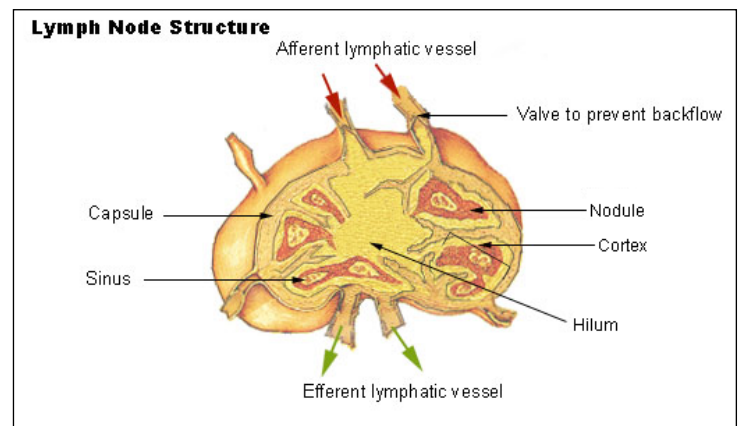


GIVE YOUR LYMPHATIC SYSTEM A BREAK

The lymph system is a network of organs and vessels that runs throughout the body. Lymph capillaries weave between the organs and tissues and collect up to 3l fluids left behind daily. The lymph network is a one-way system where fluids can enter but cannot get out. It is a pump-less system which relies on the action of the arteries, the milking action of the heart, the thoracic changes when breathing as well as the lymph system itself with valves that prevents fluids from flowing backwards. It is logical therefore that physical activity and passive movement [i.e. Just moving around] encourage the lymph fluids to flow more rapidly, while immobilization decreases flow especially around an injured body part.

The lymph system affects our cardiovascular and immune systems. Our cardiovascular system needs lymph fluids to function properly, while the immune system's anti-microbial activity is key to the functioning of the lymph. Large clusters of lymph tissue (lymph nodes) occur near the body's surface in the inguinal, cervical and auxiliary areas. There are also organs with similar functions, namely the spleen, the thymus, the tonsils and the Payer's patches. Lymph nodes allow more liquid in than out, like a bottle neck. Within these nodes there are cells (macrophages) which destroy bacteria, cancer cells and other foreign matter before it reaches the blood stream, thereby cleaning the blood.



A healthy lymphatic system relies on two concepts:

1. Stimulation, nutrition and exercise increase optimum lymph function.
2. Elimination. Healthy elimination organs (the kidneys, bowels, liver and bladder) result in the efficient removal of toxins and waste from the body. To support this function, you should avoid red meat, greasy and fried food, dairy products (cheese, butter and cream), vinegar, pickles, alcohol, sugar and artificial additives.

In only two weeks, you can improve your overall lymph health by:

1. Rubbing your skin
2. Taking cool showers
3. Drinking teas which support elimination, such as, Cleavers, Marigold and Echinacea, and you could add Par d'arco for its strong antiviral properties
4. Eating fresh fruits especially oranges and grapes
5. Eating lots of green vegetables
6. Eating only white meat, chicken and fish
7. Exercising