MIRACLE of LYMPH
How and Why to Detox Your Lymphatic System

Dr. John Douillard, DC, CAP
## Contents

4    Preface

5    Understanding the Lymphatic System

7    Four Systems in One

8    Four Major Causes of Lymphatic Congestion

9    Common Symptoms of Lymphatic Congestion

10   How Lymph Affects Our Body Systems

16   Lymph: The Ayurvedic Elixir of Life

21   The Lymph-Skin Connection

24   The Lymph-Cellulite Connection

25   The Lymph-Reproductive System Connection

28   How to Improve Lymphatic Flow & Function

34   Afterword

35   References

39   Also By John Douillard

41   About John Douillard
Preface

According to Ayurveda, the lymphatic system is the very first system that is evaluated and treated by Ayurvedic doctors. The treatment of the lymph or “rasa” in Ayurveda is the premise of a series of longevity therapies called rasayana. The study and treatment of the lymph was a study and practice dedicated to optimal health and extending one’s longevity.

Today, researchers are just beginning to understand and explore the lymphatic system and bridge the gap between the ancient understanding and modern science. In this eBook, I aim to explain and explore the lymphatic system, the ancient wisdom surrounding it and the modern science backing it.

Join me as we explore the exciting world of the lymph! We can all enjoy the benefits of a healthy lymphatic system to support thriving health and well-being!

In health,

Dr. John Douillard, DC, CAP
Understanding the Lymphatic System

Understanding the lymphatic system provides insights into the body’s profound ability to nourish and detoxify itself. In Ayurveda, it is the first system we treat, but in the West, it is simply not addressed until a frightening diagnosis is made. More often than not, in western medicine, the word lymph immediately conjures up images of scary visits to an oncologist. Ayurveda, on the other hand, is friendly with the lymph.

In our modern culture, perhaps the most forgotten, understudied, and least understood system in the body is the lymphatic system. The lymph travels with the nerves, arteries and veins and is, by itself, twice as big as the arterial blood supply system – and maybe twice as important.

The lymphatic system removes waste from every cell in your body, regulates the immune system and delivers energy to the body in the form of fatty acids.

Years ago, when I co-directed an Ayurvedic center with Deepak Chopra, one of my duties was to train and certify medical doctors in Ayurveda. The student-doctors were constantly telling me, “We were never taught such details about the lymphatic system!” They knew it was a place where impurities reside and were taught the medical treatments, but the purpose of this system was never really discussed.

The reason why western medicine knew so little about the lymphatic system was that they hadn’t created instruments to measure its flow. Even today, measuring the lymph is still in its infancy although a great deal has been recently discovered.

Focus On the Cause, Not the Symptom

In the West, when we go to the doctor for a blood test and are told we have high cholesterol, we are prescribed a statin drug to lower the cholesterol and prevent heart disease. However, this doesn’t address why you have high cholesterol in the first place. While bringing the cholesterol into balance is be important, combining Western medicine strategies with natural strategies including lifestyle and diet is also important.

One of the most important questions that often eludes Western medicine is, “What is the cause of cholesterol imbalances?” The cause may be related to excess stress, which may be linked to poor drainage of the lymphatic system. This system drains waste from every other cell in your body.
Doesn’t it make sense that if we measure the blood as it goes into the cell, we should also measure the filtered blood plasma or lymph as it leaves the cell? The ability for the blood to enter and leave a cell and intracellular spaces as lymphatic fluid is one of the most important processes in the human body. Your lymph is your body’s biggest drain, thus, it is important to keep it unclogged.

**Keep Your Body’s Drains Clean**

The lymphatic system is analogous to the drains in your house and the blood is like the faucets. If the drains are clogged in your sink or toilet, do you only clean out the faucets? Of course not! You would clean the drains.

The **biggest drain we have in the body is the lymphatic system, which as we will see, can stay clogged for many years.** This forces us to adapt to an environment of toxins that stress and weaken immunity and other important pathways of detoxification.

As we age, it is the ability to detoxify well and eliminate waste efficiently that will determine longevity and optimal health.
Let’s take a look at the many hats the lymphatic system wears.

As a **digestive and detox system**, the lymph starts as small finger-like projections called lacteals that run along the inside of the digestive tract. The lacteals absorb and transport both nutritional and toxic fats, lipids and proteins off the intestinal tract and into the lymph surrounding the intestines. Undigested proteins like gluten and casein along with toxic fats can take a major toll on the lymph. Environmental toxins, pollutants, pesticides, preservatives and heavy metals which are all fat-soluble can slowly congest the lymphatic system. (85)

If the intestinal skin becomes irritated, the lymph around the gut, called the Gut-Associated Lymphatic Tissue (GALT), can become congested. Many experts agree that this is where 80% of the body’s immunity lies. If this major hub of lymph becomes congested, due to poor digestion or stress impacting beneficial intestinal microbes, the entire lymphatic system can become congested. (86)

Congested lymph can back up into the Skin-Associated Lymphatic Tissue (SALT), causing a litany of skin concerns, as well as the Mucus-Associated Lymphatic Tissue (MALT), which drains all of the mucus membranes of the body and lymphatic vessels that provide immunity and toxic drainage for every cell of the body. (87)

As a **circulatory system**, the lymph vessels are the drains of the body supporting the more popular venous system. If these get congested, the body will have difficulty draining the waste out of the body, putting unhealthy pressure on the veins and circulation.

The lymph is also the carrier of the body’s **immune system** and is typically located just across from any skin that is exposed to the outside world. (85)

As you will discover in this eBook, science has mapped the link between lymph congestion and cognitive function, mental health, skin health, reproductive health, immunity and inflammatory concerns in the body and mind.
Four Major Causes of Lymphatic Congestion

1. **Stress** has been identified as the cause of about 80% of all chronic health issues. The chemistry of stress is degenerative and lymph-congesting. When under stress, the body is forced to manufacture and secrete excess stress-fighting hormones to boost energy. The waste products of these hormones are called free radicals, which may be a leading cause of premature aging. What’s worse is that these hormones and the free radicals are very acidic, which alters the blood and cellular chemistry to become less alkaline and more acidic. (88,89)

2. **Digestive imbalances** may irritate intestinal villi, which is a classic reason for lymph congestion. As the majority of the lymph in the body surrounds the gut (Gut-Associated Lymphatic Tissues – GALT) and the Mesenteric lymph around the small intestine, the function of the upper digestion and the quality of the intestinal skin and lymphatic lacteals are critical for proper lymph flow, detoxification, assimilation and immunity. (85-89)

3. **Iodine deficiency** is also a common cause of lymphatic congestion. Iodine helps to mitigate the effects of a toxic environment and supports the lymph at the cellular level. (90,91)

4. **Toxic Environment** has been liked to an overwhelmed lymphatic system. In one report, almost 4 billion pounds of environmental toxins are dumped into the American environment each year and 72 million of them are considered carcinogenic. (85,92)
Common Symptoms of Lymphatic Congestion

Many common symptoms that are uncomfortable but often lived with go back to a root cause of stagnant lymph. When the lymph system becomes congested and loses its ability to remove waste efficiently, the body will start to speak to us; and the signs of circulatory congestion will ensue.

