**16 Signs It’s Time To Drain Your Lymph Fluids!**

[*https://www.healthyfoodhouse.com/16-signs-time-drain-lymph-fluids/*](https://www.healthyfoodhouse.com/16-signs-time-drain-lymph-fluids/)

[*https://www.youtube.com/watch?time\_continue=44&v=QA-wi0d7-Ro*](https://www.youtube.com/watch?time_continue=44&v=QA-wi0d7-Ro) *lymph drainage*

The human body contains twice as much lymph fluid as blood, so the lymphatic system is of high importance to the overall health.

This system consists of a network of organs and tissues, whose role is to remove the undesired material from the body, such as toxins and waste.

Yet, the primary function of the lymphatic system is the transportation of the lymph fluid in the body. This fluid has white blood cells which fight inflammation in the entire body.

When the lymphatic system is congested, you may experience numerous health issues, including the following symptoms:

1. Mild headaches
2. Swollen glands
3. Dry skin
4. Tiredness and fatigue
5. Hypersensitivity
6. Increased histamine levels, as well as common irritations caused by environmental allergens
7. Weight gain and extra fat in the abdominal area
8. Weakened immunity
9. Breast swelling or soreness with each cycle
10. Rings get tight on fingers
11. Occasional diarrhea, constipation, and/or mucus in the stool
12. Brain fog
13. Bloating / Water retention
14. Itchy skin
15. Soreness and/or stiffness after waking up in the morning
16. Mild rash or acne

The congestion of the lymph nodes and the entire lymphatic system may be a result of various factors, but John Douillard has come down to three major causes, as follows:

1. Iodine deficiency commonly causes lymphatic congestion, as iodine promotes the function of the lymphatic system at the cellular level and reduces the effects of toxins.
2. Imbalances in the digestive system can often cause irritations of the intestinal villi, leading to lymph congestion. The biggest amount of lymph surrounds the gut, (Gut Associated Lymphatic Tissues – GALT), so the regular lymph flow, as well as the elimination of toxins, immunity, and assimilation, largely depend on the quality of the villi.
3. Studies have shown that stress is responsible for even 80% of all chronic health issues. Namely, its chemistry is degenerative and congests the lymphatic system.

However, there are natural and safe ways to improve the lymph health and stimulate the transport of lymph throughout the body. The following 11 tips will help you support the lymphatic system and thus improve your health:

1. Lymphatic Drainage Massage: This kind of a massage will physically support the drainage of the lymph and prevent congestion.

**2. Hydrotherapy Showers:**This is actually a treatment using hot and cold water alternative.

Before you get out of the bathtub, just switch the hot water to cold fast and repeat several times. This supports the flow of the lymph as well as the blood circulation.

**3. Exercise:** Exercise is probably the most effective method to get the lymphatic system moving. Additionally, rebounding, or jumping on a large and small trampoline, is the most efficient exercise you can do. You should practice rebounding for 10-20 minutes every day.

**4. Walking:** Walking stimulates body movements and supports the function of the lungs. Remember to breath as deep as possible.

**5. Yin Yoga:** One should hold the Yin Yoga for 3 to 10 minutes. These poses require a change of gravity, so the changes in pressure positively affect the lymphatic flow.

**6. Dry Skin Brushing:**The lymphatic flow is enhanced by just brushing the skin using a natural bristle brush.

**7. Legs up on the Wall:** In order to improve the flow in the legs, help your sleep, and stimulate detoxification, you should lie down and raise the eggs against the wall.

**8. Deep Breathing:**The lymphatic flow is significantly boosted by deep breathing, as the lungs pump the lymphatic fluid.

**You should try the following breathing exercise by The [Budwig Center](http://www.budwigcenter.com/breathing-exercises/" \l ".ViRHZvmrTIU), which provides amazing effects:**

You should stretch the arms to both sides, and then move them up as you inhale through the nose. At the same time, you should make circular movements with the hands, and shortly hold the breath.

You should deeply breathe from the lungs, as the expansion of the lungs squeezes the thoracic duct and produces more flow.

Then, put the hands down while exhaling and again make circles with them as you move them downwards. Due to the removal of toxins, you may feel a slight light-headedness, so stop the exercise at this point.

Over time, you will develop an ability to do it much longer. While doing this amazing breathing exercise, you should repeat the following: ‘wash the cells, feed the cells, purify the cells’ to help pump out the toxins.’

1. Standing Desk: The lymphatic flow is severely damaged if you sit all day long. Therefore, you can buy yourself a standing desk which will stimulate the lymph flow and prevent other side-effects of sedentary lifestyles.
2. Plenty of water and a healthy diet: Dehydration is the major reason for congestion of the lymphatic system. Therefore, plenty of water can help you boost the lymph flow, and eliminate the toxins which enter the body through processed foods. Additionally, you will benefit a lot from the consumption of raw fruits on an empty stomach, as well as warm drinks and soups in the winter and cold foods in the summer.
3. Infrared Sauna: Sauna therapy provides amazing effects, as it stimulates sweating while in parasympathetic nervous system mode, and toxins are removed from the body. The lymphatic flow is also improved by this circulation and elimination of toxins, and the tissue regeneration.

Source: [www.davidwolfe.com](https://www.davidwolfe.com/the-lymphatic-system-health/)