

Detoxification and the Lymph System

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Do you know where your Lymph is in your body? Do you know what its function is? These are the two beginning questions I ask my clients before teaching them about this amazing fluid.

Many people know that when they are beginning to feel bad, or just before a cold comes on the glands in the neck may swell and be slightly tender. This is one of the body's ways of reflecting an immune response to toxins.

The main function of the Lymphatic system is detoxification. The lymph is a clear fluid just under the surface of our skin. This fluid moves throughout our body in a highly sophisticated fashion.

Lymph cells gobble up metabolic garbage and cancer cells and any thing else that is foreign that may break down the body's ability to maintain homeostasis. The lymph fluid is a key player in your body's immune system. I like to call it the kitchen cleanser of our body.

This amazing fluid doesn't have a pump to move it, like the heart moves the blood. You are the pump! The pumping action comes from how deeply you breathe, how much fresh purified water you drink, and from how much and how you move during the day.

The preferred movement is an up and down motion. A mini-trampoline or rebounder provides ideal movement for pumping your lymph fluid throughout your body.

For more information and to find out about our free seminars, call Mary Francis Hoffman at 314-503-1197. Check out my web-site www.body-mindlife.com or Dr. Simon Yu's web site www.preventionandhealing.com.