

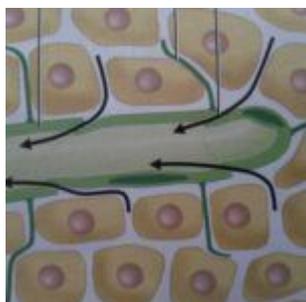
# How to Detoxify and Heal the Lymphatic System

We've all heard of the lymphatic system, but few understand how it works or why and how a properly working lymphatic system is vital to the body. The lymphatic system is a network of tissues and organs that transport lymph throughout the body. Its responsibilities include cleaning the cellular environment, returning proteins and excess tissue fluids to the blood, providing a pathway for the absorption of fats into the bloodstream, and the production and transportation of antibodies (white blood cells called lymphocytes) throughout the body to fight infection.

- [Lymphatic Anatomy](#)
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Our blood contains red blood cells that deliver oxygen around the body, white blood cells that fight infections, platelets that help you stop bleeding if you get a cut, and plasma.

Plasma is the liquid portion of blood. It's a yellowish liquid in blood that suspends the red blood cells and carries nutrients and oxygen throughout the body. Plasma contains water, salt, enzymes, immunoglobulins (antibodies), hormones, clotting factors, and plasma proteins.

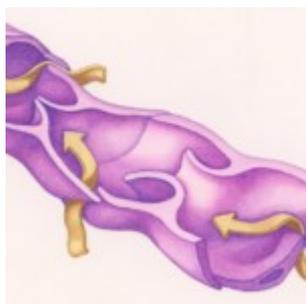


Interstitial fluid, also known as tissue fluid, was plasma before it entered tissue. Interstitial fluid is a solution that bathes and surrounds the tissue cells.

Tissue fluid and blood are not the same, and not all of the contents of blood pass into tissue. Red blood cells, platelets, and some of the plasma proteins do not pass through capillaries. The resulting mixture that does get through is, in essence, blood plasma minus its clotting agents and some of its proteins.

Lymph was interstitial fluid before it became lymph.

## Lymphatic Anatomy



The lymphatic system is made up of lymph capillaries, vessels, and nodes, the spleen, thymus, tonsils, Peyer's Patches, and lymphocytes (white blood cells). Red bone marrow is also a part of the lymphatic system. We have hundreds of lymph nodes. Lymph nodes can be found all around the lungs and heart, in the gut, in the armpits and groin, and pretty much all over the body.

Blood pressure causes plasma liquid to leak into tissues, and this pressure causes excess fluid in those tissues to move into the lymph capillaries. As this fluid leaves the cells, it

takes cellular waste products and used proteins with it. The lymphatic capillaries pick up approximately 20% of the fluid that was delivered to the interstitial space. The venous system picks up about 80% of the fluid in the interstitial space. The unique structure of the lymphatic capillaries permits interstitial fluid to flow into them but not out.

Blood pressure, temperature, activity of muscle and joints, diaphragmatic breathing, and pulsation of adjacent arteries all cause lymph to move up to the subclavian veins at the base of the neck. Valves and pressure keep lymph moving in the right direction. Along the way, the fluid is interrupted by lymph nodes that filter dust, cancer cells, pathogens, and other unwanted matter. Lymph nodes also produce lymphocytes (white blood cells). The spleen, tonsils, and red bone marrow help produce lymphocytes as well.

The spleen, which is about the size of our fist, is the largest lymphatic organ. It is similar in structure to a lymph node, but it filters blood, not lymph. The spleen contains two main types of tissue, white pulp and red pulp. White pulp is lymphatic tissue containing white blood cells – B and T cells. T cells attack pathogens (such as bacteria and viruses) while B cells make antibodies that fight infections. Red pulp tissue removes old and damaged red blood cells and stores platelets. It also produces red blood cells in unborn babies and when certain diseases are present.

The thymus is both a lymphatic organ and an endocrine gland. The thymus plays a major role in immune system development, starting before birth. Unlike other organs, the thymus reaches its functional peak, and largest size, during childhood. After puberty the thymus reduces in size, replaced by fat.

Tonsils are a familiar lymphatic cluster. Their position, hanging from the mouth and pharynx, allows them to be the first line of defense against inhaled and swallowed foreign bodies and toxins.

