- Tonsilitis
- Edema/excess water retention
- Tender breasts
- Enlarged prostate



LYMPHATICS AND COMPRESSION THERAPY FAQ's

What should I do to prepare for a session?

We recommend drinking adequate amounts of water before and after treatment to assist in detoxification. (6-8 glasses)

What can I expect during treatment?

This is a non-invasive body therapy where our therapists manually apply pressure to major parts of the body containing lymph nodes and may include work on the face, arms, chest/breasts, abdomen and legs. Clients will be required to lay on a massage table with most clothes removed. (Don't worry, we will always make sure you are appropriately draped throughout your session) Lights are dimmed, with relaxation music playing and essential oil diffusers, for a relaxing experience, you may even fall asleep.

How long is a session?

Depending on individual assessment, treatment required and areas of concern, a session is approximately 60-80 when having compression therapy as well, in a combo. Lymphatic drainage massage alone can be 30-60 mins, again, depending on chosen treatment and individual areas of concern.

How many sessions should I have?

We recommend a session per week over a 5-6-week period for best results, with maintenance sessions thereafter for optimal health. Individual treatment plans can be tailored to suit your specific health goals and concerns, as your lymphatic system is as unique as you are. (Compression therapy can be used as often as you like.)

How will I feel after a session?

Most clients find our sessions to be very relaxing. However, everyone is unique, and response may differ. Post treatment, some clients- feel energized while some may need to rest. You may experience an increase in bladder and bowel movement, or even a mild detox reaction as toxins are released through natural pathways, but this is temporary and will subside. We will always start off slowly in the beginning, to assess each individual response to detoxification, and adjust treatment as necessary.



How long do the detoxification effects and headaches last?

This is dependent on a few factors, such as: how toxic your body is, your overall health and diet. It is a temporary effect with wellness to look forward to. Upping your water intake will help to flush toxic and metabolic waste a lot quicker.

Will this help me to lose weight?

Weight loss and appearance to the skin can most definitely happen with treatment and consistent use of the glove and incorporating the sequence into your daily lifestyle. However, this is also dependent on your lifestyle, diet and if you have a compromised lymphatic system. Consistency is key to the results you will see. If you are struggling, our Lymphatic Reboot Program is an excellent option, where you will be assisted with nutritional guidance and consultations all the way through to assess and help you set and achieve your weight loss and health goals, all while being fully supported.

Who should not have compression therapy?

Compression therapy is safe to use for most people. Please consult your doctor before using if you suspect you may have: deep vein thrombosis, pulmonary embolism, (blood clot) edema, thrombophlebitis, inflammation of the skin, (cellulitis, erysipelas), ischemic vascular disease, severe peripheral neuropathy, or any other related issues.

Who is it good for?

Compression therapy is ideal for enhancing blood circulation and lymphatic flow, removing lactic acid, reducing swelling and inflammation, lymphedema, venous insufficiency, varicose veins, diabetes, surgery, injury and prophylaxis. It is ideal for post work-out recovery.

How often can I have compression therapy?

It can be used several times a day. It is ideal to use after working out, after a long day of standing, or whenever your legs are tired and sore, or you just want to have a relax for half an hour on your lunch break.



IMMUNE HEALTH IS ESSENTIAL FOR QUALITY OF LIFE



Please don't hesitate to contact us if you have a question or concern that is not listed here, and we will be more than happy to help.

Phone - 0422183368

www.yourbodyrevolution.com.au

Email - enquiries@yourbodyrevolution.com.au

or scan the QR code to book an appointment



In love and good health,
Sarah and the Your Body
Revolution Team