According to Ayurveda, almost every one of the health concerns listed below can be linked to poor waste removal in the lymphatic system.

- Rings get tight on fingers
- Soreness and/or stiffness in the morning
- Feeling tired
- Bloating / Holding on to water
- Itchy skin
- Weight gain and extra belly fat
- Swollen glands
- Low immunity
- Brain fog
- Breast swelling or soreness with each cycle
- Dry skin
- Mild rash or acne
- Hypersensitivity
- Mild headaches
- Elevated histamine and irritation due to common environmental allergens
- Occasional constipation, diarrhea, and/or mucus in the stool

The key is to learn to listen while the body is still whispering, and not wait until it starts screaming.
How Lymph Affects Our Body Systems

The Lymph-Brain Connection

While Western medicine seems to be convinced that every area of the human body has been thoroughly mapped, a surprising new discovery of lymph vessels that were never thought to exist has been made. Researchers at the University of Virginia School of Medicine discovered that the brain and central nervous system is drained by meningeal lymphatic vessels called glymphatics, indicating that there is a strong link between the immune system, which travels via the lymph, and the brain and central nervous system. (10)

Practically, this implies that what Ayurveda has taught for years – that lymphatic congestion can cause or predispose someone to an immune-related or nervous system disorder – is true.

While the understanding that an immune attack could weaken a patient with a neurological condition like multiple sclerosis has been observed by Western medicine, the fact that these “hidden lymph vessels” are the mechanism connecting the immune system and the brain and nervous system is a new phenomenon. (10)

The findings indicate that, as we age, these meningeal lymph vessels become less efficient and thus allow toxic proteins and plaques to build up in the brain and nervous system. The brain and nervous system are linked to memory and cognitive functions, along with a laundry list of potentially associated neurological issues that may also be lymph-related.

These very small lymph vessels were hidden alongside blood vessels, and were basically invisible until now. This research has opened up the idea that there are possibly many other locations of lymph vessels that are responsible for the degeneration and weak immune processes of the body. (10)

According to Ayurveda, it is the innumerable and subtle lymph drains that must be maintained first.

Sleep Drains the Brain of Neurotoxins

A new study has discovered that when people sleep, special lymph channels in the brain called the glymphatic system actually open up and drain dangerous neurotoxins from the brain into the cerebral spinal fluid. (11-14) The study suggested it takes about 6-8 hours of sleep to complete the brain
drain plumbing process, which is compelling evidence that getting the correct amount of sleep matters.

The study found that the glymphatics are like hidden caves that open during sleep, and, much like the body’s lymphatic system, they drain toxic waste and proteins out of the brain. The study found that copious amounts of neurotoxins are drained during the natural sleep cycles.

The most well-known neurotoxin, called beta-amyloid plaque, is drained through these glymphatics of the brain. The problem is that studies show that the less you sleep, the less these glymphatics can work and the more beta-amyloid accumulates in the brain. The catch-22 is that the more beta-amyloid that accumulates in the brain, the worse you sleep and the worse your memory can become. (15) Beta-amyloid plaque has been indicated in numerous cognitive and memory concerns that are only now starting to be more fully understood. (16-18)

The brain dumps about three pounds of toxins like beta-amyloid plaque that is linked to cognitive decline from the brain each year. This is the entire weight of the brain in toxins processed through these newly discovered brain glymphatics each year. (10, 16-18)

According to Ayurveda, these glymphatics are an understood system and called “tarpaka kapha,” which is the aspect of the kapha dosha that literally drains toxins from the brain into the cerebral spinal fluid. If these channels become congested, the mood can shift, memory can become compromised, and the brain can become foggy. The cause of this imbalance can be emotional trauma or the cumulative impact of stress, lack of sleep, and digestive weakness.

There are many strategies for addressing this imbalance:

- **Nasya** is the sniffing of herbalized nasya oil into the sinuses. (19)
- Balancing blood sugar (see my free [Blood Sugar Secrets for Health and Longevity eBook](#)). (20)
- **Bacopa** (*Bacopa monnieri*) is a known brain-derived neurotrophic factor (BDNF) which supports healthy brain cell production, mood, and memory. (21)
- Another great herbal supplement to consider is **Brahmi**, (*Centella asiatica*) found in our Brahmi Brain formula, which has been found to support healthy cerebral microcirculation, mood, sleep and memory. (22) (Take 1 500mg cap before bed)
- **Manjistha** (*Rubia cordifolia*) is Ayurveda’s classic
lymphatic mover and anti-oxidant blood and lymph cleanser. (49-51,53,54,93)

How You Sleep Matters

A study from Stony Brook University is suggesting that how you sleep could help reduce your chances of developing cognitive concerns later in life. (29)

The study, published in *The Journal of Neuroscience*, found that a person’s body position while they sleep could affect how toxins are flushed from the brain through lymphatic vessels in the brain, called glymphatics.

Scientists used rodents to test how different sleep positions affect the glymphatic system. The glymphatic system is the waste clearance system for the brain. Researchers found that lying on your side when you sleep may be the most efficient position for toxins to flush out of the brain through the glymphatics.

The study found that the rodents who were in the lateral position cleared amyloid beta about 25 percent better than when sleeping on their backs or stomach. Amyloid beta proteins contribute to brain plaque, which is linked to gradual cognitive decline. Further studies on humans still need to be done to confirm these findings. Fortunately, most folks find sleeping on their side most comfortable.

Ancient Brain Tonic Also Flushes Lymph

Research on the small perennial herbal creeping plant with cute, kidney-shaped leaves called Centella asiatica (more commonly called Brahmi in Ayurveda) has new and well-documented special effects.

Long known as Ayurveda’s premier brain tonic for mood, clarity and memory, Brahmi is now understood as a powerful agent for microcirculation. Of course, our skin being the end of the line for the circulatory system, it is almost completely dependent on microcirculation.

This long-standing herbal superhero for the brain has been doubling as excellent microcirculation and lymphatic support and we are just now learning how to put these benefits to use. Read on to learn what Brahmi can do for your skin, water retention, and mood.

The Inner and Outer Skin

The blood moves through arteries, then into small capillaries where it feeds the cellular tissues like the skin and brain. Plasma from the blood then oozes into the intercellular spaces as lymph, where it drains waste and where the majority of the immune system is housed.

If the microcirculation is compromised, the cells all over the body that depend on microcirculation starve, and the lymph – the drainage system for the body – bogs down. When cells cannot get their
oxygenated blood supply, they tend to lay down tough circulation-blocking tissues called fibrous tissue that do not require so much blood. Swelling, cellulite, and poor circulation are all linked to microcirculation.

In one clinical trial, 227 patients with scars or keloids, which are both an excess of fibrous tissue build-up after surgery, were given Brahmi for 18 months. In the Brahmi group, 116 out of 139 (82%) participants experienced relief of their keloids and scar tissue-related symptoms. (42)

When the lymph bogs down, toxins accumulate in between the cells, store in the fat and the brain, and cause various hypersensitivity reactions and an immune system that is effectively stuck in traffic. The skin that lines the digestive tract may be most vulnerable.