The final goal of the lymphatic system is to recirculate lymph back into the plasma of the bloodstream. There are two specialized lymphatic structures at the end of the lymphatic system, called the lymph trunks and ducts. Lymph ducts empty lymph into one of the subclavian veins. There are two lymph ducts, the right lymphatic duct and the thoracic duct. The right drains lymph from the right upper limb, the right side of thorax, and the right halves of head and neck. The thoracic duct drains lymph into the circulatory system between the left subclavian and the left internal jugular veins.

Lymphatic trunks are large lymph vessels that made up of the convergence of many efferent lymph vessels. There are five sets of lymph trunks.

- Jugular lymph trunks located in the neck
- Subclavian lymph trunks located beneath the clavicle
- Bronchomediastinal lymph trunks located in the chest
- Lumbar lymph trunks drain lymph fluid from the legs, pelvic region, and kidneys
- Intestinal lymph trunk receives chyle (lymph mixed with fats) from the intestines, and receives lymph from the stomach, pancreas, spleen, and the liver.

Lymphatic trunks drain lymph fluid into the lymph ducts, the final part of the lymphatic system.

For more on lymphatic system anatomy and function:

## **The Gastrointestinal Lymphatic System**

After filtration by the lymph nodes, efferent lymphatic vessels take lymph to the end of the lymphatic system to recirculate lymph back into the plasma of the bloodstream. The intestinal lymphatic system serves vital functions in the regulation of tissue fluid homeostasis (keeping tissue properly hydrated), immune surveillance, and transportation of fats and other nutrients into plasma.

When the gut's not healthy, the body is not healthy. A sluggish and toxic gut will slow the lymph's ability to provide clean, infection-free blood, and fats will not as easily be absorbed and assimilated, causing weight gain and poor cellular health that can lead to an array of problems from diabetes to cancer.

## Diseases and Disorders of the Lymphatic System

The lymphatic system removes infections and other toxins from the blood. A sick body is a toxic and infected (or soon to be infected) body. Arguably, most every chronic disease and every infection is indicative of an overwhelmed lymphatic system. When the system is overwhelmed, the body is overwhelmed. With any chronic illness, getting well includes improving lymphatic function.



- **Edema, or Oedema** – Swelling that results when tissues cannot drain fluid into the lymphatic system quickly enough – see image above.
- **Lymphedema** – Caused by a blockage in the lymphatic system, part of the immune and circulatory systems. Lymphedema is most commonly caused by lymph node removal or damage due to cancer treatment.

- **Elephantiasis** – Medically known as lymphatic filariasis, a condition characterized by enlargement of an area of the body, typically the limbs. It looks like a severe case of edema, and it is.
- **Glandular fever** – A type of viral infection that mostly affects young adults. Symptoms include tender lymph nodes.
- **Hodgkin's disease** – A type of cancer of the lymphatic system.
- **Tonsillitis** – Infection of the tonsils in the throat.
- **Lymphadenopathy** – Occurs when the lymph nodes swell due to infections. Viral infections like measles, rubella, glandular fever, and HIV may also cause lymphadenopathy of the lymph nodes.
- **Lymphadenitis** – Inflammation of the lymph nodes usually caused due to infections.
- **Filariasis** – An infection of the lymphatic channels by a worm or parasite.
- **Splenomegaly** – Swelling of the spleen due to a viral infection like infectious mononucleosis.

All lymphatic disorders equate to a slow moving, less efficient lymphatic system. This immediately leads to toxic blood and tissue with cancerous and otherwise sickly cells that should have been filtered out.

## Symptoms of a Sluggish Lymphatic System

Humans have twice as much lymph fluid in the body as blood. Unlike the circulatory system, the lymphatic system does not have a pump. In order to move, lymph relies on blood pressure and the relaxation and the contraction of the muscles and joints. Your lymphatic system can easily become stagnant, especially when it becomes overwhelmed with toxic debris. The combination of a toxic lifestyle and lethargy is a recipe for chronic disease.

