



Principle 16 - Haul Out the Trash Daily

Our body functions are much like a large city in one way. Every day, we produce “trash” or toxic, acid materials by the simple functioning of our body. Our body has several elimination systems where that trash is dumped, including kidneys, liver, and bowel. These systems are critical to keep working well so that our body can get rid of the toxic trash. But how does that trash get into these systems from the intercellular spaces, or the fluids that are between our cells? Each cell is surrounded by fluid. The heart pumps blood out to the end of the arterial lines where the capillaries put nutrient filled fluid at the cellular level. There, from the fluid that bathes them the cells take in needed nutrients and into that same fluid they dump the waste that they have created. Now how does this waste laden fluid get filtered and cleaned? There is no positive pressure pump the way the heart moves blood. It is in a space where the heart and circulatory system cannot act on it. It is no longer considered blood. This fluid was pushed out through capillaries into a space that is not carried back to the heart. It is now called lymph or lymphatic fluid.

Our lymph system is one of the trash clean-up or filtration systems. The lymph system consists of many (over 700) nodes throughout the body, which process the toxin laden intercellular fluid known as lymph or lymphatic fluid. Although our heart is an excellent pump for the blood fluid, beating many times a minute to send blood to every extremity in our body, the lymph fluid has no automatic pump. How does this dirty fluid move to be cleaned?

EXERCISE IS THE PUMP: The pump for our lymph system is our muscles. To get the dirty fluid between your cells moved into the lymph vessels and on to the lymph nodes for clean up we have to pump the system by using our muscles. The lymph nodes can then do their job by destroying some damaged cells and filtering or breaking down other things and moving this then less damaging waste on to the bowel or kidneys. When a muscle contracts, this fluid is pushed by that pressure into the lymph vessels.

That means that every day, we have to engage in moderate exercise. We need at least 20 to 30 minutes a day of walking, dancing, swimming, or other simple exercise. This is enough to keep the lymph system working and cleaning up. This system has to be used daily. Just like we need to haul out trash from our home on a consistent basis, it is critical to our inner well-being that the trash in our body gets “hailed out” daily.

Sufficient water, as discussed in Principle 7, is critical to help keep this fluid clean as well. Be sure you are drinking enough clean water to give your body what it needs to flush toxic waste through and out. What can you change in your exercise routine or water intake to help this system work its best?