

# How to Get Your Lymphatic System Working Better

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## **Hydration hydration hydration:**

Water attracts/and grabs up... Anything that flows through/or flows over...

[Complaints about the iron in your water?... Barium... ..... Radon etc.? ].

Wanna drink more water so it naturally attaches to what it needs to scavenge and remove out of the body... Out of the lymphatic system... How many gallons in the lymphatic system? 5 gallons or so?

## **Foods:**

Better foods to eat: increase the foods that optimize lymphatic drainage and flow... Like plant-based foods/green leafy vegetables that tend to contain antioxidants and enzymes that emulsifies poisons... Keeping them in suspension for the water to grab.

**Raw foods...** That tend to break up free radicals...

Raw foods are more likely to have more fiber which will help you eliminate better keeping the lymphatic system and its circulation flowing... Reduces the traffic jam.

**Curtail hydrogenated fats....** Most vegetable oils/seed oils etc....

## **Stress:**

Lower your everyday stresses: high mental stress can stagnate the lymphatic system, due to your preoccupation with fears and anxieties...work on it today..!

**Lymphatic drainage:** All bodily functions/movements are good... Remember the lymphatic system works on gravity and movement.

People who sit/and are sedentary are deficient in the will of gravity and the therapeutic value of movement.