

## EASY SELF-CARE

### BODY CLEANSE LYMPH RELEASE

#### ***WHY IS THE LYMPHATIC SYSTEM IMPORTANT?***

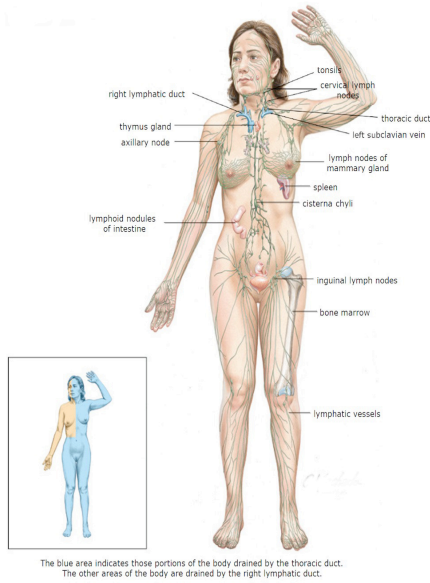
Our lymphatic system can look like and act like a watershed as it provides five main functions:\*

**1. Our “Immune System”:** 600 to 1000 lymph nodes in the body work as filters or traps for foreign particles so that they can be detoxified. Every organ has its own lymph nodes and lymph flow.

**2. Recycling System:** The cleaner lymph fluids are returned to the blood.

**3. Sewage System:** The “trash” in the lymphatic system is sent downstream to exit the body. The colon can be described as the “bottom of the lymphatic watershed”. Lymphatic “trash” can be reabsorbed, so colon health is key to ensuring your body is working as cleanly as possible.

**4. Toxin Sequestration / Dehydration:** The wastes that the body cannot get fully out are stored



and dehydrated in places that can feel like large-curd cottage cheese, or pancake that can be the feeding grounds for bacteria, viruses, fungi, yeasts (e.g. candida) and even cancer. Like “log-jams” in the lymph these congested areas can collect more sticky, gluey wastes.

**5. Delivery of Fats for Fuel:** Ayurvedic doctors evaluate the lymphatic system first, and through thousands of years of research, understand that fat delivery through the lymphatic system gives us more energy, and less fat build-up.

*\*This view is based on my over-a-decade of experience as well as numerous kinds of certification trainings. The medical view may appear to contradict some of this information. I am happy to “translate” to anyone with questions.*

#### ***HOW DO WE GET LYMPHATIC CONGESTION?***

**The No-Guilt Reason:** With the 84,000 man-made chemicals currently on the market that are used in products we touch, breath, eat or drink, we are asking our bodies to metabolize chemicals that our ancestors never had to deal with. Even if we do “all the right things”, we still have a heavier toxic load than our ancestors.

**Other Reasons:** Tight fitting clothes (including underwire bras), dehydration, a blow to the body, foods (especially white flour, dairy, processed foods) or emotional traumas can all slow down lymphatic flow, starting the logjams of congestion.



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## ***FIVE* practically **FREE, SIMPLE THINGS YOU CAN DO!****

### **1. DRINK WATER:**

Did you know that your body is about 80% water? (Your body is NOT 80% soda pop or tea!) And that makes water the magic elixir for health! Drinking **water**... staying hydrated... is one of the least expensive ways to stay healthy. Experts say we should drink half our body weight in ounces per day. So someone who is 150 pounds should drink 75 ounces of water a day. Water helps you digest, helps transport the nutrients through your body, and importantly - washes the wastes downstream for elimination.

### **2. EXERCISE:**

In a healthy person there is twice as much lymph fluid in their body as there is blood! So it makes sense that the heart pumps the smaller amount of fluid, and the muscles pump the lymph. Think of your moving arms, legs at the joints as “pump handles” for your lymph.

### **3. EAT WELL:**

- **Eat foods that help you poop one more time a day.** Beets and artichokes, or raw or leafy greens, are some of my clients’ perennial favorites. Freshly blended green drinks of vegetables, fruit and nuts are my current favorite.
- **Probiotics aid digestion:** Lactobacillus, the well-known live culture in yogurt, is famous for providing good probiotics that help our digestion. Named “lacto..” because it was first found in cow’s milk. However, the cows get it from eating grass... as in leafy greens! You can also purchase pro-biotics at your local natural food grocery store. There are an increasing number of free website links on pre- and pro-biotics.
- **Savor your good food:** The more you chew your food before you swallow, the smaller the particles are as they enter your stomach. That means you get more food value for everything you buy, AND it means the molecules will be smaller and less likely to logjam when they get to your lymphatic system.

### **4. IF YOU’RE FEELING CLOGGED, BLOATED, YUCKY, IN PAIN... OR YOU ALREADY HAVE CANCER OR OTHER DISEASES.... YOU CAN START BY CLEANING FROM THE BOTTOM OF YOUR LYMPHATIC WATERSHED:** (see \* page 1)

No matter our age... so many of us are already feeling the slow... slow... slow... build up of lymphatic congestion. So you can start by cleaning your lymphatic system from the bottom up...breaking up the logjams at the bottom of the watershed. The upstream portions flow more easily, more effortlessly. So foods (above) and enemas and colonics can help.

**ENEMAS or COLONICS:** Enemas are a way to rinse your colon (and lymphatic system) from the bottom up. You can do these yourself with an inexpensive enema bag like your grandmother used, or go online for bags made from higher-quality plastics. Colonics are when you go to a Colon Hydro-therapist who is professionally trained in offering a more thorough rinsing of the colon. If you are drawn to do these, particularly if you do a lot of enemas or colonics, you’ll want to make sure to ask your physician or nutritionist about probiotics and enzymes / minerals to make sure they are balanced in your body.

**5. NOTICE WHAT MAKES YOU FEEL BETTER:** Getting healthier and healthier in these simple ways can only help you. Of course, contact your doctor for issues that concern you at all. **This advice is considered only supplementary** to your physician’s advice. Each client brings their own self-described “team” of doctors, practitioners, & techniques. I am happy to customize your treatments as we go, based on your needs and the advice of your team, that you share with us.

**PLEASE CONTACT ME:** I am a cancer survivor without chemotherapy or radiation (thyroid cancer, 2004), and work with many who are in various stages of the “cancer dance.” I have also more recently experienced heavy metal poisoning. So I have both personal and professional understanding of cancer, metal detox and lymph. My Body Cleanse Lymph Release Method has helped many clients have remarkable **results they can see and feel and even hear.** If you have any questions, please feel free to [contact me](mailto:contactme@margocovington.com) or see my [website. www.MargoCovington.com](http://www.MargoCovington.com)



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