Brahmi was shown in one study to significantly increase gastric mucin and glycoprotein secretion, which are known as *gastric mucosal defense factors* and maintain the structural integrity and function of the stomach lining against threatening factors. This study suggests that the stomach lining was protected from harsh aspirin-induced irritation by the supplemental Brahmi. (42)

**Take the Lymph Road**

Perhaps the most damaging effect of a microcirculation compromise is its effect on lymph drainage. According to Ayurveda, not eliminating waste well and sluggish immunity – which are both lymph functions – are major causes of unhealthy aging and early degeneration.

Remember the skin, whether it is on the inside or outside of the body, is that tissue that interfaces with the outside world (and, in the case of the inner skin, factors coming in from the outside world) first. Interestingly, juxtaposed right next to the skin on the inside and outside of the body are lymph vessels with immune responders waiting to pounce on any foreign invader – this is a good thing!

**Water Retention – A Telltale Sign of Lymphatic Congestion**

Have you ever noticed that your feet and ankles swell when you fly on a plane? This is a sign of lymphatic congestion. The pressurized cabin affects our microcirculation and lymph flow, which likes to pool in the feet, legs and thighs. Remember, the lymph moves only via osmotic pressures and *muscular contractions* and is not pumped from the heart.

In one study, Brahmi was given to 66 flight passengers traveling in economy class for 3-12 hours. Subjects were given 60mg of a Brahmi extract (roughly equivalent to a 500mg whole herb capsule) two days before the flight, the day of the flight, and for two days after the flight. The results showed significant improvements in microcirculation function compared to the controls. The rate of ankle swelling approached normal levels of no swelling in those who took the Brahmi supplements. (42)
In another double-blind study, 94 patients who had venous circulation issues and limb heaviness for an average of 14 years were randomly selected to take 60mg of a Brahmi extract per day for 3 months. The Brahmi group had a significant reduction in limb heaviness, and venous circulation was greatly improved. (42)

A New Hat for a Well-Loved Herb

Ayurveda has been using Brahmi for thousands of years for stress-related mood issues, sleep concerns and mental clarity. With as much as we know about how the brain functions, all of the above are also dependent on microcirculation.

In one study, 40 healthy subjects were given an acoustic startle response (ASR) test along with a mood self-rating scale. Thirty minutes after ingesting 12g of Brahmi mixed in juice, there was a significant reduction in the ASR. This study suggests that Brahmi supports a healthy mood response to stress, once again affirming what Ayurveda has historically praised and relied on this herb for. (42)

How Lymph Affects Your Mental Health

In the early 1900’s, a prominent psychiatrist named Dr. Henry Cotton ran the world’s most prestigious mental institution based on the premise that depression and insanity were linked to a deep underlying infection of some kind. (23)

Dr. Cotton was famous for pulling infected teeth out of his mentally ill patients and, if that didn’t work, he would excise tonsils, testicles, ovaries and, in some cases, colons. After his death, the practice faded into obscurity until recently, when a professor at Stony Brook University suggested that certain psychiatric concerns should be considered a kind of infectious condition. (24)

There is a growing body of evidence to support this theory, and Ayurveda may have discovered this relationship thousands of years ago. In a study published in JAMA Psychiatry in 2013, the
medical records of over three million people were looked at, and it was found that any history of hospitalization for infection was associated with a 62% increased risk of later developing a mood disorder. (26) In the same study, it was found that having an autoimmune condition would increase the risk of future mood-related concerns by 45%. (26)

This relationship between the mood, brain and immune function has been recently given much more credibility due to a recent discovery. It has been long thought that the central nervous system was devoid of any lymphatic drainage, which typically governs the immune response in the body, until now! Recently the University of Virginia discovered that the brain was, in fact, drained by hidden lymphatic vessels (lymphatics) that support immune health, a healthy inflammation response and mood health. (25, 29)

If the lymphatic vessels in the brain or elsewhere in the body were to become congested, the result could be an underlying immune compromise that could leave pathogens in the brain and body – increasing the risk of infection, inflammation, auto-immunity and psychiatric concerns. (23, 24)

The relationship between mood and inflammation, now thought to be linked to poor lymphatic brain drainage, was recently studied in a meta-analysis which suggested that when serotonin-specific reuptake inhibitors, such as Prozac, were given alongside low-dose aspirin or ibuprofen, there was a significant reduction in the need for psychiatric care. (27)

Other studies linked mood issues with elevated inflammation markers, like C-reactive protein (CRP), with psychiatric symptoms. (28) Again, possibly due to congested or poor draining brain-lymph.

Ancient Lymph Wisdom

While Dr. Cotton may have been on to something in the early 1900’s, the need to extract infected body parts will likely be unnecessary as this research unfolds. Perhaps even more interesting is the importance Ayurveda gave to the lymphatic system, or “rasa.” The lymph was considered the body’s nutrient fluid, taking nutrients on the journey from the digestive tract to the cells of the body. It was the highway for the immune system and waste removal as well. Ayurvedic therapies for congested lymph were common, and used daily as the first line of defense against ill health.

For example, thousands of years ago, Ayurvedic texts discussed lymph vessels in the brain that line the sagittal sinus in the skull, which were considered the brain drains of cerebral spinal fluid. Treatments for these lymph vessels in the brain, with techniques like nasya (nasal inhalation) and other herbal therapies such as Brahmi and Bacopa, were aimed at deep psychiatric and traumatic-triggered imbalances.

Today, the discovery of these lymph vessels is giving researchers the link they needed to connect immunity, infection, mood and inflammation.
Lymph: The Ayurvedic Elixir of Life

According to Ayurveda, the study of lymph, called rasayana, is also the study of longevity and rejuvenation. The word rasa means “lymph” or “juice,” and ayana is a “special study.” Rasayana is, therefore, the study of our rasa (our lymph), or our “longevity juice.” This study of rasayana is so highly regarded that it is included as one of the 8 major branches of Ayurvedic Medicine.

According to Ayurveda, it is the lymph that governs the emotional and hunger responses at the first scent of your favorite food. It regulates each and every step of the digestive process which, according to Ayurveda, takes 30 days to complete from its beginning (our first scent of our food) to its role in the formation of all the body tissues. In addition, the lymph is the body’s primary means of detoxification. It governs immunity, and plays a key role in our human and spiritual potential.

The word “rasa” has many meanings, all of which describe one aspect of the many subtle roles of the lymph. In Sanskrit, the more meanings a word has, the more important the word – thus “rasa” is a very significant word. Interestingly, the three primary definitions of “rasa” are “lymph,” “emotion,” and “taste,” which are the topics of this section of this eBook.

Some of the Sanskrit definitions of rasa:

- Rasa = lymph
- Rasa = emotion
- Rasa = taste
- Rasa = juice
- Rasa = nutrient fluid
- Rasa = melody
- Rasa = plasma
- Rasa = water
- Rasa = menses
- Rasa = semen
- Rasa = breast milk
- Rasa = satisfaction
- Rasa = love

I want to take you on the digestive journey of rasa from the first scent of food to its last manifestation of digestion, 30 days after the first bite. That’s right – it takes 30 days for the rasa to complete its incredible journey. Join me as I track this incredible journey of the body’s least understood circulatory system.

