

**LYMPHATIC  
EDUCATION**  
LET'S TALK NODES



**SUPPORTING YOUR  
IMMUNE SYSTEM**  
EAT YOUR CITRUS



**EXERCISE YOUR  
LYMPHATICS**  
WHY SWIM?



**HELPFUL TIPS  
BEFORE YOU  
DRY BRUSH**

# LYMPHATIC RENEWAL

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## QUARTERLY NEWSLETTER



## Why Is Swimming One of the Best Exercises To Improve Lymphatic Flow?

Swimming is one of the best exercises you can do to move lymphatic fluid throughout your body. I tell my clients all the time, “It’s your next-best lymphatic drainage therapist.” - big smile. Why is it so beneficial? Let’s quickly look at the mechanics and the relationship of the human body in water.

First, consider the movement of your arms and legs as you tread water. This combined with the gentle water pressure surrounding each extremity is acting as a lymphatic massage stroke.

Second, that beautiful stretched posture you maintain when treading water or swimming laps is generating diaphragmatic breathing, which in itself is effectively moving lymph throughout the body.

Another added benefit is the immersion of the body in cool water. This is helping to reduce inflammation.

Whether you enjoy swimming laps, treading water in the deep end, or just bobbing around the shallows, swimming has many tremendous benefits and is an excellent activity to improve your lymphatic system’s health and circulation. It’s a win-win environment, so please go take a dip today!



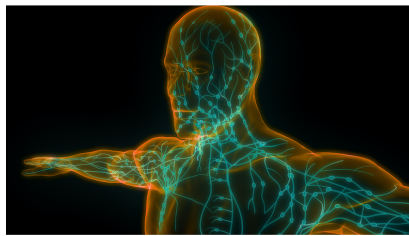
## Eat More Citrus & Help Support Your Immune System and Overall Health

\* Citrus is high in vitamin C, which encourages the production of white blood cells necessary to fight infections. Vitamin C is also a nutrient necessary for the body's production of collagen - supporting healthy skin, joints, and muscles.

- \* Antioxidants, which give these fruits their delicious scent and bright color, serve to aid in our body's cellular health.
- \* Phytonutrients within citrus fruits support heart health, lowering harmful cholesterol levels, triglycerides, and blood pressure - and may prevent the development of certain types of cancers.
- \* Quercetin, a flavonoid found in citrus, may help decrease chronic inflammation - which is a root cause of many serious diseases.
- \* Consuming citrus also increases citrate levels, reducing the risk of kidney stones - and aids in the body's hydration.
- \* Please enjoy this beautiful fruit!!!

## Let's Talk Lymph Nodes

We have over 1,000 lymph nodes throughout the body.



The areas that have the largest groupings of lymph nodes are found in the axillary (underarms) and inguinal (pelvic) regions. These lymph nodes cluster in groups and are not only filtering out bacteria and metabolic waste, but are helping the fluid become the right consistency to rejoin the circulatory system. Lymph nodes are not able to regenerate, like the lymphatic vessels, so if they have been removed or damaged the lymphatic system is considered "compromised" and at risk for developing Lymphedema.

Please keep an eye open for any developing edema (swelling) in the body, especially in the extremities, and reach out to a certified lymphatic drainage therapist if you have any questions or concerns.

## Helpful Tip ... and a friendly reminder



**Before you dry brush**, make sure you pump your axillary (underarm) and inguinal (pelvic) lymph nodes for 15 seconds. It doesn't take much. You just want to "wake" them up. Your lymph nodes respond to a deep, slow rhythmic pressure.

## Recommended Wellness Resources

**Precision Acupuncture**  
 ~ Chinese Herbalist and Acupuncturist  
**Shu Hong, LAC, M**  
 (480) 247-3172  
[precisionacupuncture.com](http://precisionacupuncture.com)

**Integrated Chiropractor and Medical Massage**  
**Dr. Stacey Davis**  
 (602) 282-8980  
[integratedcamm.com](http://integratedcamm.com)

**See The Trainer**  
 ~ The place for compression socks  
 Please ask for Scott  
 (480) 659-2854  
[seethetrainer.com](http://seethetrainer.com)



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