



Improved Lymphomax

Outstanding Remedy for Stagnant and Congested Lymphatics

As its name implies, Lymphomax is a remedy for the lymphatic system. It works to promote better lymphatic drainage, to reduce fluid retention in the tissues and to shrink swollen lymph nodes. It is also alterative, meaning it works to relieve stagnation. It also clears up congestion and excess mucus production in the body. Lymphomax also has a blood purifying effect for low grade infections and fevers.

Some of the specific health conditions Lymphomax may help to improve include: mumps, tonsillitis, chronic sore throats, swollen lymph nodes, enlarged spleen, frequent ear infections (especially in adults), chronic sinus and respiratory congestion, low grade infections, cysts, and low grade fevers or heat in the body. It contains the following herbs:

Mullein Leaves (*Verbascum thapsus*)

Although mullein is typically thought of as a respiratory remedy, it is a gentle alterative and lymphatic cleanser. It softens hardened tissues in the lungs and lymphatics.

Bayberry Root Bark (*Myrica cerifera*)

An excellent astringent for the mucus membranes, bayberry is used to reduce excessive mucus secretions and to “cut” sticky mucus so it can be more easily expelled from the body.

Cleavers Herb (*Galium aparine*)

Cleavers is a gentle, but effective, kidney and lymphatic remedy. It promotes lymphatic drainage and shrinks swollen lymph nodes in children. Its action as a non-irritating diuretic make it useful for bladder inflammation, cystitis, and urethritis.

Plantain Herb (*Plantago major*)

A tissue healing herb, plantain pulls pus and infection out of wounds. It can also help to eliminate hardened mucus from the lungs. It promotes lymphatic drainage and helps fight infection in the lymphatic system, as evidenced by its ability to shrink cysts.

Alfalfa Herb (*Medicago sativa*)

An alterative and nutritive, alfalfa nourishes the blood and alkalizes the body.

Chamomile Flowers (*Matricaria recutita*)

Possessing anti-inflammatory properties, chamomile helps ease stress and tension while reducing heat in the body.

Echinacea Root (*Echinacea purpurea*)

Well known for its immune stimulating properties, echinacea is a blood purifier and lymphatic enhancer. It has been used for boils, blood poisoning, tonsillitis, cystitis, and other diseases involving lymphatic congestion and toxins or infection in the blood and lymph.

Yarrow Flowers (*Achillea millefolium*)

Another outstanding lymphatic herb, yarrow is used for fevers and wound healing. It helps resolve deep “heat in the blood” or low grade chronic inflammation. It also reduces stagnation in the blood and lymph.

Garlic Bulb (*Allium sativum*)

A wonderful infection fighter, garlic is primarily used for fighting infections in the respiratory tract. It also clears toxins from the lymphatics.

Red Root (*Ceanothus americanus*)

Red root is a remedy that works primarily on the spleen and the lymphatics. It is an excellent remedy for swollen lymph glands, lymphatic stagnation, enlargement of the spleen, and fluid retention.

Lobelia Herb (*Lobelia inflata*)

A powerful antispasmodic nervine, lobelia relaxes tissues. It also promotes lymphatic drainage and helps expel mucus from the lungs.

Chlorophyll (Sodium Copper Chlorophyllin)

Chlorophyll is the green “blood” of plants and acts as a blood purifier and alterative.

Dosage

The suggested dose for Lymphomax is two capsules twice daily. However, for acute or serious conditions the dose could be increased to two capsules every two to four hours. Lymphomax should be taken with ample amounts of pure water (6-8 glasses per day) for maximum effectiveness.

Selected References

- The Wild Rose Scientific Herbal* by Terry Willard
- The Book of Herbal Wisdom* by Matthew Wood
- Herbal Therapy and Supplements* by Merrily A. Kuhn and David Winston
- Herbal Therapeutics* by David Winston
- The Encyclopedia of Medicinal Plants* by Andrew Chevallier

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