



Lymphatic Drainage

Move body fluids to reduce stagnation and improve cleansing

The lymphatic system provides a collection system for fluid waste removal from around cells. It drains excess fluid from the tissues, purifies it and returns it to the blood stream. It is a critical part of the body's immune system.

Since muscular movement activates the lymphatic system, exercise is very important to lymphatic drainage. Physical activity such as walking, swimming or using a minitrampoline will greatly enhance lymphatic movement.

When lymphatic drainage is sluggish, fluid and waste material builds up around the cells, creating a "swamp-like" condition in the tissues. Cells gradually become poisoned in their own wastes, resulting in lowered vitality and immunity. In the Western herbal tradition, this condition was known as torpor or stagnation. It is characterized by sluggishness, fluid retention, a heavily coated tongue and reduced resistance to disease.

Herbs that help overcome lymphatic stagnation or torpor were dubbed "alteratives" by the herbally-oriented Eclectic physicians of the late 1800s and early 1900s. The **Lymphatic Drainage** formula contains some of these alterative herbs. It helps reduce fluid buildup in the tissues as well as the build up of toxins in the body. It can be especially helpful for swollen lymph glands, tonsillitis, breast tenderness due to lymphatic congestion, and general "sluggishness."

Here are the ingredients in this blend.

Cleavers is an excellent drainage remedy. It not only increases lymphatic flow, but also supports urinary function to help remove excess fluid from the body. It reduces lymphatic swelling, particularly in the head and neck area, making it useful for congestion in the ears, sore throats, tonsillitis, and adenoid problem. It is particularly useful for "hot" conditions where pain, swelling, redness and other signs of inflammation are present. It has cooling, soothing properties. The herbs in this formula can also help skin conditions and dry, irritated coughs.

Cleavers are cooling and soothing; a very gentle, non-toxic remedy. It is very suitable for children, yet has a strong enough detoxifying action that it has been used in cases of cancer.

Red clover is another very gentle but effective alterative or blood purifier. It acts on the liver and lymphatics to help remove waste materials from the tissues of the body. Red clover also reduces glandular swellings. It is especially useful where there are hard or red and painful encysted glands.

Red clover has been a part of many anticancer formulas. It thins the blood, improves oxygenation to the tissues and the removal of wastes, but does so in a very nourishing way. Its detoxifying action is mild, not harsh—exactly the kind of detoxification needed by people in a severely weakened state.

Stillingia is also a powerful alterative and improves the function of the body's cleansing systems including the lymphatics, liver and kidneys. It has a long history of use in treating degenerative diseases. It helps dry, hacking coughs by promoting mucus production. It may also be helpful in skin conditions such as fungal infections, dermatitis, and eczema.

Prickly ash is a pungent herb that acts as a circulatory stimulant. It is much like capsicum in this action, except that the effect is more sustained than capsicum. It helps peripheral circulation and enhances digestion. It also balances the cooling nature of the other herbs in this formula.

Recommended dosage for adults is 15-20 drops 3 times per day. For acute problems, this dose could be taken every 1-2 hours. The formula can also be used for small children in doses of 3-10 drops depending on size and age.

Although lymphatic cleansing can produce mucus discharges, this formula is a good balance of warming and cooling herbs to reduce discomfort. Because breasts and lactation are associated with lymphatic processes, lymphatic cleansing is not recommended while nursing.

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