**What is Lymph, Anyway?**

Classically, the lymph is the plasma or clear fluid of the blood. In the blood it is called plasma, but once it oozes into the intercellular spaces, it is called lymph or, in Ayurveda, rasa. This fluid, along with fat-soluble nutrients and toxins that it is carrying, is drained into lymph channels, where lymph nodes purify the rasa with the help of the immune system’s white blood cells. From there, it works its
way through as many as 500 purifying lymph nodes on its way back to the heart or spleen, where it is re-combined with the blood, and it continues its 30-day journey of human digestion.

The First Scent

Digestion begins with the first scent of food, and the lymph plays a significant role in this. When you smell brownies baking in the oven, that scent travels through your nostrils and olfactory plate to the limbic, or emotional center, of the brain. It is here, with the first scent, that the food is emotionally charged. That emotionally-charged scent will trigger the release of digestive enzymes in the mouth, which is what's going on when you start to salivate. This first emotionally-pre-charged digestive fluid is called “sara” in Ayurveda, and is a mixture of the digestive enzymes and rasa (lymph fluid). This effect is emotionally enhanced by the other senses when you see and touch the brownie. (94)

In Ayurveda, the senses are called “avenues of consciousness” that allow us to connect our intelligence and consciousness with the intelligence or consciousness of the food we are about to consume or are consuming. This only happens when we eat the food with our senses wide open and our mind aware of the process of eating. This awareness, while supported by all the senses, is most affected by the awareness of the sense of taste.

Gobbling food down without the acute awareness of its taste will not create the bond between us and the plants or foods we are ingesting, and as this is the first step in the production of rasa, the rasa will be poorly generated. Remember, this is the beginning of a 30-day digestive process, so we need to get the first step right!

Rasa and the Sensory-Emotional Link

In Ayurveda, each taste and smell is linked to a specific digestive process and a specific emotion. So, it is not surprising that when you smell brownies in the oven, you get “happy.” At the first scent of a meal, a specific digestive process begins in the mouth, nose and emotional centers in the brain charge the food with that emotion. At the first scent of the meal, we continue an emotionally-charged specific digestive process in the stomach and throughout the digestive tract.

As the taste of the food is called rasa and our emotions are also called rasa, the first lymph fluid, or rasa of digestion, will carry the taste and its related emotion into every cell of the body.

Since, according to Ayurveda, each taste carries a different emotion, it is important to have all 6 major tastes at each meal to create a balanced emotional state.
The 6 tastes and their corresponding emotions are:

- **Sweet** Satisfaction; contentment; fulfilled
- **Sour** Discernment; insightful; heightened awareness
- **Salty** Desire; zest for life; passionate
- **Pungent** Extroverted; driven; ambitious
- **Bitter** Dynamic; focused; cool-headed
- **Astringent** Introspective; mental clarity; reflective; composed

If any one of these tastes is missing in the diet over a long period of time, or is present in excess, it can cause an emotional and physiological imbalance.

95% of the body’s serotonin is manufactured and stored in the gut, (1) and studies show emotional states are affected by the kinds of microbes we have in the gut. (2-6) Our emotion-making microbes are very affected by the salient moods and feelings in our environment.

According to Ayurveda, the mood, feelings, and environment we are in during a meal will determine the state of the rasa or nutrient fluid that is produced with the nutrients gleaned from that meal, which affects everything.

Thus, the tastes of each food and their corresponding emotions can help maintain, restore or disturb the subtle balance nurtured by eating.

**Foods are emotionally charged by how we eat our food, and each taste plays an important role.**

With a LACK of one of these 6 tastes you can become:

- **Sweet** Unsatisfied; depressed; discontented
- **Sour** Impulsive; careless; indiscreet; scattered
- **Salt** Unmotivated; indifferent; procrastinating
- **Pungent** Passive; non-confrontational
- **Bitter** Grief; disappointment
- **Astringent** Dull; listless mind and body; brain fog
With an EXCESS of one of these 6 tastes you can become:

- Sweet  Complacent; apathetic; indifferent; lazy
- Sour    Critical; judgmental
- Salty   Hedonistic; controlled by the senses
- Pungent Angry; aggressive; offensive
- Bitter  Bitter; depressed; pessimistic
- Astringent Overly sensitive; fearful; anxious

**Emotionally-Charged Nutrient Fluid**

The rasa or nutrient fluid generated will take on the charge of the environment, mood, feelings and awareness you experienced during your meal. The long-term cumulative effects of an excess or deficiency of one of these 6 tastes will further emotionally charge the food you are eating, and the lymph fluid produced.

As the food moves into the digestive tract, it takes the form of _ahara-rasa_, or **nutrient lymph**. It is this nutrient-fluid-rich food bolus that feeds and emotionally charges the trillions of microbes in the intestinal tract. These microbes, in turn, begin to manufacture digestive, detoxification, immunity, mood, energy, hormonal and numerous physiological chemicals and neurotransmitters that do the heavy lifting for the majority of the body’s functions (7-9) – all with a specific emotional charge!

**The 30-Day Digestive Cycles and the Major Body Tissues**

After the ingestion of food and the creation of the rasa, the emotionally-charged nutrient fluid begins its journey to develop the major tissues in the body, in this order:

1. First, we have the creation of _rasa_.
2. Then, with the help of certain enzymes, it becomes the blood (_rakta_) of the body.
3. Then, the blood becomes the muscle (_mamsa_).
4. Then, the fat (_medha_).
5. Then, bone (_asthi_).
6. Then, nervous tissue (_majji_).
7. And finally, the reproductive tissue, the sperm and ovum (_shukra_).

These seven tissues are called **dhatus** in Ayurveda, and it takes 30 days for this process of their creation to be completed. Stress, negative emotions, eating in haste, or eating poor quality food can derail the production of healthy tissues.
How Tissue Production is Compromised – What Not to Do

Stress, malnutrition, trauma, excessive activities, strain, worry, fear and of course eating without awareness and while under duress will alter the ability of the body to create healthy tissues. It is during this process that the molecules of emotion, or mental ama, are carried into the deep tissues of the body – which is one of the main reasons Ayurveda puts such great emphasis on detox.

It is not only to cleanse the body, but to purify the unhealthy emotions that we all carry since childhood. These emotions, if unreleased, will over time further disturb the production of healthy tissues in the body, and inevitably will begin to break down the body.

The science of rasayana is the science of rejuvenation and longevity, aiming to reverse this degenerative process and ensure the healthy journey of rasa or lymph into the body’s most precious creation: Ojas.

The Power of Ojas

While the reproductive tissue is the final product of tissue creation for the needs of the species to procreate, there is one other final product that is unique to Ayurveda’s understanding of the body. Along the way, as rasa becomes the seven tissues, there is a subtle substance being formed simultaneously. This substance is called ojas. This is also called the longevity, immunity or vitality fluid.

It is the most subtle and most refined manifestation of the 30-day journey of the rasa or the lymph fluid. Small amounts of ojas are said to be produced as each dhatu or tissue is being made, in order to support the vitality of that tissue. But the supreme ojas, called Para Ojas, is produced at the end as a result of the month-long process.

