



Optimum Health Clinic Inc.

DETOXIFICATION OF THE LYMPHATIC SYSTEM

The lymphatic system is a network of nodes and ducts. The nodes and ducts facilitate lymph fluid to circulate throughout the body into the intercellular tissue. The white blood cells ('T' cells and 'B' cells) move about via this system fighting infection. This system relies on the movement of the muscles to increase circulation, because the system does not have a heart to pump the fluid to the cells and back into the bloodstream. This is why people with sedentary lives and/or those confined to bed or a wheelchair have, sluggish lymphatic systems and compromised immune responses.

TO HEAL THE LYMPHATIC SYSTEM

1. Eliminate exposure to toxins that are causing the lymphatic system to be aggravated such as molds, pets, toxic carpets or paint.
2. Exercise is essential for good circulation of the lymphatic system. Movement of the arms, aerobic exercise and yoga with inverted postures increase circulation to the lymphatic system.
3. Drinking lots of purified or distilled water. This hydration of the tissue is vital to encourage the body to let go of stagnant waste.
4. Keep the colon clean with enemas or Colonics. This is important for two reasons. The first reason is it rids the body of toxic waste instead of burdening the liver. The second reason is it allows clean water to be absorbed to replenish the lymph with fresh non-toxic fluid. Intestinal cleansing products also help rid the build-up of excess mucous, and undigested or decomposing food from the small intestine.
5. Use a loofah sponge or dry-brush massage daily, and a Lymphatic Massage or Lymph Light Treatment weekly. The lymphatic system being fluid in nature responds very well to touch. When massaging yourself, always move towards the intestines and massage intestines clockwise.
6. Dietary suggestions: Avoid dairy and white flour, they are mucus forming and congest the lymphatic system and eliminatory tract. Avoid sugar it feeds yeast and bacterial overgrowth. Avoid cooked and hydrogenated fats, red meat and shellfish all of which are hard to digest, therefore clog up the lymphatic system. Eat lots of organic fruits, vegetables and juices Eat whole grains, nuts, and seeds, beans, and legumes. If you eat animal source protein, use only meats with no antibiotics or hormones.
7. Herbal remedies: Echinacea, Lym-Inf from ATRI Co. with 8 oz of water, Vitamin C, and other anti-oxidants that rid the body of free radicals.
8. Drinking herbal teas such as Jason Winter's, Essiac, or fresh graded Ginger tea helps to detoxify the lymphatic system.

OPTIMUM HEALTH CLINIC

712 D ST.- SUITE L- SAN RAFAEL CA 94901 - 415 460-9722

All rights reserved internationally © copyright 4-10 www.OptimumHealthClinic.info



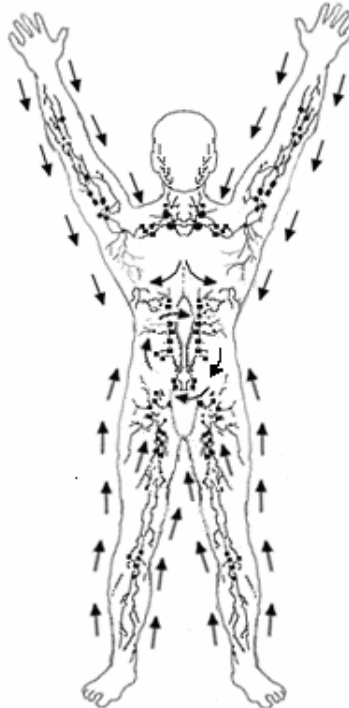
Optimum Health Clinic Inc.

Dry Brush Massage Salt Glow and Manual Lymphatic Drainage

The lymphatic system, being fluid by nature, responds well to the flowing movements of massage. Deep lymph drainage massage uses pressure on release points to move toxic debris from all other eliminative organs and the small intestines. The importance of drinking lots of distilled water to cleanse the lymphatic system, especially before a lymphatic massage, cannot be emphasized enough.

The purpose of “Dry Brush Massage” or “Salt Glow” is two-fold. The first is to remove dead cells from the surface of the skin, which increases the surface area for elimination of toxins. The second is to stimulate circulation to the subcutaneous tissue and stimulate the drainage of the lymphatic fluid. Dry brush massage may be self-administrated or may be given to a bed-ridden patient whose activities are so limited that the lymphatic system needs support.

INSTRUCTIONS: Using a natural, bristle body brush, rub vigorously (but not too deeply) to stimulate the skin and remove dead skin cells. Use long strokes, from the elbow, down through the armpits, towards the navel. With short, gentle strokes, continue under the chin, down towards the navel, and gently around the breasts. From the feet (starting on the bottom), stroke upwards though the groin area, always moving towards the navel. Brush the entire body in this manner. The last strokes should be a gentle circle around the abdomen clockwise (in the direction the bowels release). You can also incorporate a salt glow by using sea salt and a small amount of aromatherapy oil with the brush. This is very stimulating to the skin and lymphatic system as it draws out toxins through osmosis and allows pores to open and sweat to release. Vigorous scrubbing with a loofah sponge while in the shower or after soaking in a bathtub can also be helpful. Use the same instructions for a manual lymphatic drainage. Don't forget to scrub your back. Some of the loofah sponges and dry brushes are designed with handles for this purpose. This routine can be done on a daily basis. The illustrations show the direction of flow and release points for the Dry Brush Massage and Salt Glow.



OPTIMUM HEALTH CLINIC

712 D ST.- SUITE L- SAN RAFAEL CA 94901 - 415 460-9722

All rights reserved internationally © copyright 4-10 www.OptimumHealthClinic.info