All things in nature have a natural progression. When this progression is inhibited, health deteriorates. Think of a river. A healthy river runs clean and clear compared to stagnant water. Imagine them clogged and the resulting backup. Picture an engine and car oil, and you can equate our lymphatic system to an oil filter. Imagine how sluggish and constrictive the engine would be if the oil wasn't constantly filtered. Sluggish lymph fluid is a breeding ground for infection.

Stagnant lymph interferes with every system of the body. Because lymph cleanses nearly every cell in the body, symptoms of chronic lymph blockage are diverse. While most people prefer to identify one specific cause of a disease, there are rarely fewer than three and can often be hundreds. The point is, if the body is unhealthy, the lymph is unhealthy, too. If the body is sick, the lymph is sick, too.

Symptoms of lymphatic congestion include:

- Rings get tight on fingers
- Skin is puffy, showing edema
- Soreness, stiffness, achiness in the mornings
- Arthritis
- Lethargic, drained, sluggishness
- Bloating, water retention
- Itchy skin
- Bad skin (dryness, acne, premature aging, etc.)
- Breast swelling or soreness with hormonal cycles
- Brain fog
- Cold hands and feet
- Chronic headaches and/or migraines
- Cellulite
- Cancer
- Diabetes
- Chronic inflammation

Every one of these health concerns can be linked to other

diseases as well, but any disease leads to a taxed lymphatic system, and a healthy lymphatic system is necessary to eliminate any disease.

## **How to Restore the Lymphatic System to Optimum Health**

Doctors in Europe and in the Far East recognize the importance of lymphatic function and how it supports detoxification and every other system in the body, including the immune, digestive, and nervous systems. Natural practitioners know that poor lymph health underlies most health conditions from poor skin to cancer. By contrast, conventional practitioners in America don't even consider the lymphatic system until a lymph deficiency shows up such as a swollen lymph node, cancer developing in a lymph gland, or obvious signs of lymph blockage. And of course, when something does go seriously wrong with the lymphatic system, western conventional doctors typically say the ailment is incurable. This is not true.

### **Be Careful What You Put On Your Skin**

When the lymphatic system becomes sluggish it will "off-gas" through the skin. When unnatural fibers (like nylon or polyester) are worn and when chemical creams and soaps are applied to the skin, toxin release through the skin is inhibited. Much of the toxic load that should have been eliminated is re-absorbed along with some of the new toxins from the chemically laden clothes and skin products. This creates a backlog of needed detoxification.

A tight fitting bra and underwire bras will impede normal lymphatic flow. Make sure bras fit properly, and avoid underwires. Go braless whenever possible.

Wear natural fibers, and don't put toxic chemicals on your skin. Almost every skin care product in the skincare

isles is toxic. Most “all natural” moisturizer creams, and soaps are also toxic. With few exceptions (like essential oils), when it comes to skin care products, if you can't eat it, don't put on your skin. This also includes sunblock, deodorant, and laundry detergents.

Speaking of deodorants, they need to be all natural. Conventional deodorants, especially antiperspirants, inhibit lymph detoxification. On a side note, it's no wonder, understanding how the body works, that antiperspirants do in fact lead to breast cancer. We need to sweat, and that sweat leads to an ecosystem of flora on the skin that can promote good health or bad health. Check out [How To Make Your Own Natural Deodorant at Home](#).

The same needs be said about toothpaste and mouthwash. Lose the toxic stuff. Check out [Heal Cavities, Gum Disease, Naturally with Organic Oral Care – Toothpaste Recipes Included](#).

## **Holistic Organ Health**

Your body is a collection of organs that ideally work in harmony with one other. The lymphatic system keeps organs healthy, but an unhealthy organ, or many unhealthy organs, will overload the lymphatic system. Most people with a slow lymphatic system have a leaky gut. In fact, most people with any health problems have a gut that is overly permeable, allowing undigested particles, and toxins to enter the blood and lymph. See [Best Supplements To Kill Candida and Everything Else You Ever Wanted To Know About Fungal Infections](#) for more on gut health.

The first step for almost anyone experiencing health problems should be to balance gut flora. If your body is toxic, your gut is toxic, and the microbes in there are not going to be your friends. As previously mentioned, the *intestinal* trunk receives the *lymph* from the *stomach*, *intestine*, pancreas,

spleen, and liver. None of these organs will be well if the digestive system is in turmoil.

