

Lymph System Care Guide

Dry Brushing

#1

Dry brushing stimulates the lymphatic system and helps keep lymph fluid moving through the body. Done daily, this simple practice greatly aids the detoxification process.

Eat to Thrive

Your lymph system (and entire body) loves whole, real food, free of the pesticides, toxins and chemicals found on and in so many of the foods we consume today. Less of the toxic stuff definitely allows the lymph system to do its thing! Include organic, non GMO foods as often as possible and avoid all refined & processed foods.

#2

Stay Hydrated.

When we keep the body adequately hydrated we ensure that the lymph system has all the fluids required to move toxins into the liver and kidneys for removal. Staying hydrated is imperative in making sure lymphatic fluids stay on the move.

#3

Breathe Deeply

When we practice that deep breathing into the belly we provide the whole body with additional oxygen. Paired with proper hydration this allows the body to better detoxify and drain the whole lymphatic system.

#4

#5

Exercise.

The lymph system is responsible for moving some pretty important fluids through our bodies, we absolutely have to keep moving to keep that system active and doing its thing!