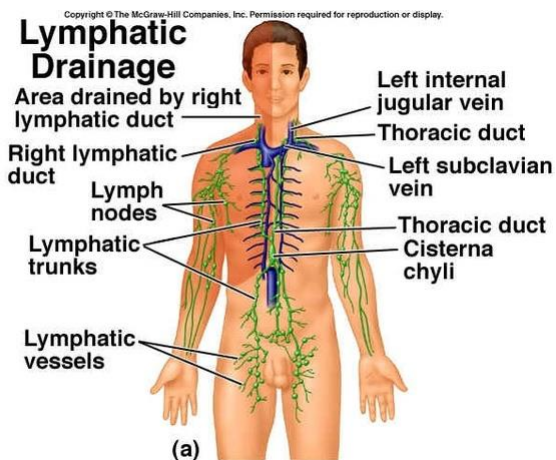


Benefits

- Increases blood circulation.
- Reduces toxins and smoothes the appearance of cellulite.
- Exfoliates dead skin cells and rejuvenates skin cells.
- Reduces muscle tension and stress.
- Brightens skin.
- Unclogs pores and helps skin absorb nutrients better.
- Stimulates nerves.
- Softens skin and helps prevent premature aging.

How To Use A Dry Brush

Dry brush your skin before you shower or take a bath. Select a hand-sized brush made with natural bristles. Making sure your skin is completely dry, start at the bottoms of your feet and work your way up your legs using smooth brushstrokes. Brush upward toward your heart because that's where the lymphatic system drains. Repeat this process with hands, arms, and shoulders, and use a clockwise circular motion on your stomach. Brush several time over each area until your skin has a rosy glow and tingles slightly.



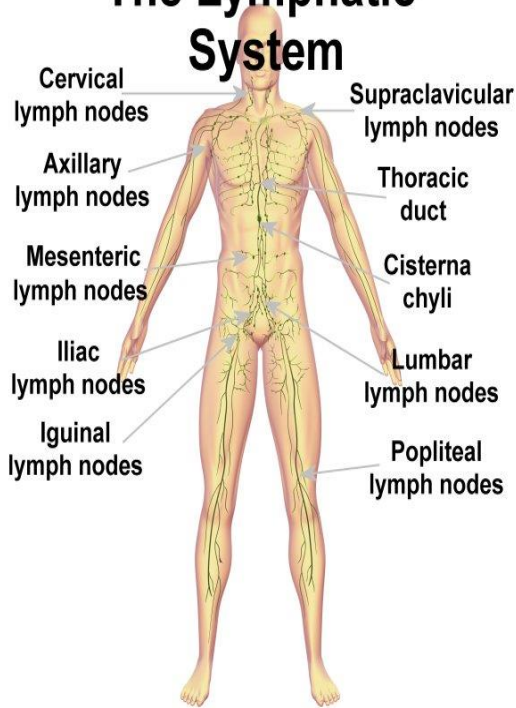
The right **lymphatic** duct, **drains** the upper right portion of the **body**, returning **lymph** to the bloodstream via the right subclavian vein. The other trunk, the thoracic duct, **drains** the rest of the **body** into the left subclavian vein.

How To Support Lymphatic & Immune System



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The Lymphatic System



Signs of Lymphatic Congestion

The lymphatic system is a critical part of our circulatory and immune system. It's responsible for eliminating toxins, waste, and excess fluid as well as moving white blood cells around the body to fight infection. Exposure to too many toxins, lack of sleep, dehydration, stress and lack of movement can overload the lymphatic system. When the lymphatic system becomes congested, toxins fight to be eliminated resulting in bodily signs and symptoms.

Symptoms of Lymphatic Congestion

- Swelling, Inflammation
- Stiffness
- Fatigue
- Infection (e.g., more frequent colds)
- Headaches
- Development of Cancer
- Constipation
- Congestion
- Sore throat
- Brain Fog
- Weight Gain
- Skin Issues
- Inflamed Tonsils

Stimulating & Circulation Essential Oils

Citrus essential oils, like orange, grapefruit, and lemon, are stimulating for lymph glands. Peppermint, ginger, and rosemary are good for circulation and will help lymph nodes drain. Dilute with a carrier oil and rub on lymph glands under neck and arms.

We recommend 100% Almond & Ginger Oil Blend

100% Almond Oil is naturally high in vitamins A, B1, B2, B6 and E making it great for clients with dry itchy skin and inflammation. **Ginger Oil** benefits relieves swelling and pain by its anti-inflammatory properties.

How to better support healthy lymphatic circulation

1. Detox bath (1 or 2 cups of Himalayan salt or 1 or 2 cups of Epsom Salt)
2. Dry brush Daily
3. Yoga/Meditation (Qigong)
4. Sweating the lymphatic system (Infrared sauna or hot yoga)
5. Manual Lymphatic Drainage Massage
6. Taking lymph stimulating herbs like cleavers. Chili peppers, turmeric, ginger, clove, bee propolis, apple cider vinegar etc. might give your lymphatic system an extra push and support. Some herbs like green tea, nettle and cinnamon could help the body to drain the lymph and excessive liquids.
7. Eat Healthy (natural whole foods)
8. Drink plenty of water (Smart Water, Essentia Water, Coconut Water, Sam's Club Plus Water)
9. Hydrotherapy (hot/cold therapy)