



March Highlights



Herbs for the Lymphatic System

The lymphatic system is a part of our major “garbage-disposal” as well as our immune system. Its function is to filter the blood, produce white blood cells, protect against disease, and return protein to the cardiovascular system. The lymphatic system includes the spleen, thymus, appendix, tonsils, lymph nodes, lymph vessel and fluid. If the lymphatic system becomes congested it can cause the beginning of many diseases, such as allergies, sinusitis, arthritis, cancer, colitis, lupus, obesity and skin disorders. It can also be the cause of fluid retention, loss of energy, constipation, congested sinuses, low back pain, aches and pains and a general sluggish feeling.

Eating green leafy vegetables, watercress, celery, okra, apples all contribute to a healthy functioning lymphatic system. Potato peeling broth, celery juice blue violet tea, parsley juice, carrot juice and apple juice are wonderful to alkalize the lymphatic fluid. Herbs such as blue violet, cleavers, chaparral, burdock, echinacea, blue flag, poke root, red clover, red root, goldenseal, yellowdock, cayenne, mullein black walnut and...cleanse and support the lymphatic system.

Jumping on a trampoline, saunas, steam bath, Epsom salt bath, lymphatic massages, skin brushing, all these activities help speed up a sluggish lymph circulation.

Antiperspirants and deodorants can cause lymphatic clogging, preventing toxins from being eliminated through the skin.

Lymphatic Cleanser Tea

This is a colorful, fragrant and delicious tea blend traditionally known to cleanse the lymphatic system. Drinking this tea warm throughout the day can soften and loosen waste from impacted areas so that they may be eliminated freely. Massage therapist recommend drinking this tea before and after a lymphatic treatment.

Lymph Drain

The herbs in this herbal extract formula are known to stimulate lymph and inter-tissue fluid circulation and have shown to be effective in case of enlarged glands, tonsil inflammation and sore throat.

Lymph Clear Oil

For your next massage why not use the Lymph Clear Oil for a complete lymphatic treatment. A regular lymphatic massage is the best way to prevent many diseases, such as breast cancer. If you suffer from water retention, swollen ankles, cellulite, etc. try this oil.

Deceleration Tea

The herbs in this tea formula are known body purifiers and work directly with the liver, kidneys and lymphatic system. This tea is also known to augment the body’s natural defense mechanisms by increasing antibodies and hemoglobin levels.

Sea Veggies

Lymphatic congestion may indicate a lazy metabolism accompanied by a low thyroid function and weight gain. In this case, no matter what diet is used it would be very hard to lose weight until the glands are cleansed, fed and nourished. If the lymphatic system cannot keep up with the cleansing process, Sea Veggies may be helpful.

If you have lymphatic problems, cleansing and boosting the system are very important, but it is also necessary to deal with the mental/emotional elements. The type of person who experiences lymphatic clogging usually lacks the get-up-and-go, is somewhat overweight, slow thinking, slow-moving individual who does very little physical exercise. Lymphatic congestion can make your body think it is tired. Detoxification of the lymph system can give you an overall feeling of balance, clarity and well-being, allowing the natural flow of energy to circulate throughout your body and your life.