The diet for a healthy lymphatic system and a healthy human body includes far more fresh, raw vegetables than anything else. This how a healthy diet should look with the most often consumed foods listed first:

- Raw, fresh vegetables and herbs
- Raw fresh fruit
- Cooked vegetables
- Nuts, seeds, and legumes (all properly soaked, sprouted, etc.)
- Brown rice, amaranth, quinoa, millet, oats
- Meat

Obviously, meat is optional. Most of us do not get enough water. Clean water is imperative for lymphatic health, too.

## **Fungal Supplement Stack – Knock Out Yeast, Candida, Mold, Fungus**

If you have a sluggish lymphatic system you've got Candida. In fact, that's probably one of the main causes. The first three should be plenty for most people, but for really prominent fungal issues or for impatient people with a bigger budget I'd recommend all of these:

- [Formula SF722 – Thorne Research](#)
- [Syntol AMD – Arthur Andrew Medical](#)
- [Berberine 500mg – Thorne Research](#)
- [Candida Complex – Complementary Prescriptions](#)
- [MycoCeutics MycoPhyto Complex – EcoNugenics](#)
- [MicroDefense – Pure Encapsulations](#)
- [Abzorb Vitamin & Nutrient Optimizer \(500mg\) HCP Formulas](#)

# Lymphatic Detox

While there are supplements that help, a healthy body will not be achieved without the right diet. The right diet is the foundation of an effective detox. Check out [Detox Cheap and Easy Without Fasting – Recipes Included](#) for a recipe for salads and for a cranberry lemonade that will radically improve the body's elimination of toxins. Salads, when made right, provide a plethora of synergistic nutrition that rebuilds the body while pulling out toxins (for instance, many vegetables and herbs chelate heavy metals). The cranberry lemonade, made with unsweetened cranberry juice and stevia, will help flush and detoxify the liver and kidneys, allowing the lymph to move much more freely.

Avoid all refined, processed foods. Cook and prepare all food at home. Do not eat out until all symptoms are gone and health is restored. At home, eat salads, cranberry lemonade, and fresh fruit. Make stir-frys for dinner.

Avoid vaccines, at least until the lymphatic system is running smoothly. Regardless of your vaccine stance, vaccines are toxic and they slow lymph.

The same is true for GMOs. GMOs harm healthy gut flora, and they need to be avoided. For more on vaccines and GMOs, check out [People Against...](#)

## Foods That Support the Lymphatic System

Water, while not a food, is vital to life. A lack of water inhibits lymph from flowing smoothly.

Cranberries emulsify fat, which helps break down excess fat so the lymphatic vessels can carry it away. Cranberry also helps the kidneys, which helps with overall hydration. Avoid cranberry juice that has any added ingredients, and try to get some fresh, whole cranberries to juice whenever possible.

Leafy greens are cleansing. Chlorophyll, the green nutrient that captures sunlight, has powerful cleansing properties and beneficial effects on the blood and thus on lymph fluid as well. Look for dark greens like kale, spinach, wheat grass, barley grass, turnip greens, dandelion leaves, broccoli, and mustard greens.

[Garlic](#) boosts immune function, chelates heavy metals and some other toxins, and kills harmful microbes. Anything that boosts immune function will take a load off of the lymphatic system.

[Ginger](#) reduces inflammation, and like garlic, ginger is also antimicrobial.

[Turmeric](#) is related to ginger. It also helps reduce inflammation, thins the blood, improves circulation, and is a well known and very effective cancer fighter.

Fresh produce has many different benefits for the lymphatic system and the whole body, but enzymes are critical to good health. More enzymes in the diet means more enzymes are available to the body to break down food and fibrin, which allows for easier flow of blood and lymph.

## **Lymphatic Supplemental Support**

[Systemic enzymes](#) help to restore lymphatic transport capacity and break down undesired excess proteins that contribute to swelling and inflammation. Systemic enzymes also remove debris throughout the body that slow down circulation.

[Oregano oil](#) supports digestion and the immune system. Oregano oil is absorbed directly into the lymphatic system from the digestive tract. The powerful antioxidants and antimicrobial properties can help clear up the intestinal lymph capillaries. Oregano oil also contains terpenes that dissolve fatty sludge in the lymph system and in the gall bladder.

