

Is Your Lymphatic System Clogged?



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Good health requires a happily flowing lymphatic system. It takes a joint effort between the lymph cells and white blood cells to create a strong united force against any disease or ailment attacking the body. You need it to filter out toxic substances and produce cells that engulf bacteria and poisonous substances. This system transports fats, vitamins and nutrients that are absorbed through the intestinal wall into the bloodstream and maintains fluids in the body's tissue. Any swelling in the body may be an indication of a backed up lymphatic system.

Within this system are tissues and organs that produce, store, and carry white blood cells that fight infections and other diseases. It includes bone marrow, spleen, thymus, lymph nodes and lymphatic vessels. Lymphatic vessels branch, like blood vessels, into all the tissues of the body. Unlike the blood vessels, the lymphatic system doesn't have a pumping organ to keep the lymph flowing. It depends on movement to keep the

fluid moving. No movement results in a stagnant system, a collection of toxic fluids and a recipe for health decline.

Poor lymph circulation can result in painful and irritated cysts or nodules that form because the lymph node is clogged. A clogged lymph contains dead white blood cells, other disease fighting substances, and toxic substances the body is attempting to eliminate. When the lymph isn't flowing, the substances begin to dry up within the nodes, resulting in the nodular feel. **These toxic substances continue to exert damage if they remain in the body.** Because our body system is so interrelated, a slow moving circulatory system or poor elimination also results in a slow moving lymphatic system.

What to do?

Chiropractic manipulation improves the nervous, circulatory and lymphatic system flow. The proper adjustment "awakens the healer

within" through proper communication between the various systems in the body including communication between the central nervous system and the cerebrospinal center to modulate cerebrospinal fluid and lymphatic flow.

Acupuncture will move the Qi throughout the entire body, reducing pain and inflammation so the individual is more readily able to move. Greater movement means the more the system is facilitated. Elimination through the digestive system is also improved.

Massage with the use of healthy massage oils will move the flow and feed the lymph for proper balance. Self-massage is also useful. I teach my patients to rub their lymph nodes daily to assist with the fluidity.

My mantra is "breath is life". Deep diaphragmatic breathing exercises lymphatic branches, because the main lymphatic vessel, the thoracic duct, runs through the diaphragm. A good exercise for deep breathing is breathing in for a count of three through the nose and exhaling for a count of six through the mouth. Using the hand to feel the breath coming from deep within the chest while holding the head high is one of my secrets to good breathing technique.

The lymphatic system drains into the elimination organs. Because the elimination systems are so well connected, an irrigation of the colon will support the elimination principles of the lymph.

A simple test to determine lymph health:

Using your thumbs, rub gently under your arms. Do you notice any tenderness or a nodular or beady feel?

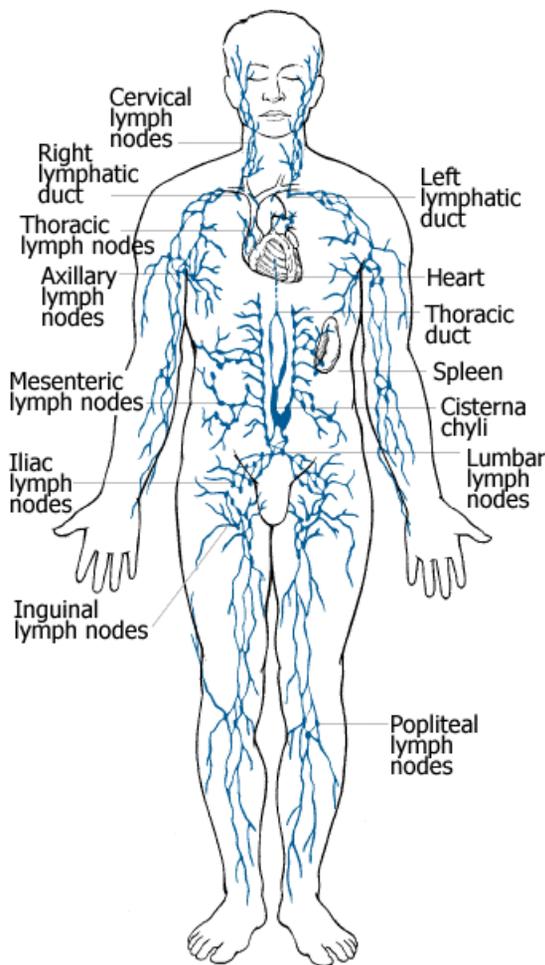
For those patients unable to move or in poor health, high intensity cold laser therapy is ideal for stimulating healthy lymph draining.

MicroVas ionic wave form therapy causes muscle contraction/relaxation cycles that effectively pump blood

through the microcirculation, draining the venous beds and raising the tissue oxygen levels. This same pumping action also moves the lymphatic fluid causing it to drain. This, in turn, accelerates the healing process.

Any rebounding movement will assist this system to get it moving again. Jumping on a rebounder or even bouncing on a rehab ball is helpful. Fifteen to 30 minutes per day is all you need to get the sluggishness out of the system. An impactful therapy that stimulates muscles, blood and lymph to get moving is vibration therapy. For individuals unable to jump, sitting on a chair with their feet on the vibration Power Plate is extremely helpful to get the fluids moving. Both of these therapies are reported to increase lymph flow by 15 to 30 times.

A healthy body is able to fight off infections and foreign bodies (parasites, mutated cells) without any intervention. Sometimes the body's ability to heal itself is disrupted due to a poorly functioning lymphatic system. See your holistic health practitioner today and regain your body's ability to rid itself of health-limiting foreign substances by unclogging your lymphatic system. Better yet, visit our holistic center where we provide all these services in one convenient location!



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