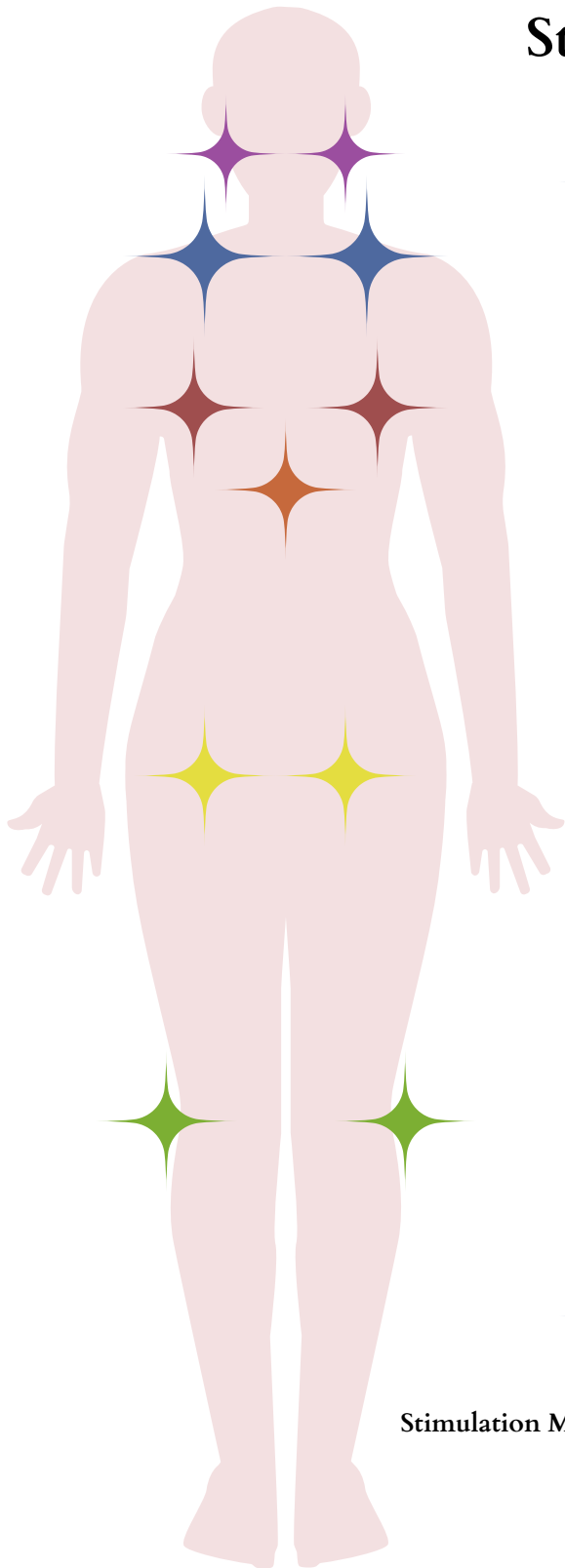


# Basic Lymph Flow Points

Based off the Big Six Lymph Massage by  
Dr Perry Nicklestone of Stop Chasing Pain

Stimulate points in this order:



1. Clavicular

above and below collar bone

2. Upper Cervical

under skull bone behind ear;  
downward toward collar bone

3. Pectoral

from underarm, upward and  
inward toward collarbone

4. Para-Aortic and Mesenteric

belly button and in between belly  
button and sternum

5. Inguinal

Groin/ hip crease

6. Popliteal

behind knee in the hollow

7. Repeat Clavicular

Stimulation Methods; fingers, hand, gua sha stone, dry brush, clean toothbrush

Set One: Use any of the above to massage each point  
in a back and forth, circular, or figure 8 (your choice) about 5-8 times

Set Two: tap or pat each point 5-8 times

*-Aim to perform this exercise every day, preferably before exercise, massage, etc. You want to "un-kink the hose" before you try getting things to flow*

*- If you experience a detox reaction: ease up on stimulation pressure and/or wait a couple of days before you start again, drink lots of water with electrolytes (either a clean electrolyte drink mix, or Celtic salt in clean water with a little lime or lemon mixed in*