

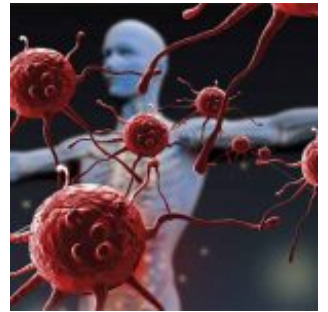
9 ways to stimulate your lymphatic system and boost immune function

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(NaturalHealth365) The lymphatic system is responsible for **neutralizing toxins and purifying the body**, all while transporting a precious cargo of infection-fighting cells. Yet, this life-sustaining group of nodes, glands and organs, is often overlooked or taken for granted.

The truth is: a variety of factors – including poor diet, exposure to toxins, food allergies and [sedentary lifestyle](#) – can create an excess of waste and debris in the lymph, or lymphatic system fluid. The result is a sluggish or congested lymphatic system, which can set the stage for respiratory infections, ear and sinus infections, edema and swollen glands.



Improve the lymphatic system – naturally

Fortunately, the holistic techniques – which will be highlighted in this article – can help you unclog, stimulate and purify your lymph system naturally.

Rebounding

Unlike the circulatory system, the lymphatic system lacks a propulsive center, or pump. Instead, lymph is moved via the relaxation and contraction of muscles and joints. You can stimulate circulation and help propel lymph throughout the body by jumping on a trampoline for 10 to 30 minutes.

If you don't have access to a trampoline, never fear: using a jump rope or doing jumping jacks is also effective. You'll notice that the jumping up and down (in a relaxed fashion) will really energize your entire body. (that's the benefit of moving your lymph)

Eat raw, organic foods

You can help clear a congested lymphatic system by raising your consumption of raw foods – particularly fruits and vegetables, which have naturally-occurring enzymes that help clear toxins and promote their exit from the body.

[Fruits and vegetables](#) also raise the water level in the body and help to hydrate it, while their healthy amounts of fiber promote intestinal function, making it easier for intestinal fluids to migrate to lymph nodes. Also, raw foods tend to be alkaline, helping to neutralize pathogens and relieve the burden on the lymph. (of course, try to remember to chew well)

In addition, at the same time, try to reduce consumption of lymph-clogging dairy, sugar, [gluten](#) and processed foods. You'll probably notice a nice surge in your energy level.

Stay hydrated

As the lymphatic system is 95 percent water, it is important to avoid becoming dehydrated. Experts advise drinking half your weight, in ounces, of water a day. Remember, not all water is created equal – so (if possible) drink [pure spring water](#) or purified water to reduce your toxic burden.

For added health benefits, use fresh (organic) [lemon juice to flavor the water](#), and take advantage of this citrus fruit's antibacterial, antifungal and antiviral benefits, along with its infection-fighting vitamin C content.

Turn things upside down

Use an inversion table, which allows you to be suspended upside down while strapped in by the feet.

Being in this unusual position can help promote free-flowing lymph. Use a quality inversion table with a safety strap to control the angle of inversion and safety locks to hold it in place.

Herbal treatments

Herbal substances can enhance the lymphatic system by improving lymphatic flow and drainage and facilitating removal of toxins. Goosegrass, or Galium aparine – also known as cleavers – is a time-honored lymphatic tonic, valued for removing and draining trapped bacteria from lymph glands.

Red clover, with detoxifying and anti-inflammatory properties, can also be beneficial.

Dry brushing

Using a brush with coarse bristles, gently brush the skin in the direction of the heart. Although you may feel silly doing this, experts say it stimulates circulation and encourages the movement of lymph.

By the way, dry brushing can be particularly helpful in breaking down deposits of cellulite caused by a sluggish lymphatic system.

Proteolytic enzymes

Utilized in the body to break down proteins and aid in digestion and metabolism, enzymes can help dissolve and clear away toxic accumulations in both the lymph and the blood, promoting lymphatic drainage and stimulating the immune system.

You can take them as a supplement – or obtain them through diet by eating papaya, which contains the enzyme papain, and pineapple, which contains bromelain.

Lymphatic massage

Designed to stimulate the flow of lymph and drainage of toxins, specialized lymphatic massage uses gentle pressure and rhythmic circular motions. You can also perform a do-it-yourself version by gently massaging the lymph nodes under your jaw.

According to a 2009 review published in *The Journal of Manual Manipulative Therapy*, lymphatic drainage massage facilitated removal of waste products in the lymphatic system and helped to reduce edema.

Avoid constrictive clothing

This applies particularly to [underwire bras](#), which can significantly interfere with lymphatic flow and drainage from lymph nodes located in the armpit and upper chest. Possible consequences of long-term use of constrictive clothing could include impairment of lymphatic function, fibrocystic breast tissue and even breast cancer. Better to be safe... and comfortable.

BONUS TIP: Yoga

[Yoga](#) is a boon to the lymphatic system, as doing headstands, handstands and shoulder stands significantly stimulate flow. If these aren't practical for you, raising your legs and placing them to the wall are a good alternate

option.

The general contraction and relaxation of muscles in yoga poses promotes beneficial flow of lymph. Yoga poses that involve rotation of the abdomen can be particularly effective, as twisting the abdomen squeezes organs and muscles and causes lymph to flow from the tissues.

Obviously, these are all just suggestions. **Find what feels good to you** and get started today. Your body (and mind) will thank you for it.

About the author: Jonathan Landsman is the host of NaturalHealth365.com, the [NaturalHealth365 Talk Hour](#) – a free, weekly health show – and the [NaturalHealth365 INNER CIRCLE](#), a monthly subscription to the brightest minds in natural health and healing.

Reaching hundreds of thousands of people, worldwide, as a personal health consultant, writer and radio talk show host, Jonathan has been educating the public on the health benefits of an organic, non-GMO diet along with high-quality supplementation and healthy lifestyle habits, including exercise and meditation.



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Cancer & Heart Disease

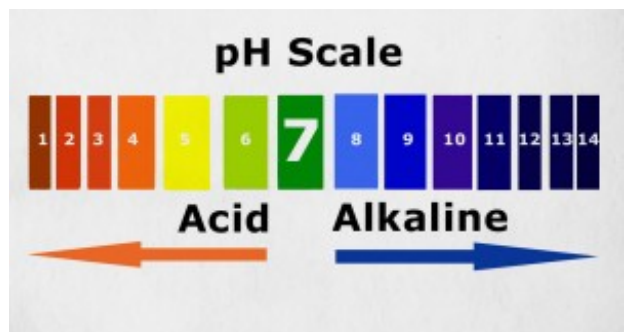
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