

- **LYMPHATIC SYSTEM**

adapted by Dr. David Jernigan for ARIAL Holistic Health Clinic

- **Regarding understanding and maintaining a health lymphatic system. The following are good things you may consider:**
- **Dry Skin brushing:** This is a specific natural bristle brush made for skin brushing. Skin brushing is used before your daily shower and especially before a detox bath and saunas. It feels a bit rough the first few time you do it but then you will love it. It stimulates Lymphatic flow and knocks the dead skin off so that your skin can release toxins. Click this link to get specific instructions: <http://bit.ly/XcebmB>
- **Drinking Nettle tea can help the lymphatic system. Another tasty drink to consider is lemon juice (2 Tablespoons) with a dash to as much as you dare of cayenne pepper, with stevia, morning and evening.**
- **Dr. Jernigan's Mustard Foot Bath, recipe is in book, Beating Lyme Disease, 2nd edition. Do this up to two times a day to help stimulate the lymphatics and fight pain and toxicity.**
- **Google search for a picture of the lymphatic system. See where all of the lymph nodes are clustered. You can apply various essential oils over the node regions that are likely bothering you. Some of my favorite oils are from Young Living oils...ImmuPower, AromaLife, Rosemary, Palo Santo, Idaho Balsam Fir, Ledum, Frankincense, and many more.**
- **Foot reflexology chart. Apply essential oils specific to the organ or region of the body, such as JuvaFlex for liver point, R/C oil for the lung points, Endoflex for the thyroid reflex points, Di-Gize for the colon...**
- **Massage technique called Raindrop therapy that uses various essential oils in a specific manner that is incredible at restoring a health lymphatic system or a massage therapist who is specifically trained in Lymphatic Massage!**
- **Biomat therapy to heat the core body thermostat. This will also help the movement and the liquidity of the lymph fluid. Chi machine daily exercise helps clear the lymphs; caution, drink water before and immediately after treatment, also consider stationary bicycle, elliptical exercise machines. Infrared sauna with The Far Infrared HotHouse Dome; <http://www.chimachine4u.com/fir.html>**
- **Supplements beneficial are TPP Protease by Transformation Inc., and/or Lumbrokinase by Allergy Research Group, as well as Dr. Christopher's Blood Circulation herbal formulary. (1-3 caps, 2x/day on an empty stomach is a usual recommendation. Consult with your doctor before beginning any of these.)**
- **Lymphatic drainage electro therapy by gbo Germany is by far the best lymphatic drainage device recommendation. There is an 80%+ affirmed positive results after just the first treatment.**
- **The body responds best by combinations of treatments. Do as many of these treatments as you can to get the maximum effect. Obviously a sauna cannot do what essential oils do, exercise can not do what proper nutrition and supplements can do. They each play a role in maintaining and healing your lymphatic system.**

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