This supreme ojas is known as the physiological aspect of consciousness, which means it is the body’s most refined substance that most resembles consciousness itself. It resides and is stored in the heart and supports not only the health, immunity, and vitality of the body – it supports the spiritual process as well.

Excess strain, worry, fear, overeating or emotional wear and tear will deplete ojas – the final manifestation of rasa. Though we cannot avoid some of the stressors that cross our paths in the modern world, there are some things we can do to help the body deal with stress better:

• Swim Downstream With The Natural Cycles: http://lifespa.com/live-with-the-cycles/
• Harness The Power Of Oxytocin: http://lifespa.com/get-high-on-massage/
• Harness The Power Of True Love: http://lifespa.com/love-unconditionally/
• Herbal Support: http://lifespa.com/ayurvedic-adaptogenic-herbs/
The Lymph-Skin Connection

The Most Important 1/2 Inch of Your Body

As a nation we spend billions of dollars on making the surface of our skin look attractive. But did you know that you have an inner skin which lines almost all the surfaces of the inside of your body? This inner skin continuously drains toxins from your body through the lymphatic system. It is said that we would be dead in just a few hours without it. If we treated our inner skin as well as we treat our surface skin, we would look amazing and prevent many chronic diseases.

Let's discuss the amazing dance that takes place right between the skin and the lymphatic tissue. It is here that the immune system works its magic.

Optimal Health Resides Between the Skin and Lymph

The skin’s impact on health, disease prevention and immunity as been underestimated. While the skin protects, nourishes and detoxifies the surface area of the body - this is really just the tip of an indispensable iceberg. The skin would be an extremely important topic to discuss even if I were just talking about the outside layer that wraps the body - but I’m not. The skin and its associate are about to blow your mind.

It’s Everywhere!

The skin wraps the outside of the body, all surfaces of every vessel, tube, and artery, every organ (including the lungs, heart, intestines, diaphragm, glands) and the cavities that hold all these organs. It is everywhere!

The reality is that your skin turned inside out covers almost all of the human body and will determine your health, vitality, immunity and ever-so-important appearance.

Your Outer Skin Reflects the Health of Your Whole Body

Did you know that 80% of what your skin looks like on the outside is determined by the function of the skin on the inside? As the outer skin protects, nourishes and detoxifies the body, the inner skin does the same for the inside of the body and is responsible for almost every function of the body.
We spend so much time, effort and money caring for just the surface layer of the skin to make it glow and shine. *Could you imagine how amazing you would look and feel if you cared for the inner skin in the same manner?*

**Skin Imbalances are a Sign of Toxicity**

If the lymphatic system is not functioning well and the skin cannot drain, the skin becomes toxic, dry, wrinkled and non-functional. Skin rashes, acne, and just about every type of skin condition may be reflecting the function of your SALT. (87)

But be warned, a chronic yet mild skin condition is your body telling you, “I can’t get the waste out through regular channels of elimination so I am dumping it out through the skin - I hope that’s OK.” No, it is not OK! We often just live with these nuisance skin irritations while the major detox channels are asleep at the wheel! We just can’t let these nagging signs of sluggish detox linger. We must address the cause of the blemishes you see on the skin. Even a poor complexion may be a sign of boggy lymph or a compromise in some other detox channel.

**Meet the Skin’s Significant Other: The Lymph**

The skin would not be able to perform all of its detoxifying, nourishing and protective functions without its associate, the Skin-Associated Lymphatic Tissue (SALT). Every square inch of the skin is drained by this lymphatic tissue and it is here, at this juncture, where it all happens. (87)

80% of the immune response of the body resides in the gut, where the ciliated skin of the small intestine meets the lymphatic system. This the largest concentration of the lymph in the body, called Gut-Associated Lymphatic Tissue (GALT) and is just one example of the powerful relationship between the lymph and skin.

**Dig Deeper: The Physiology of Your Skin and Lymph**

When we care for the inner skin, we help prevent the majority of chronic disease and enjoy radiant skin. We are wrapped on the inside and outside with epithelium of different sizes and shapes that are all governed by the rules of epithelial function - to protect, nourish and detoxify.

Based on need, different types of skin line different structures. For example, the epithelium that lines the inside of the arterial wall is different than the epithelium that lines the gut or lungs, or the cavity in which these organs sit.

But just as human skin may differ from whale or elephant skin, it is all skin just the same.

The skin is covered with cells called the epithelium.
Different kinds of epithelial cells wrap the human body both inside and out. See the textbox on the right of the last page, Under the Hood, to learn about the different layers of skin.

**Is Your Skin Worth its SALT?**

Beneath the epidermis of the skin, and extending into the dermis, is a layer of lymphatic tissue concentrations called the Skin-Associated Lymphatic Tissue (SALT)? This is just one type of Mucus-Associated Lymphatic Tissues (MALT) that underlies all the epithelial skin of the body. The SALT skin provides immune and detoxification support to the inner skin.

**Your Inner Skin Is Your Immune System**

The epithelium (skin) of the internal organs are most commonly drained via a series of lymph concentrations called Mucus-Associated Lymphatic Tissue (MALT). SALT is a form of MALT. All of the mucus membranes of the body have very active lymphatic drainage vessels.

Remember, the highest concentration of lymph in the body is the GALT and mesenteric lymph. It is here that nutritional fats, chyle, and toxic fats are transported from the villi and lacteals of the small intestine into the GALT. (87)

If the lymph is moving, then the B and T lymphocytes (white blood cells in the lymph nodes) can identify and attack pathogens and invaders that may pose a threat. It is estimated that about 25 billion lymphocytes pass through each of the 500 lymph nodes every day when the lymph is flowing well.

This forgotten system of drainage, detox and immunity is the first system we treat in Ayurveda. It makes sense that we evaluate the ability of the body to drain its waste before we do anything else.
The Lymph-Cellulite Connection

As we age, we lose adequate blood supply to the skin and distal tissues inside and out. Stress also compromises blood supply to the skin and slows the drainage of the lymph. When the lymph flow slows, the skin will appear aged and toxins will build up.

Since the lymph moves against gravity, it is common for the lymph and veins to congest, yielding an unsightly appearance in the feet, legs, thighs, hips, belly and arms—namely, cellulite. Women, interestingly, are more vulnerable to cellulite than men. This may be due to hormonal imbalances, genetics, and/or poor circulation.

Thus, it is essential to improve circulation and stimulate lymphatic drainage.

Citrus for All Your Circulatory Systems

The white part, or the pith, of oranges, grapefruits or pomegranates is a powerful medicine for the heart, lymph and circulation. The pith of most citrus fruits is loaded with diosmin.

Diosmin is found in certain citrus fruits, and has a strong effect on moving and decongesting the lymphatic system. In fact, diosmin seems to affect all the circulatory drains of the body supporting the healthy function, strength, and competence of the lymph, capillary and venous systems. (45)

Diosmin has been shown to support and prolong healthy venous tone when impacted by stress chemicals such as adrenaline or epinephrine, (56) as well as support the circulatory system’s antioxidant systems. (57-60)

This well-researched flavanoid has been utilized for decades to support healthy capillary and vein function, as well as healthy microcirculation throughout the body. Diosmin fundamentally helps maintain the structure and function of the circulatory system, especially vein strength and competence. (78)

In pharmacological and clinical studies, diosmin promoted normal lymph drainage, healthy capillary permeability, and favorable microcirculation. (79) Microcirculation and lymph congestion can compromise healthy venous drainage in the legs as well as cause a build-up of poorly circulated fat in the form of cellulite.

