



~ Keep your lymph flowing
and
your entire system will flow ~



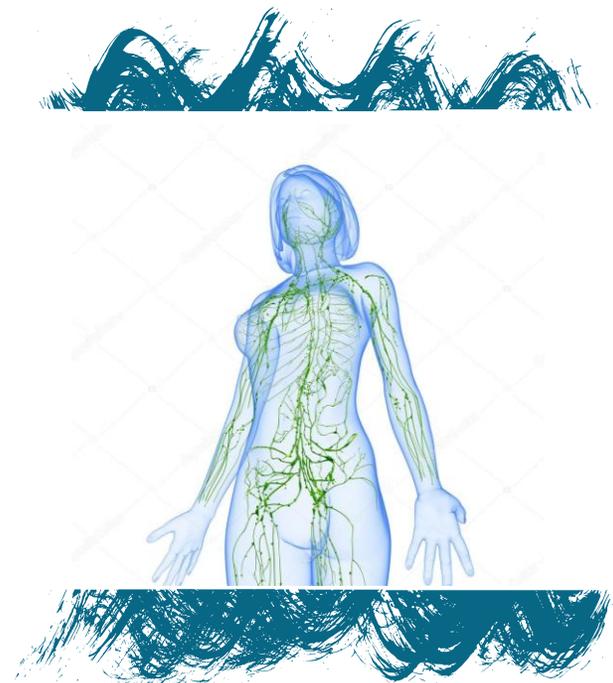
Manual Lymphatic Stimulation for Self-Care

*“When we remove the burden of waste and toxic substances from
the body our ability to recover, repair and perform is improved”*

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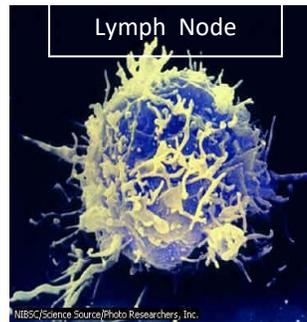


The Lymphatic System

The lymphatic system is the most underrated part of our circulatory system, yet it plays a critical in preventing disease and keeping us healthy.

The lymphatic system's primary functions are:

- To return up to 85% of excess fluid from the tissue to the blood; which means the drainage of waste and by product.
- Defense against invading microorganisms and disease. Lymph nodes and other lymphatic organs filter the lymph to remove microorganisms and other foreign particles. Lymphatic organs also contain lymphocytes that destroy invading organisms.



How to administer self-care techniques:

The amount of times to pump an area is usually an average of 5-10 times. If the area is tender, reduce the pressure and continue pumping till the area has improved. Your pressure should not be hard, like deep pressure massage, but instead a pump that applies pressure where there is still a level of comfort.

Plan to do this technique at least once a day. If you want to include dry skin brushing, administer these techniques first and then instead of effleurage (sweeping), use a dry skin brush.

Self-Care Techniques

Step 1



Pump the terminus area towards the throat.



Step 2



Pump the cervical nodes, located down the side of the neck.

Step 3



Pump the Jugulodigastric Node, located behind the ears.

Step 4



Pump apical lymph nodes up towards the terminus area. This may need to be done in two sections to cover the area.



Step 5



Scoop the axilla up towards the central axilla nodes.



Step 6



Scoop the cubital lymph nodes above the elbow. Follow by effleurage (sweeping) of the arm. Complete both sides.



Step 7 – Lying down



Release the cisterna chyli. This is located on the right side. Rest your little finger on the belly button, press down into the stomach and on an “outbreath” scoop up to chest wall.

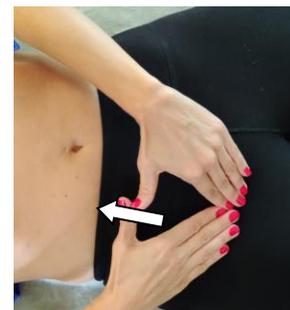


Step 8 – Lying down



Pump the iliac lymph nodes, located above the hips, both right and left sides. This is done as a scoop, drawing up towards the cisterna chyli.

Step 9 – Lying down



Pump the inguinal lymph nodes, drawing up to the iliac nodes. Complete on both right and left sides.

Step 10



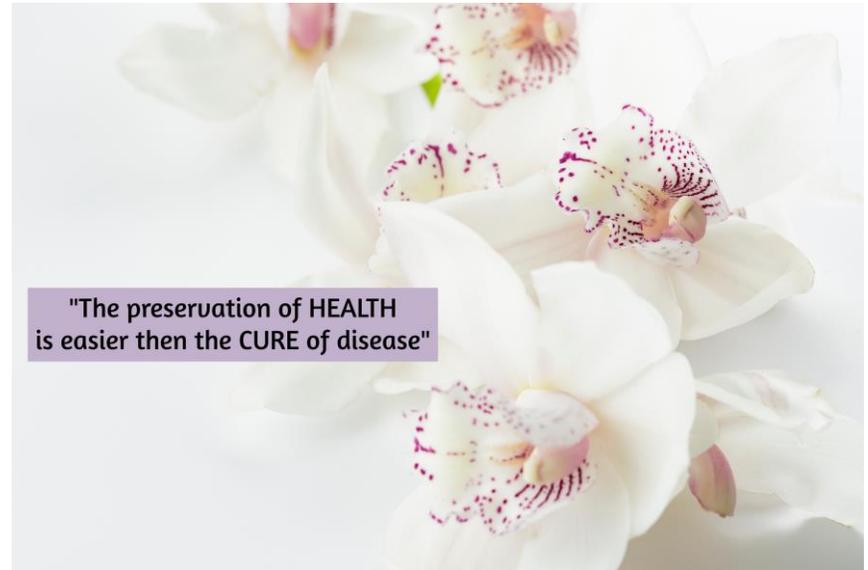
Pump the popliteal lymph nodes located at the back of the knee. First upper nodes and then lower nodes. Press up into the back of the knee and draw back up the leg.



Step 11



Effleurage the full leg.



"The preservation of HEALTH
is easier than the CURE of disease"

DISCLAIMER

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