

MANUAL LYMPHATIC STIMULATION GUIDE

Lymphatic stimulation through massage or dry brushing supports the movement of lymphatic fluid, which helps transport immune cells, cellular waste, excess fluid, and metabolic by-products. This can be particularly beneficial when lymphatic flow is reduced due to inactivity, illness, inflammation, or fluid retention.

Method:

STEP ONE

ACTIVATE THE LYMPH NODES

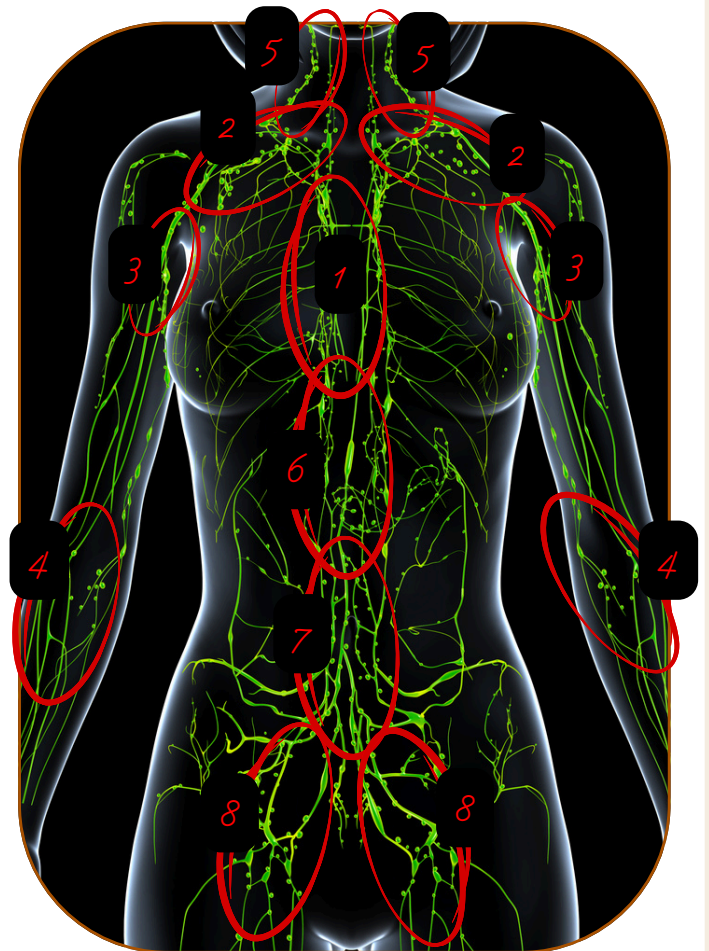
Before stimulating lymph flow, it's important to first activate key lymph nodes to encourage proper drainage.

Notice the clusters of nodes around the armpits, inner elbows, down the neck, along the clavicle, down the mid-line of the torso, and in the groin.

Stimulate these areas first with moderate pressure by either tapping with softly clenched fists, finger tips, or massage with a spiky massage ball. Always start at the center of the chest and move away from the heart when clearing the nodes.

Move in this order:

1. Heart / sternum
2. Clavicles
3. Armpits
4. Elbows
5. Neck
6. Upper abdomen
7. Lower abdomen
8. Groin at the hip crease.
9. Then do the other side.



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Method:

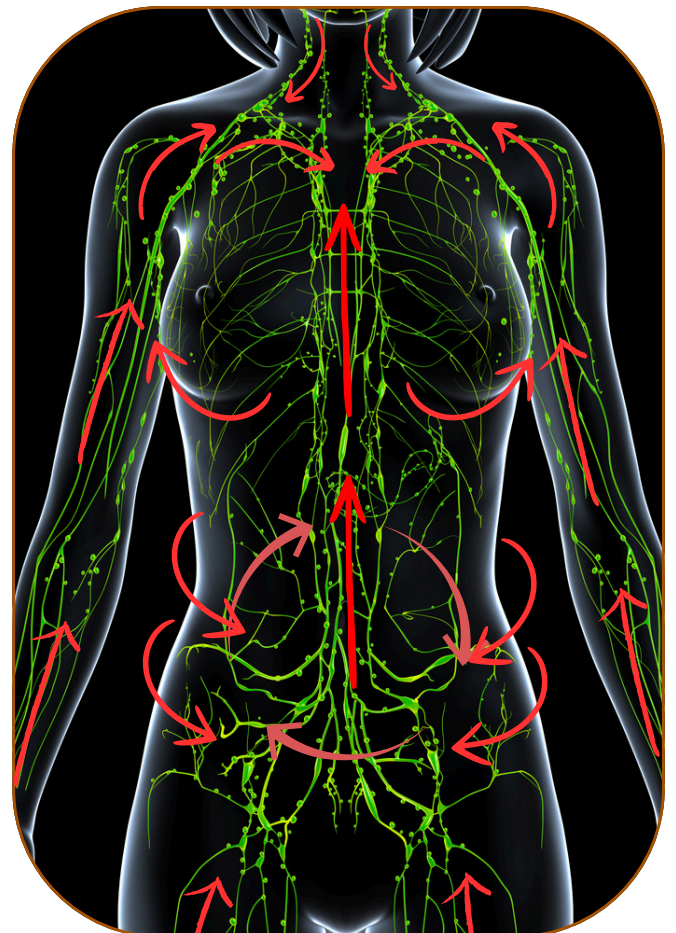
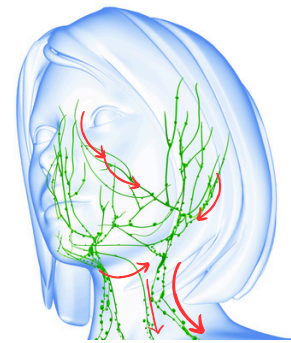
STEP TWO

MOVE FLUID TOWARD LYMPH NODES

Now that the lymph nodes have been cleared, use gentle sweeping motions to encourage fluid movement towards these drainage points. This can be done with your hands, a dry soft-bristled body brush, or Lymphatic Gloves.

⚠ *Lymphatic vessels are very close to the surface of the skin, so use light pressure—pressing too hard may collapse them and hinder drainage.*

- Chest
 - Brush along the upper chest from the armpits to the center line.
- Face & Neck:
 - Brush from the nose to the ears.
 - Brush from the chin to the ears.
 - Brush under jawbone from chin to ear.
 - Sweep down from the ears & down the neck towards the clavicles.
- Arms & Upper Body:
 - Brush along the arms, moving towards the armpits.
 - Sweep under the breasts, moving outward and then upward toward the armpits & clavicle.
- Abdomen:
 - Sweep up the mid-line of the abdomen towards the heart.
 - Sweep from the sides to the mid-line.
 - Use circular strokes, moving fluid up the right side and down the left (following the natural movement of the digestive system).
- Legs:
 - Brush along the legs, always moving towards the groin.



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Method:

STEP THREE

RE-MASSAGE THE LYMPH NODES

I like to complete this whole sequence twice (steps 1 & 2) then follow up with a final clearance of the lymph nodes at the end (step 1).

ADDITIONAL TIPS FOR LYMPHATIC SUPPORT:

- Drink plenty of water to help flush out toxins.
- Move regularly—rebounding (mini-trampoline), stretching, yoga, tai chi, or walking can enhance lymphatic flow.
- Breathe deeply—diaphragmatic breathing naturally stimulates lymph movement.
- Consider incorporating herbal or nutritional support, such as dandelion, cleavers, or ginger, for additional lymphatic drainage support.