[Burdock](#) is a powerful multi-system detoxifier that supports

the liver, kidneys, digestion, and the lymphatic and endocrine systems. According to the University of Michigan Health System, burdock a blood and lymph purifier.

**Wild indigo** stimulates the glandular and lymphatic systems. This herb is an antimicrobial immune system modulator and lymphagogue that helps regulate immune and inflammatory responses.

[Licorice root](#) is one of the most broad-spectrum natural detoxifying agents known to herbalists. It has been said to gently rid the body of over 1,000 known toxins.

[Goldenseal](#) and [astragalus](#) are excellent lymphatic system and blood cleansers that also boost the immune system.

[Echinacea](#) alleviates congestion and swelling in the body, and it boosts the immune system. Echinacea will ward off bacterial, fungal, and viral infections. Echinacea helps strengthen certain kinds of cells in the lymph nodes called macrophages, which are responsible for getting the toxins out of the lymph.

[Aloe vera](#) is a natural cleansing food that encourages, supports, and increases lymphatic circulation.

**Prickly ash bark** is a traditional Native American remedy that boosts lymphatic function, stimulates digestion, and promotes joint health.

**Red clover, cleavers, manjistha, bupleurum, rehmannia,** and **stillingia** root are popular herbs for lymph stimulation and detoxification.

## **Other Ways to Stimulate the Lymphatic System**

Get upside down. Bounce and jostle. Just move!



## **Inversion Table**

An inversion table is a padded table that allows one to invert upside down while strapped in by the feet. This decompresses joints and stimulates the lymphatic and circulatory system.

## **Lymphatic Massage**

We all love a good massage, and a massage will help with the lymphatic system. But, a lymphatic massage specifically targets the flow of lymph in the body. With rhythmic circular movements at just the right pressure to stimulate the lymph, this kind of massage can encourage lymph movement. Lymphatic massage, when done correctly, has been proven to push up to 78% of stagnant lymph back into circulation, which mobilizes toxins for clearance, lessening the burden on the body.

## **Dry Brushing**

Dry skin brushing is a technique commonly utilized in Ayurveda for assisting in lymphatic flow. The procedure uses a dry brush with coarse bristles to brush the skin gently towards the heart. This stimulates the sweat glands, opens up skin pores, and helps remove dead skin cells as it stimulates the movement of lymph and blood in underlying organs and tissues.

## **Exercise**

Rebounding is the practice of jumping on a trampoline for ten to thirty minutes. This stimulates the circulation of blood and lymph throughout the body. Numerous studies have proven

its efficacy, and some believe there are many other benefits as well.

Other bouncing exercises like jumping rope, jumping jacks, and dance stimulate like rebounding. A hard surface makes for a better bounce to the system, but a trampoline is better for those who need to start with exercises that are more gentle.

Squats massage and stimulate internal organs and bodily systems. Humans were meant to squat and run regularly. Our body works better when we do.

Yoga increases the flow of the lymph. Inverted positions, stretching and contracting the core, and other positions involving stretching are all very beneficial to the lymphatic system.

Running and jogging get the lymph moving. Sweating and breathing heavily also improve lymph condition. Be sure to [breathe properly!](#)

## How To Eliminate Chronic Illness and Heal Lymph

Here are three articles I put together on diet. This is indicative of how my family eats every single day.

- [Detox Cheap and Easy Without Fasting – Recipes Included](#)
- [Start Eating Like That and Start Eating Like This – Your Guide to Homeostasis Through Diet](#)
- [How to Make the Healthiest Smoothies – 4 Recipes](#)

We start off with cranberry lemonade and a huge salad every morning. For lunch, we sometimes do a smoothie or we snack on some nuts and/or fruit or we just finish our massive 11-cup salads. For dinner, we always cook from scratch, which takes preparation and time, but it gets easier. Rice and beans, quinoa, lentils, millet, oatmeal, and amaranth are common

staples for our cooked meals. We add lots of raw vegetables and herbs to our dinners as well, for instance, the rice and beans go great with chopped tomatoes and avocado, diced onions and garlic, and shredded turmeric and ginger. Eat raw herbs and cooked herbs together for maximum health benefits.