By understanding the dynamics of the lymph system and its relation to stress, microbes and digestion, we can help boost the drains of the body, as well as prevent lymph congestion and cellulite.
Over the years I have worked with countless women suffering from uncomfortable and/or painful menstrual cycles.

Studies have shown that menstrual pain leads to a subjectively-rated decreased quality of life, and that over 40% of women of childbearing age are affected by PMS symptoms. (30, 31)

Often, these same women who experience problematic periods throughout their childbearing years also experience more symptoms during menopause.

Many of these women have been led to believe that their issues are hormonal. Birth control pills are now being prescribed for painful and/or heavy periods, (32-36) and bio-identical hormones have become the Holy Grail for women during their menopausal years. (37)

Interestingly, there is a very simple Ayurvedic protocol for balanced menstruation and menopause that doesn't involve any hormones, or natural or herbal hormonal precursors. In fact, from an Ayurvedic standpoint, in many cases the problem may not be hormonal at all.

It Might Not Be Hormonal

The lymph is the largest circulatory system in the body and is critically important for optimal health, (38) as lymph channels drain waste from all parts of the body. When these drains become congested, it’s as though a traffic jam occurs in your body and it takes a toll on all of the organ systems.

At the beginning of the menstrual cycle, lymph drainage increases. According to Ayurveda, when women menstruate, much of the reproductive waste is removed through the lymph. If the lymph is congested, the menstrual cycle may become painful, irregular, overly heavy or missing. (95) Congested lymph brings with it the symptoms typically associated with the menstrual cycle, including breast swelling or tenderness, bloating, water retention, and/or breakouts, especially around the mouth and chin. (95) With just a basic understanding of the lymphatic drainage system, we can see why.
The Body’s Built-In Monthly Lymphatic Function Test

The quality, duration, comfort level and timing of the menses offer a monthly opportunity to evaluate your lymphatic function. If any of these symptoms listed below are experienced during (or exacerbated by) menstruation, it may be a sign of a lymphatic flow issue.

1. **Swollen/Tender Breasts**
   The breasts are a concentration of lymphatic tissue and lymphatic fluid. If the lymph in the body is congested at the time of menstruation, the lymph tissue and fluid may swell, causing breast swelling and/or tenderness. (96)

2. **Skin Issues**
   When the lymph is congested, the skin may be employed as a back-up exit ramp for impurities. Just beneath the skin is the Skin-Associated Lymphoid Tissue, or SALT. This tissue functions as a defense against any toxin, bacteria, virus, or parasite that tries to penetrate the skin. (39)

   If the lymph is congested during menstruation, the SALT may also clog. Instead of draining the skin, it may result in breakouts and other types of skin irritation. (87)

3. **Diarrhea, Constipation and other Intestinal Issues**
   Just like the skin on the outside of our bodies, the epithelium — the skin that lines the intestinal tract — is drained by a massive concentration of lymph called the Gut-Associated Lymphoid Tissue, or GALT and mesenteric lymph. This is the highest concentration of lymph in the body. Experts say that 80% of the body’s immunity is found here in the gut. (40)

   When constipation, diarrhea, or other digestive issues occur, this will typically compromise the flow of this very important lymph fluid. During menstruation, clogged GALT can create a list of issues such as bloating, bacterial imbalances, belly fat, hypersensitivity, allergies, joint discomfort, fatigue, mild headaches, skin issues, and reproductive imbalances.

4. **Respiratory Issues**
   The respiratory tract is also lined with a type of skin that is drained by Mucosa-Associated Lymphoid Tissue, or MALT. If the lymph is not moving properly during menstruation, this can result in an irritation of the respiratory mucus membranes, compromising the immunity of the entire upper respiratory system. (41)
Manjistha – A Lymph Moving & Blood Purifying Herb

Manjistha (Rubia cordifolia) is the herb that is most effective in helping de-stagnate the lymph. I have used this herb successfully for years in support of lymph-related reproductive issues.

Manjistha is a perennial climber that is perhaps best known as a lymph mover and blood purifier. According to Ayurveda, the lymph (rasa) and blood (rakta) are the first tissues to become congested when the body is not detoxifying properly, and subsequently have a domino effect through the other five tissues of the body unless addressed properly in these early stages.

This model of the body tissues in succession makes it clear why Ayurveda places such great importance on keeping the lymph flowing at a good clip. The lymph is the seat of the immune system, and has a profound influence on the healthful appearance and function of the skin as the body’s largest detoxifying organ.

This vine-like plant “spreads” throughout the systems of the body, acting most powerfully on the arterial system, the circulatory system, and the skin. Its name literally means “bright red” and is a nod to its red roots which, according to Ayurveda, are the lymph-moving and cleansing properties of the plant. While other plants possessing a red root, including beets and Ceanothus americanus (also known as redroot), are also highly acclaimed as lymph movers, Manjistha is generally accepted as the most potent of the bunch.

Because many menstrual problems are a result of congested lymph, Manjistha is superb support for the female reproductive system, especially during the child-birthing years.
How to Improve Lymphatic Flow and Function

Here is a list of simple things you can do at home every day to improve lymphatic flow and function and restore the function of both the inner and outer skin through nutrition, herbal support, and lifestyle changes.

Nutrition

1. **Alkalize your diet.** Eat more fruits and veggies and lessen the amount of meats, breads, grains, dairy, processed food, and junk food. Try to shoot for a diet that is two-thirds alkaline and one-third acidic foods. See my acid-alkaline shopping list here.

2. **Leafy Greens.** A new study in the journal *Nature Immunology* measured the effect of leafy greens on the innate lymphoid cells of the digestive tract. The lead researchers, Doctors Belz, Rankin, and Groom discovered that the gene (t-bet) is essential for producing the innate lymphoid cells of the digestive tract. They also found that this gene is responsive to the foods we eat. (43)

   They found that the proteins in leafy greens and cruciferous veggies interact with the (t-bet) gene receptors on the surface of the cells. The veggies protein turn on the (t-bet) genes, and may play a critical role in producing the innate lymphoid cells that line the entire digestive system and make up much of the body’s immune response. (43)

   We have all heard for years that green veggies are alkaline and therefore increase lymphatic flow. This new research is giving us a glimpse into how the immune and lymph boost might actually work. Surprisingly, this research is not pointing to the fiber or alkalinity of the green veggies, it is pointing to the not so abundant proteins in our veggies. Who knew?!

3. **Eat the pith.** Derivatives from the pith or white part of oranges, pomegranates and grapefruits have long been used as lymph-moving agents and have only recently been found to have constituents such as diosmin that decongest the lymph. (44) In fact, diosmin seems to affect all the circulatory drains of the body supporting the healthy function, strength, and competence of the lymph, capillary and venous systems. (45)
4. **Eat red.** Plants that were historically used as dyes, such as berries, cherries, beets, turmeric, and the herb Manjistha were commonly used as lymph movers, or what we now know as antioxidants. Blueberries, raspberries and strawberries are all traditional dyes and well-documented antioxidants. All red-staining foods tend to be great lymph-movers and detoxifying agents.

