



To Thrive or Survive

Are you ready to thrive or are you content to simply survive?

Do you have pain or a symptom that you cannot explain? Have you gone to your doctor and he/she cannot explain it either or they schedule several tests to see if they can find the answer? He/she finally decides to prescribe a pill to take care of the problem. Do you know there are important steps you can take to stimulate your immune system?

A healthy immune system starts with a healthy lymphatic system. The lymphatic system supports every system in the body, including your immune, digestive, detoxification and nervous systems. It is a vast network made up of tiny vessels, nodes and spleen.

We depend on the circulatory system to supply our entire body with needed nutrients and remove waste. Part of the blood escapes from capillaries and becomes lymph fluid. The lymphatic system has a primary function to isolate infection and debris and transport it through filtration points known as lymph nodes.

The lymphatic system is a vital part of your immune system. It is made up of a bunch of vessels throughout the body, our spleen, thymus and tonsils. These vessels carry fluid and are called lymph. Lymph carries white blood cells which help fight germs. Lymph helps clean up whatever "stuff" shows up in the tissues. The "stuff" can be toxins, virus, bacteria, and all kinds of allergens. It transports these toxins and debris to the lymph nodes which act to cleanse the fluid.

It also delivers lymphocytes to fight disease and viruses when they are present. Lymphocytes are awesome and are a serious part of an adaptive immune response, in that they adapt to whatever threat is present and take it out...like a bomb squad.

When the lymph system becomes blocked or restricted due to illness, surgery, toxic overload or lack of activity, lymph fluid backs up. Think of it as a blocked sewage pipe. The flow stagnates or stops for reasons such as fatigue, stress, infection, and emotional shock, lack of physical activity or dehydration.

That stagnation can cause inflammation, joint pain, nausea, fatigue, cold and flu infections, headaches, cramping, arthritis, fibromyalgia, mental fuzziness, GI issues, depression skin outbreaks

and lymph edema. If just one node is blocked it may take a detour, but with extreme blockage it may result in lymph edema, a swelling of the affected area being drained such as the arms or legs. Arm swelling is common when lymph nodes are removed for breast cancer treatment.

A blocked lymph system then becomes a breeding ground for pathogenic materials. Left untreated, the lymph system becomes a reservoir of infected cells that escape and travel to other parts of the body. If they are cancer cells, they can begin to grow cancer, (metastases), in other body parts such as the bone marrow. When this happens, the cancer is significantly more difficult to treat or eliminate.

Since our lymph fluid moves slowly without its own pump, inactivity can seriously restrict its flow. Muscle contraction as in the diaphragm with deep breathing, and manual manipulation as in massage are the primary means for our lymph to circulate and drain from the body. In Europe, Lymphatic Therapy is the fourth most prescribed massage technique. Unfortunately, in the U.S. it remains underutilized by the medical profession.

Lymphatic obstructions are a result of the problems created by our society in the use of pesticides and growth stimulants or hormones in food production. Once these hormones are absorbed in the food we eat, they accumulate in specific organs, which attract this class of chemicals such as the prostate and breast tissue. If not removed quickly by the lymph system, they “become destructive due to the high rate of lipid peroxidation they create in the tissue.

Recent studies show tight clothing block lymphocytes (white blood cells) from destroying abnormal cells. For instance, studies show that the longer each day a women wears a bra the more likely she is to experience breast cancer.

9 Easy Steps to Thrive, not just Survive.... **Caution!.....** It may require a lifestyle change:

Step 1. *Clean up your diet.* Reduce your body’s toxic burden by avoiding processed food, eating organic when possible, and eliminating simple sugars and carbohydrates. Our bodies work best on whole natural food and become less forgiving to junk food as we age. A regular nutritional detox, ionic foot detox, and/or a colon cleanse supported by liver enzymes will help ease your liver and kidney burden.

Foods to incorporate into your diet daily:

Raw Fruit -on an empty stomach, enzymes and acids in fresh fruit are wonderful lymph cleansers.

Cranberry juice - is amazing for the lymphatic system. Make sure it’s pure, unsweetened juice.

Fresh green vegetables- your body uses vitamins, minerals, and chlorophyll to cleanse the lymph.

Essential fatty acids- toss in plenty of fresh nuts and seeds, or their cold-pressed oils.

Step 2. *Investigate any food sensitivities or allergies* that may be affecting your digestion.

Experiment with a hypoallergenic diet for two weeks to cleanse your system of moderate food irritants. Investigate probiotic supplements to help maintain a healthy ratio of intestinal flora.

Step 3. **Drink plenty of purified or filtered water** (at least half of your bodyweight in oz) will help to carry oxygen and nutrients throughout the body and helps eliminate toxins and wastes. When your body is dehydrated the lymph doesn't work optimally.

