

CirchHollistic, LLC
...for your wellbeing

Laura Pfeffer LMT, CLT
Electro-Lymphatic Decongestion

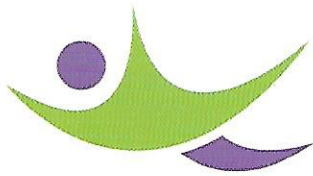
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LYMPH'S THE LINK!

When the lymphatic system is congested,
the immune function is compromised

your lymphatic system works hard to keep you healthy,
and stress can slow it down
take care of it so it can take care of you!

detox with Electro-Lymphatic or relax with AromaTouch

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DETOX Your Lymphatic System

for Better Health

by Laura Pfeffer

Did you know that we already have a *free* natural detox solution that continuously works for us around the clock to keep our internal environment clean? In fact, it is so crucial to our survival that if it stopped working, we would die in a matter of hours. It's called the Lymphatic System, and these days it is working harder than ever to combat the onslaught of toxins we are exposed to on a daily basis. It also serves as the transport system for our immune cells, which reside in our lymph nodes to filter and destroy harmful organisms before the plasma rich lymph returns to the bloodstream.

Maintaining a healthy lymphatic system is essential for immune function and overall wellness and invaluable during a detox. If the drainage pipes are clogged, how can you be sure the toxins you are trying to mobilize are getting eliminated? If not moved out in a timely manner, toxins may get reab-

sorbed. The lymphatic system has a tremendous job to do, but it doesn't work alone. The elimination organs must also be supported. When the lymphatic system becomes overwhelmed, lymph flow can slow down and stagnate, overtime leading to lymph blockages. Unfortunately our lymphatic system can become stagnate or blocked for years before we realize it. This can impair the ability of the other organs to eliminate their waste, causing a decline in their functionality, eventually leading to a host of ailments. Lymph stagnation may become apparent with chronic symptoms such as water retention, inflammation, joint pain, breast tenderness, headaches, sinus infections, fatigue, brain fog, skin breakouts, heightened allergies and food sensitivities, and difficulty losing weight.

Some of us are better detoxifiers than others. While genetics may play a role, our lifestyle habits, nutritional deficiencies, and emotional stress influence our ability to detox effectively. Since adequate movement and proper hydration are two of the main requirements for lymph to pump through the

body effectively, sedentary lifestyles and poor drinking habits present a big challenge for many of us. What many people don't realize is that movement has to be continuous. A hard workout a few times a week won't do much for the lymph the rest of the week. Same with water, drinking a gallon in the morning won't help flush our drainage pipes later in the day. Movement and hydration must take place throughout the day. Consistency is Key! This also applies to sleep. Trying to catch up on lost sleep during the weekend is not as effective as getting sufficient sleep each night, especially when this is the time when the brain's lymph channels drain.

"Remember, when the lymphatic system is congested, the immune system is compromised. Support your lymphatic system, and spend your efforts on staying well rather than getting well!" *Laura Pfeffer is a licensed Massage Therapist certified in Lymphatic Drainage using state of the art Assisted Lymphatic Therapy instrumentation. Her sessions include educating clients on how to best support their lymphatic system, and is available for group presentations. Located in Dadeland/South Miami you can call her for more information at 305-878-7612, or visit www.circhollistic.com. See ad, page 62*

Other lifestyle habits that support healthy lymph flow include:

- eliminate foods that are toxic, congestive, or inflammatory
- stop wearing tight fitting undergarments which restrict lymph flow of very important areas
- help move lymph with deep breathing, bouncing, and take breaks from sitting too long
- get periodic lymphatic drainage therapy and/or acupuncture
- reduce mental and emotional stress