Pomegranates are the lymph-movers for the fall and beets and cranberries support healthy lymphatic flow in the winter.

Beets have one very important property that make them a great food for the lymph. They thin the bile. Bile is responsible for about 80% of the immune response in the gut. It regulates the stool, digests good fat and gets rid of bad fat. Beets also scrub the villi of the gut, which is where the digestive lymph originates. (46)

5. **Increase iodine intake.** According to Ayurveda, iodine is a natural lymphatic mover. The breast, thyroid, prostate and gut all have high concentrations of iodine and are very dependent on lymphatic flow. When the lymphatic system becomes congested, scar tissue or fibrous tissue can build up. This is particularly problematic in the breast. Studies have shown that iodine can reduce fibrous tissue build up in the breast. (47) Increase your seaweed intake – which naturally contains iodine – or start taking an iodine supplement, 3-6mg per day.

6. **Eat with the seasons.** The lymphatic system drains best in a more alkaline environment. This is illustrated in nature when we see squirrels eating nuts in the winter. Nuts are an acidic, warming food that helps insulate the squirrel during a cold winter. Acidic foods that are typically harvested in the winter help the body hold onto fats, proteins, minerals and vitamins. If a squirrel ate broccoli during a cold Vermont winter, they would alkalize their systems, trigger a lymph detox, and likely freeze to death! Fortunately, broccoli doesn't grow in Vermont in the winter, so most squirrels don't run into this problem.

Humans (at least in modern times), on the other hand, either did not get this memo or choose to ignore it. Grocery stores seem to have all foods at all times of the year, allowing us to slip away from our connection to nature. Seasonal harvests are our link to nature, and are the preventive medicine which ensures that our delicate balance with nature is always maintained. If you are interested in digging deeper into the relationship between our health and nature’s harvest, please read my book *The 3-Season Diet* (48) and sign up for our free year-long challenge to eat with the seasons, called *The 3-Season Diet Challenge*. 
Herbal Support

1. **Manjistha** (*Rubia cordifolia*, meaning “red root”) is perhaps Ayurveda’s premier herbal support for de-stagnating the lymph. Ayurveda has observed that red-pigmented roots and berries are typically powerful lymph-movers that can be found in nature.

Manjistha is most commonly used in Ayurveda for moving the lymph in the body, helping the lymph to drain the waste from the body and regulating the immune system. Manjistha can also help nutrients feed the cells in an optimal way. Manjistha is an herb I have been using clinically with great effectiveness for over 30 years in support of lymph-related reproductive issues. (49-51, 53, 54)

Suggested Use: Take 400mg 1-3 times per day with meals.

2. **Brahmi** (*Centella asiatica*) has long been known as Ayurveda’s premier brain tonic for mood, clarity and memory, but recent research has shown that it is also a powerful agent for microcirculation. (52)

The herb Brahmi has long been revered in Ayurveda for its mental-clarity enhancing properties. Recent research has designated Brahmi as a powerful agent for microcirculation – meaning that beyond being a boon to the circulation as we know it, Brahmi enhances blood flow into even the smallest vessels, thereby powerfully supporting the skin and preventing water retention. (74-76)

Suggested Use: Take 500mg 3 times per day after food.

3. **Lymph-Vein HP**: Extensively researched citrus-based flavonoids in a unique micronized form help support all the body’s circulatory systems. Lymph-Vein HP helps to encourage healthy veins, capillaries, and blood flow, promotes healthy lymphatic drainage, and enhances antioxidant activity and the body’s normal response to inflammation. (55-60, 61-73)

Suggested Use: Take one capsule twice daily with or without food.

4. **Red Root**: If you are experiencing chronic swollen lymph nodes, think about using Red Root. This is lymph detoxifying herb that specializes in congested and swollen lymph nodes. Red Root is one of the 5 powerful herbs that make up our **Lymph Cleanse** tincture, described below.

5. **Neem** (*Azadirachta indica*) is the one herb that has the ability to rejuvenate damaged skin in a comprehensive manner. Neem is often called the “Queen of Skin” and the Village Pharmacy in India because of it’s broad effectiveness. This herb has the ability to support the skin on the surface of the body as well as the skin that lines the inside of the body.

Suggested Use: Take 450mg 3 times per day after food.
6. **Amalaki** (*Phyllanthus emblica*) is another herb that I use almost exclusively for the skin of the intestinal wall. This skin, or mucus membranes of the gut, drain into the GALT. If you experience any loose stools, mucus in the stools or intestinal irritation, consider Amalaki as an herb to support the lining of the gut.

   Suggested Use: Take 500mg 3 times per day after food.

7. **Lymph Cleanse**: Lymph Cleanse combines a host of lymph-cleansing herbs such as Red Root, Ocotillo, Stillingia, Astragalus and Ginger, and is formulated to scrub both the lymph nodes of the body, where the majority of immune-boosting white blood cells live, and the lining of the intestinal tract, where the majority of the body's lymphatic system originates.

   Suggested Use: Take 30 drops once per day on an empty stomach. Taking it with food may be a bit easier on the stomach.

Consider our **6-Step Lymph Kit**, where you can build your own kit from the following products: Brahmi-Brain, Neem, Manjistha, Lymph Cleanse tincture, Lymph-Vein HP, and our Lymphatic Massage Oil. Everything you need!

**Lifestyle Changes**

1. **Rehydration Therapy**: One of the most common causes of lymph congestion is dehydration. Water, and only water, can adequately rehydrate the body.

   **Hot Sips**: The best lymph-moving rehydration technique is to **sip hot water every 10-15 minutes throughout the day**. Do it religiously for one day. If, by the end of that day, you are experiencing a dry mouth and are now thirsty for this once tasteless sip of hot water, this is a good indication you are dehydrated and your lymph is congested. If this happens, try this rehydration therapy: sip hot water every 10-15 minutes for 2 weeks straight. Keep a thermos of hot water nearby to make it easy to follow this protocol.

   **Daily Ounces**: In addition to sipping hot water as part of the lymph-moving rehydration technique, try to drink 1/2 your ideal body weight in ounces per day for 2 weeks. For example, if you weigh 140 pounds, drink 70 ounces of water (almost 9 glasses) per day.
2. **Skin Brushing:** In Ayurveda, skin brushing is called *Gharshana*. Traditionally, raw silk gloves are used for the exfoliating practice of Ayurvedic dry skin brushing, called *Garshana Massage*. In Ayurveda, dry skin brushing is understood to release static electricity from the skin, thereby supporting lymphatic flow and the appearance of smooth skin. Garshana is also thought to minimize the appearance of cellulite.

*LifeSpa’s Garshana Gloves* are handmade in small batches by a local artisan seamstress.

**Directions:** Before bathing and while still dry, vigorously massage your whole body towards your heart. It is best to use circles or long strokes on the limbs and circles or half-moons on the joints. Use gentle pressure on your face and neck.