This is truly a lifestyle, not a diet, and it's one we live every day. You may not need to go to this extreme to rid your body of disease, but I find that most who are dealing with chronic illness need to take it this far, at least for a few months.

The salads are the most important part of this protocol. More than supplements, more than anything save getting enough water, the salads are imperative. Eat lots of it. Make sure they are diverse with at least 15 different vegetables and herbs. If you could see what packing your gut with salad does to your ecosystem under a microscope, you'd understand why I'm so passionate about them. There is nothing more beneficially life-changing than developing a salad habit when the salads are big and diverse and homemade. They do more than any supplement or any other food to clean the intestinal walls of filth and develop a beneficial gut ecosystem.

The cranberry lemonade helps keep the kidneys and liver working optimally. These organs typically get sluggish quickly when lots of Candida are killed. If salads are #1, this cranberry lemonade is #2, and supplements are a distant #3.

For those with very serious gut issues, legumes and grains will be a no-no for the first few weeks at least, but when enough salad has been consumed, the gut should be able to reap many benefits from cooked foods like the dinner meals aforementioned.

Sweet fruit should be severely limited, and for the very ill, avoided until the gut is working better. Grapefruit, cranberry, avocado, lime, and lemon do not fall under this

category.

Juicing with fruits is not much better than refined sugar, so don't make the common mistake of thinking a fresh-juice fast is going to get you well.

Now that diet is covered, here's the supplement part:

[SF722](#) – 5 capsules three times a day, once on an empty stomach, the other two times with or without food. SF722 kills yeast, and if you have a slow lymphatic system you have Candida!

[Abzorb](#) – take two capsules with harder to digest meals, and also take two on an empty stomach twice a day, like early morning and late night. When taken on an empty stomach the Abzorb acts as a systemic enzyme and a probiotic. When taken with food it helps digest food. Both are great.

For anyone on a tight budget I recommend putting the money to food, and if affordable, add Abzorb and SF722. That's enough with the right diet to eliminate fungal overgrowth in almost everyone. There are some who work or live in environments that constitute more environmental stressors on the body, and therefore need a lot more help. There are also many living in areas of the country where the healthy food selection at the local grocery store is sparse. I recommend more supplements and growing your own food in such a case. And I recommend growing your own food for a hundred other reasons as well.

If you're someone who needs more supplementation or, like me, you just tend to prefer overkill, here's a step-by-step protocol that includes all of the previously recommended supplements, and a bit more to address Candida die off and healthy defecation.

Each day has two supplement routines that are repeated. Each supplement routine has an objective.

## Clean and Gut Populate with Good Guys:

If your lymphatic system is toxic so is your gut. In fact, that's where the toxins are most likely coming from.

On an empty stomach

- 2 [Abzorb](#)
- 2 cups of cranberry lemonade
- Optional: Add a serving of the [MycoPhyto Complex](#)
- Optional: [Additional probiotic](#) with Abzorb, or separate probiotic and [systemic enzymes](#) instead of Abzorb

## Antimicrobials, Kill the Bad Guys:

Usually with food

- 5 of the [SF722](#)
- Optional: two dropperfuls of [Blood Detox](#)
- Optional: recommended dosage of [Oil of Oregano](#)
- Optional: one serving of MycoPhyto Complex
- Optional [Intestinal Cleanse](#)
- Optional: Other antimicrobials like the [Undecyn](#), [Gastro-cleanse](#), [Candida Complex](#), [Berberine](#), and the [Micro-defense](#), you could take one or two of each

Also, take absorb with any food that is difficult to digest.

## Protocol

### 6am – Clean and Populate With Good Guys

Start with [Abzorb](#) and a big glass of cranberry lemonade and the

### 9am – Antimicrobials, Kill the Bad Guys

Salad time! The MycoPhyto Complex company recommends to take on an empty stomach, but I like it with salads and smoothies too.

## **12pm – Antimicrobials, Kill the Bad Guys**

Homemade Smoothie Time! If you're extremely ill you may need to wait on the smoothies and just double up on the salads for the first week, but I've found that many people who were suffering from a plethora of ailments and having trouble recovering responded very well to pineapple smoothies. Pineapple smoothies (made with fresh pineapple), like the ones I have recipes for in the above link, pack a massive amount of enzymes and can help break down a lot of junk in the gut, while delivering large amounts of nutrition. But, smoothies have plenty of sugar, so it's a good time to repeat the supplements from 9am.