Step 4. **Breathe deeply and slowly** from your diaphragm, through your nose, is one of the best ways to move lymph fluid throughout your body. Your breath goes directly to your lungs stimulating the vagus nerve to rest and restore the nervous system. You can feel better instantly.

Step 5. **Get regular physical exercise.** Jumping on a rebounder, or mini trampoline, just five minutes a day is a great way to get your lymph system pumping. Walking, stretching, t'ai chi, yoga, Pilates, and other moderate activities such as dancing or swimming, all are helpful especially if you do them every day. *(Research shows 30% lower risk of breast cancer)*

Step 6. **Avoid restrictive clothing** that press on your lymph nodes. Underwires and over tight bras, jeans, and skirts can impede lymph flow. Try to go bra- free for at least 12 hours a day and don't sleep in one! If that is uncomfortable consider getting a stretchy camisole.

Step 7. **Don't be afraid to sweat!** Sweating helps detoxify your body and supports lymphatic function. Avoid aluminum-based antiperspirants (they block sweating and add to your toxic load. Choose natural deodorants instead.

Step 8. **Movement** - Bouncing and rebounding, jog in place for five minutes a day, use a *rebounder* (mini-trampoline), or for those who need a gentler approach simply sit on a yoga ball and *bounce* for a few minutes daily.

Give yourself a loving lymphatic breast massage every day. This will help release toxins, stimulate the immune system, and soften breast tissue. Women find this self-breast massage reduces breast pain, inflammation, fibrocystic breast tissue, relieves PMS breast symptoms, and reduces fear of breast cancer. It is a beautiful way to get to know your girls.

Focus on creating gentle movement of stretching and releasing (pumping action) ... **Instructions:**

1. Start with the lymph in the neck and gently stroke downward to the top of the collar bone.
2. Feel the hollow spot above the collar bone. Gently stretch the skin about an inch away to the center, then another inch and to the center and lastly from the shoulder to the center above the collar bone. This opens the lymph passages before it empties into the circulatory system.
3. Under your arm, gently stretch the skin straight up into the armpit. You may feel tenderness. Gently pump 6-10 times until the tenderness disappears.
4. Support your breast with one hand and gently move your entire breast toward the armpit with a stretch and release action 6-10 times.
5. With one hand supporting your breast, gently move your breast towards the center of the body, again with a stretch and release action 6-10 times.
6. Focus on a flat palm on the top of your breast and gently massage upward as you stretch and release 6-10 times.

7. Use gentle strokes from the nipple away from the center all around your breast.
8. Press the nipple a few times and as if you are beeping a horn. Love and laugh with this fun technique while you move lymph around your breast and underarms. Repeat each step 6-10 times with the other breast.

Step 9. **Enhance your lymphatic breast self-massage** by applying Healthy Girls Breast Oil as you massage your breasts. There are eight essential oils infused in clear Jojoba oil, each with a specific purpose for breast health which work synergistically to help nurture and protect breast health:

Cear Jojoba Oil, absorbent, unclogs pores, anti-inflammatory, suitable for all skin types.

Lemon offers high amounts of **d'limonene** to purify immune and lymphatic systems,

Sweet Orange clinical studies done showing **d'limonene** stopped and regressed abnormal cells, promotes tissue repair, uplifts the spirit

Lavender offers cellular repair and regeneration, balances all the body systems physically and emotionally.

Geranium balances, regenerates tissue, and opens liver to discharge toxins

Frankincense adds oxygen, stimulates immune system, and wards off infection

Nerolina brings balance, promotes healing, slows aging with tissue regeneration

Marjoram eases congestion and pain in tissues, increases longevity-a folklore called it "Joy of the Mountains"

Rose Absolute raises frequency of all cells, brings well being and love to the body

Sharing an endorsement from a Certified Clinical Thermographer who says: *"For those looking to support their breast health specifically, this blend of essential oils is phenomenal. It's the perfect addition to a lymphatic self-massage!" She says, "It is very affordable and lasts at least 3 months when used daily. It's an easy way to boost your breast health and a thoughtful gift for any woman you know who wants to have healthy breasts. It even smells nice!"* Rebekah, CCT

Thermography can help determine if there is a problem, gives great encouragement, and brings you peace of mind.

Dr. Tom Hudson, a physician, radiologist, and breast imaging specialist says "The key to your good health lies more in your hands than you might think. What you eat, put on your body, how you feel, what you think, and even what you believe affects your health." His Book, *Journey to Hope*, focuses on *self care* which means learning to do for yourself what the medical system cannot do for you! It means you can learn to *thrive, not just survive.*

Joyce Sobotta, educator, CA, CR

joyce@aromatherapynaturesway.com

www.aromatherapynaturesway.com