3. **Massage:** Daily massage in Ayurveda is called *Abhyanga*. A blend of herbs cooked into sesame oil is traditionally used to massage the body daily to enhance lymphatic flow.

*Lymphatic Massage Oil:* Cured and cooked with a nuanced recipe of lymph-moving herbs, LifeSpa’s Lymphatic Massage Oil is an ideal choice for the self-care practice of daily Ayurvedic self-massage, called Abhyanga. According to Ayurveda, daily self-massage is a wonderful way to encourage the optimal flow of the Skin-Associated Lymphatic Tissue (SALT), which is one of the body’s greatest detox platforms. (77)

**Directions:** During a warm shower or bath, massage the body from scalp to feet using enough oil to form a thin soothing layer over the entire surface of the skin. (After massaging the scalp, oil left in the hair can be effectively removed with a combination of shampoo and baking soda, for extra thick hair). Give special attention to areas of lymphatic concentration: the head, neck, feet, and abdomen.

4. **Exercise with Nose Breathing:** The importance of regular exercise incorporated into a healthy lifestyle and diet cannot be stressed enough in our quest for optimal health and longevity.

Considered one of the seven body tissues and the first to become compromised under stress, the lymphatic system houses our immunity and acts as a circulatory system that is pumped by muscular contractions, unlike the blood which is pumped by the heart. Thus, a sedentary lifestyle along with poor digestion is one of the most common
ways to that lymph flow gets congested. Moving your body with rejuvenative exercise supports lymphatic movement.

**Nose Breathing Exercise**: Nose breathing and full rib cage activation acts as a pump to pull lymph fluid from the lower parts of the body up into the chest cavity and to the heart supporting healthy and active lymphatic flow. (84) Learn more >>>

5. **Reduce Stress**: Stress creates an exhausting chemistry, and often leaves us depleted. Once exhausted, the body does not have the energy required to stay calm under stress and to sedate ourselves so we can stay asleep at night. This can lead to chronic fatigue, mood issues and irritability.

Meditation is a tool that trains you to handle stress and come to a place of peaceful awareness. Beyond that, it can become a powerful technique for transformation. We all long to reach that place of lasting peace and calm, but few become masters of it, and as a result we seek a myriad of stress reduction techniques in an attempt to de-stress and reset. There are volumes of books and magazine articles instructing us on how to rid ourselves of accumulated stress, but few that tell us how to not incur it in the first place, or how to process stress with no impact.

**Free Meditation Training**: Try my 3-part video training, where I will get you started on your transformational journey towards attaining a sustainable brain chemistry of peace, joy and euphoria. Learn more >>>

**Transformational Meditation Technique** – A 6-Week Meditation eCourse: The Transformational Awareness Technique (TAT) is my complete meditation method compiled from over thirty years of meditation experience, both in personal practice and teaching. Over the course of six weeks, learn a powerful series of non-denominational meditations appropriate for beginners and advanced practitioners alike, and designed to go beyond stress relief to creating real transformational change in your life. Learn more >>>
Afterword

For thousands of years, Ayurveda has regarded the lymph as the key to a long, happy, and healthy life, and modern science is regularly making new discoveries that prove this ancient wisdom, illustrating the importance and multi-faceted nature of lymph. As you can see, maintaining a healthy lymphatic system has an enormous impact on our health, well-being, and longevity. Through our diet and lifestyle, we can maintain and enjoy the many benefits of a thriving lymphatic system.

I hope you have enjoyed learning about lymph, and I encourage you to keep your lymphatic system working in optimum condition — your health will thank you!

Be well,

Dr. John Douillard, DC, CAP
References


11. http://www.sciencemag.org/content/342/6156/373


19. http://www.ayujournal.org/article.asp?issn=0974-8520;year=2009;volume=30;issue=2;spage=188;epage=193;aulast=Bhakti;type=0


23. http://www.npr.org/sections/health-shots/2015/10/25/451169292/could-depression-be-
caused-by-an-infection

24. http://www.biolmoodanxietydisord.com/content/4/1/10
27. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC4559013/
29. http://www.jneurosci.org/content/35/31/11034.short
60. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3116297/
61. http://search.proquest.com/openview/433a402de73437769554c325feb3b3ff/1?pq-origsite=gscholar
63. http://search.proquest.com/openview/433a402de73437769554c325feb3b3ff/1?pq-origsite=gscholar
85. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2914116/
86. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3075575/
89. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2965625/
90. http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3063534/
96. http://bja.oxfordjournals.org/content/91/2/265.full
Also by John Douillard

Available at LifeSpa.com

Books

Body, Mind and Sport
The Mind-Body Guide to Lifelong Health, Fitness, and Your Personal Best

Perfect Health for Kids
10 Ayurvedic Health Secrets Every Parent Must Know

The 3-Season Diet
Eat the Way Nature Intended:
Lose Weight, Beat Food Cravings, Get Fit

The Encyclopedia of Ayurvedic Massage

The Yoga Body Diet
Slim and Sexy in 4 Weeks Without the Stress

DVDs

Natural Detox
Ayurveda for Stress Relief
Ayurveda for Weight Loss

eCourses

28-Day Ayurveda Challenge
Change Your Daily Routine, Change Your Life

John Douillard’s Ayurvedic Pulse Reading eCourse
A Technique for Self-Discovery

Transformational Awareness Technique
6 Meditations to Emotional Freedom eCourse

Perfecting Digestion
The Gateway to Emotional Freedom
Ayurvedic At-Home Cleanses

Colorado Cleanse
14-Day At Home Ayurvedic Detox and Lymph Cleanse

Short Home Cleanse
4 Days to Reset Your Digestion and Fat Metabolism

Lighten Up! Emotional Freedom Cleanse
4-Day At Home Mind-Body Renewal

FREE eBooks

Ayurvedic Weight Balancing
Lose weight effortlessly with my 4-Step Ayurvedic Weight Balancing System

Blood Sugar Secrets for Health and Longevity
Raise your blood sugar awareness to protect your brain, skin, cells, heart, gut, joints and more.

The Protein Solution
Combat Hidden Signs of Protein Deficiency

Dr. John’s Guide to Taking Herbs
Learn to get the most out of your herbal supplements.

Visit LifeSpa.com for FREE Knowledge:

Videos
Articles
Podcast Lectures
Health Quizzes

Subscribe to our FREE Newsletter!

As a LifeSpa insider you will get special discounts and coupons on products.
You’ll also be the first to know about special events, webinars with Dr. John and (drum roll)
….. our health and nutrition articles!

http://lifespa.com/newsletter-signup/ >>>
Dr. John Douillard, DC, CAP, is a globally recognized leader in the fields of natural health, Ayurveda, and sports medicine. He is the creator of LifeSpa.com, the leading Ayurvedic health and wellness resource on the web.

LifeSpa.com is evolving the way Ayurveda is understood around the world, with over 700 articles and videos proving ancient wisdom with modern science.

Dr. John is the former Director of Player Development for the New Jersey Nets NBA team, author of 7 books, a repeat guest on the Dr. Oz show, and featured in Woman's World Magazine, Huffington Post, Yoga Journal and dozens of other publications. He directs LifeSpa, the 2013 Holistic Wellness Center of the year, in Boulder, CO.