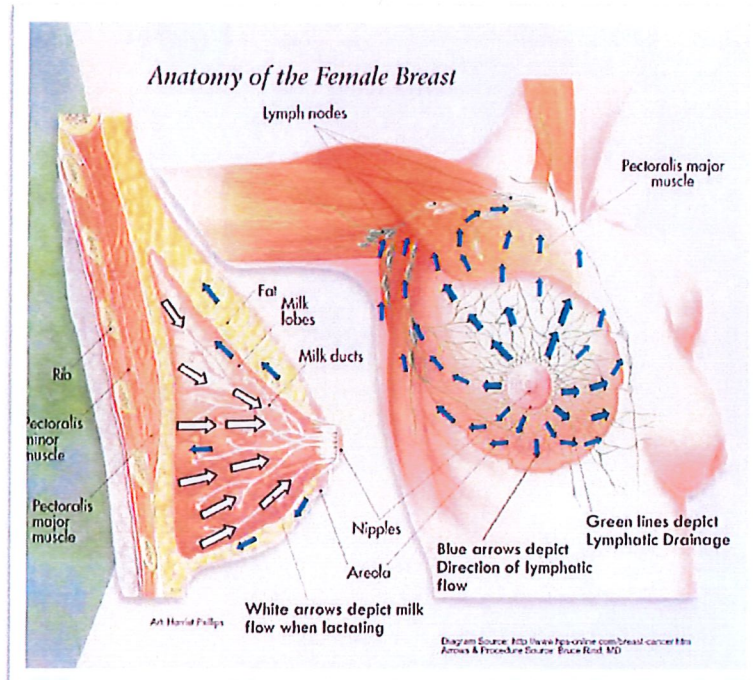
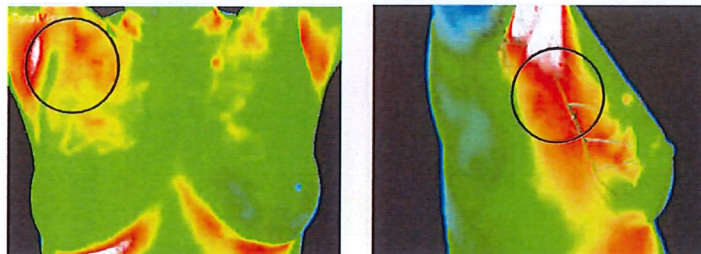


# Lymph Congestion



The Lymphatic System is a "life sustaining" system.

It is responsible for absorbing and processing excess fluid and is an important "messenger" for maintaining a healthy immune system.



When the lymph system is congested, excess fluid and particles accumulate within the intercellular spaces, resulting in inflammation.

"Dry Brushing" with a basic soft bristle brush is enough to move the congested lymph, eliminating toxins for healthier breasts.

Directions: Before stepping into the shower, brush from back to front across the upper portion of the breasts, 10 times on each side. This can clear congested lymph within a few days!



## Dry Skin Brushing

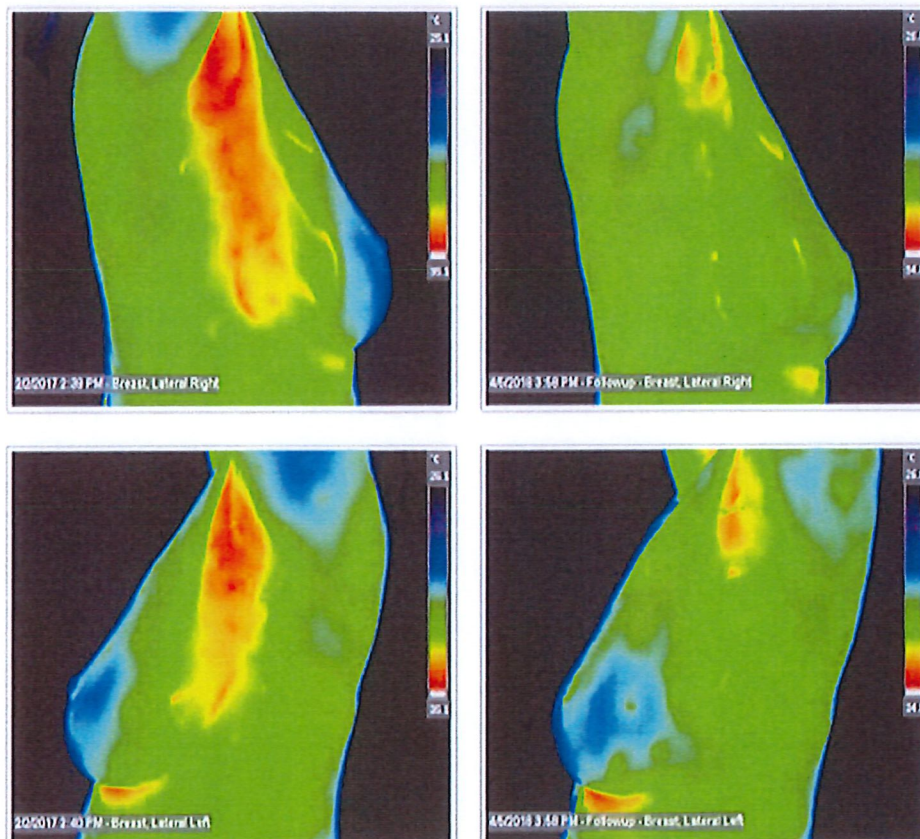
The dry skin brushing technique is used to stimulate the lymphatic system, which is the body's cellular waste removal system. As the cells get nourished they produce a certain amount of waste matter which must be efficiently removed. This is the job of the lymphatic system. The lymphatic system has no pump like the heart is for the circulatory system, so the lymphatic fluid must move by stimulating reflexes. Aerobic exercise will stimulate lymphatic circulation by vigorously moving the arms and legs, or even a brisk walk. Jumping on a trampoline is highly beneficial because jumping while moving the arms will pump the lymphatic fluid. A mini-trampoline is excellent for this.

Skin brushing is another way to clean the lymph. You will start with a soft natural bristle brush which you can find at a health food store. Find one with a long handle. Mentally divide the body into 2 parts with the belly button being the dividing line. Before bathing you will brush your dry skin in a long, upward stroke that ends close to the collar bone. Brush the left half of the body towards the left collar bone and the right half toward the right collar bone. Encircle each breast; stroke the breast tissue gently but firmly — always towards the respective collar bone. This is the area where the fluid reenters the blood circulation for filtering by the kidneys and eventual recycling. Brush each arm upwards from the hands to the respective collar bone.

On the lower body, start with the bottoms of the feet and brush each leg upwards with long strokes toward the inguinal lymph nodes in each groin. Brush your abdomen from right to left to stimulate digestion. Brush the backs of your legs upward toward the buttocks; also brush your back and buttocks any way you wish. End with a shower or bath to wash away all of the debris that came up to the skin.



### Dry Brushing for Lymphatic Congestion: Before and After Images



Left images are before dry brushing.  
Red indicates the inflammation which  
is the Lymph Congestion.

The right images are after dry brushing.