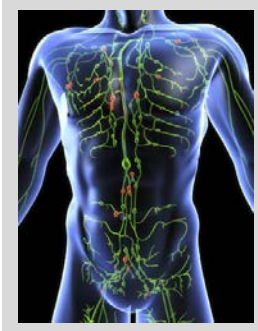


EHC-D NEWSLETTER



Lymphatics:

The River of Life

Just as a river runs through the landscape with its current whisking away debris, the body has a similar river designed to carry away cellular and metabolic toxins. The lymphatic system is a network of lymphatic tissue, vessels, fluid and nodes all designed to function as a cleansing aqueduct, bathing each cell and draining away detritus through the circulatory system. In fact, there is twice as much lymphatic fluid in the body (about 6-10 liters) as blood (about 3.5-5 liters) with about 1/3 of total lymphatic fluid in continual circulation. But unlike blood, lymphatic fluid is not circulated by the heart but is moved only by body movement or exercise, deep breathing to improve circulation and lymphatic decongestive therapy.

If the flow of lymphatic fluid is slowed due to lack of exercise, overburdened detox organs (such as kidneys and liver) due to illness or toxic exposures, a leaky gut due to pathogens or food sensitivities, or stress being held as tension and constriction in the muscles of the body, the lymphatic system will become exhausted in its ability to filter the body's cellular debris. As the lymphatic fluid becomes sluggish, the resulting condition of lymphatic congestion may appear as painful lymph nodes, systemic edema, brain fog, chemical sensitivity, depression, fatigue and often a feeling of heaviness in the abdomen. Stagnant lymph will also interfere with the body's ability to cleanse viruses, bacteria, mutagenic cells, metabolic endo-toxins and even cancer.

Many environmentally sensitive people have some degree of lymphatic congestion due to their overburdened detox organs. Attention to lymphatic health is crucial since stagnant lymphatic fluid can be stored in the lymph nodes for months or even years, keeping the body from effectively cleansing itself, resulting in a higher internal toxic load which in turn can foster elevated allergic and environmental sensitivities.

Ways to restore a properly functioning lymphatic system include: avoiding processed and fatty foods, investigate food sensitivities that may be affecting gut health and digestion, reduction of environmental exposures, staying hydrated with purified water and well balanced electrolytes, getting regular physical exercise to stimulate lymphatic flow, practicing deep breathing and stress reduction to allow for less constriction and better circulation of lymphatic fluid, loosening up of restrictive clothing such as tight pants, belts and undergarments to ensure efficient lymphatic drainage and employing an experienced lymphatic decongestive therapist to manually reduce swelling in the lymph nodes and to restore a healthy flow of cleansing lymphatic fluids.