



## Lymph is the Link to a Healthier You

by Laura Pfeffer, LMT, CLT

Most people are still unaware of the important role their lymphatic system plays in supporting overall health, especially breast health for women. It's the missing link in our conventional health care system. The lymphatic system is responsible for producing and distributing the white blood cells that the immune system uses to protect us from infection and illness. When the lymphatic system is congested, the immune system is compromised.

Health challenges arise when the lymphatic system becomes overwhelmed. Today, a large percentage of illness and chronic disease is due to toxic overload, so maintaining a healthy lymphatic and immune system is vital for good health. Since the lymphatic system does not have a pump like the heart, it is always at risk for congestion without adequate physical movement and hydration. Most people have some degree of lymphatic congestion due to poor lifestyle habits and the overwhelming amount of toxins we are exposed to on a daily basis. This can lead to a host of ailments, fatigue, and declining health.

When you don't drink enough water, move enough, or you remain stressed for long periods, lymph flow slows down and becomes stagnant. When this happens, toxic cellular waste builds up and impairs the ability of cells to get the nutrients and oxygen they need. What can people do on a daily basis to help move lymph and prevent stagnation? Two things to INCREASE: hydration and some form of exercise or movement, such as brisk walking, dancing, bouncing, and deep breathing. Two things to DECREASE: wearing tight-fitting garments and aluminum-based antiperspirants, because both restrict lymph drainage. Much has been written on the health hazards of wearing underwire bras, which can lead to the development of breast cancer due to trapped toxins, especially aluminum from antiperspirants that accumulate when lymph drainage is impaired.

Your lymphatic system may be congested if you are experiencing fatigue, chronic inflammation, water retention, sinus issues, breast tenderness, fibroids, muscle achiness,

just to name a few. Restoring proper lymph flow can enhance the immune system, absorption of nutraceuticals, weight-loss efforts, and the effectiveness of other therapeutic modalities. While lymphatic therapy is most often used to help people with impaired lymphatic systems (due to lymph node removal or radiation) or for post surgical lymph drainage, it is also important for the rest of us, whose lymphatic systems become challenged from poor diets, sedentary lifestyles, and stress! When you are stressed, shallow breathing and tense muscles slow the flow. Even healthy and active people can have partially blocked or sluggish lymphatic systems, as commonly seen on thermography screenings. Lymphatic drainage is often recommended when areas of inflammation or lymphatic congestion are detected.

Don't wait until you develop symptoms or illness. Be proactive and include lymphatic massage or lymphatic decongestive therapy as part of your routine health maintenance to prevent or relieve lymphatic congestion. Advanced technologies offer an effective and relaxing option: Electro-Lymphatic Decongestive Therapy, which uses a high-frequency sound pulse to gently stimulate the lymphatic system, helping the body to detox naturally by reducing inflammation and eliminating toxins.

Your lymphatic system works hard to keep you healthy. Take care of it so it can take care of you.

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### LYMPH'S THE LINK!

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detox with Electro-Lymphatic or relax with AromaTouch

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