

THE LYMPHATIC SYSTEM

The lymphatic system is part of your immune system that helps your body fight disease. It includes:

Lymph - Lymph contains lymphocytes, a type of white blood cell that collects germs from inside the body's tissues. It then moves through lymph vessels and lymph nodes for filtering and then returns to the bloodstream for removal. If there is a blockage in a lymph vessel or a lymph node, then swelling would be the result.

Lymph Nodes (or glands) - Lymph nodes are located in the neck, armpit, chest, abdomen, and groin.

Lymph Vessels - Lymph vessels transport the lymph through the lymph nodes.

The Tonsils - Your tonsils are located in the back of your throat, they help filter out germs that enter through your nose or mouth to protect the rest of your body from infection.

The Thymus Gland - Your thymus gland is located in the middle of your chest behind the upper part of the breastbone, the thymus gland produces and secretes the hormone thymosin which is necessary to make white blood cells, which are designed to fight disease and infection. This gland is known to be weakened in about 90% of humans.

The Spleen - Your spleen is located under the rib on the left side of the body. If the spleen is strong, it will get rid of excess body fluid and fight disease. If the spleen is not working well, then the excess body fluid cannot be removed, and it will get stored in the lungs which causes congestion.

How to Energy Test the Tonsils, Thymus, and Spleen:

1. Test the flow of your Aura (polarity) and correct it if needed. See the three videos below to learn how.
2. Energy test your tonsils, thymus, and spleen. If they test negative, then you will need to strengthen by tapping until your body moves forward.

Drinking water and eating water-rich foods will keep you hydrated and help move lymph throughout your body.