Use pineapple, coconut water, water, cranberry juice, or if you can withstand some sugar try granny smith apple juice, but don't use sweet fruit juices for smoothies.

## **3pm -Week 1 – Antimicrobials, Kill the Bad Guys**

## **3pm -Week 2 – Populate With Good Guys**

## **6pm – Antimicrobials, Kill the Bad Guys**

Dinner time! Everything from scratch, nothing pre-made in any way, all whole food ingredients.

## **9pm – Populate With Good Guys**

Finish of the night with probiotic support and leave them alone for the night to do their thing.

## **Three More Supplements to Consider – Die-Off, Heavy metal Detox, & Bowel Movements**

If Candida die-off is a concern be sure to drink plenty of cranberry lemonade and I also recommend adding [Total Nutrition Formula](#) and the [Intestinal Detox](#). Here's a recipe to [make your own Total Nutrition](#). This way you'll get bentonite clay, charcoal, chlorella, spirulina, and more, which are all great

for mitigating the die-off effects of a Candida detox, and they also chelate heavy metals.

You can take the Total Nutrition Formula with the smoothie or sprinkle it on the salad (or choke it down with water), and take the Intestinal Detox anytime throughout the day as directed.

If you're not defecating easily and at least twice daily, I also highly recommend the [Intestinal Cleanse](#). It kills parasites and moves the bowels better than anything else on the market that I know of, by far. I recommend taking it with the antimicrobials.

## Conclusion

To help clear out a sluggish lymphatic system, get more exercise, get a good massage, eat more produce and drink lots of cranberry lemonade. For chronic illness, a holistic approach that involves fitness, diet, and supplementation is in order.

Sometimes people seem to be doing everything else right, but their bodies won't get healthy until they start moving. For a clogged lymphatic system, exercise may be critical to get things moving freely. For most other health issues, exercise is more of an option, one with benefits but not totally necessary. If you find your lymph system to be sluggish, you need exercise. Squats, yoga, and running help detoxify the body and get lymph flowing better. Running is particularly good for the lymphatic system. We were built to run, and don't let any doctor tell you differently. Check out [Running Without Knee Pain](#). Both sprinting and jogging have a host of positive benefits to lymph.

The following recommended products, if used as instructed with a proper diet, will clear the lymphatic system, strengthen the immune system, and help alleviate almost all other health

issues, given enough time. The supplements are listed in order of most likely to be most important. While the time varies from person to person, most feel a huge sense of rejuvenation within 3 to 10 days on this protocol.

### **Recommended Products:**

- [Lymphagogue Compound – Wise Woman Herbals](#)
- [Shillington's Blood Detox Formula](#)
- [Shillington's Blood Detox Tea](#)
- [Shillington's Echinacea Plus](#)
- [Reishi Extract \(Ganoderma Lucidum\) – Host Defense](#)
- [Nettle Leaf Capsules – Gaia Herbs](#)
- [Mother Earth Organic Root Cider – Barrier Island Organics](#)
- [Elderberry Plus Syrup – Wise Woman Herbals](#)
- [More Supplemental Lymphatic Support](#)

### **Related Reading:**

- [Holistic Guide to Healing the Endocrine System and Balancing Our Hormones](#)
- [Candida, Gut Flora, Allergies, and Disease](#)
- [Hypothyroidism – Natural Remedies, Causes, and How To Heal the Thyroid](#)
- [Total Nutrition – Make your own Homemade Multivitamin and Mineral Formula](#)
- [How to Cure Lyme Disease, and Virtually Any Other Bacterial Infection, Naturally](#)
- [How to Detoxify From Chemotherapy and Repair the Body](#)
- [How To Detoxify and Heal From Vaccinations – For Adults and Children](#)
- [Make Your Immune System Bulletproof with These Natural Remedies](#)
- [The Power of Our Hormones and How To Balance Them](#)
- [Heal Cavities, Gum Disease, Naturally with Organic Oral Care – Toothpaste recipes included](#)

## Sources:

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