



LYMPHATIC CLEANSE GROCERY LIST

Incorporate these into your diet to boost lymphatic flow. Please check with your Doctor, Nutritionist or Functional Medicine Provider for allergies and aversions.

Lymphatic System does not like alcohol and caffeine, please limit these after your appointment

Drink plenty of water and healthy fluids after your appointment to avoid dehydration

- Drink lemon water in the mornings which is beneficial for digestion and energy
- Strawberries, blueberries, cranberries and any organic berry in season. Dark staining foods are good for lymphatic circulation and break down excess fat.
- Cucumbers, kale, celery, spinach, green apple, snap peas, carrots, avocado, jicama for snacks, salads and smoothies.
- Mushrooms are good for immune support and healthy cell growth
- White bean, lentils, zucchini, broccoli, leek, butternut squash. Make bean dip or soups
- Flax seeds, chia seeds to help reduce inflammation and remove fat soluble waste
- Herbs such as cilantro, basil, mint, cinnamon, rosemary, turmeric
- Herbal teas try mint, chamomile, cranberry, ginger, green tea
- Wild caught salmon rich in omega-3 and omega-6 fatty acids.
- Grapefruits try the pitch of the peel it is great for the lymphatic system
- Pineapple or papaya these contain bromelain a powerful anti-inflammatory digestive aid
- Grains try quinoa, millet and brown rice. Toast the brown rice until it darkens in a dry skillet before cooking this adds flavor and is easier to digest.

Brought to you by :THELYMPHATICMESSAGE.COM with Lisa Levitt and Leah Lyons

LYMPHATIC MOVEMENTS

Your Lymphatic is so Dramatic! Get it moving

#LymphwithLeah

Please check with your Doctor, Lymphedema Therapist and Physical Therapist prior to starting these movements.

- Deep Breathing Diaphragm Breathing** Inhale and fill the stomach with air, exhale and push out air until empty. Stimulates the deeper lymphatics around the abdominal lymphoid organs. Do this throughout your day. Especially if you are not able to do much physical movement.
- Stairs** A few times up and down stairs is enough to stimulate the lower extremities. Your inguinal thigh and knee lymph nodes will be the focus when stepping up and down.
- Hiking** Similar simulations as stairs. Swinging the arms will pump the axillary lymph nodes in your armpits.
- Swimming** Full body movement to stimulate the nodes of the neck, chest, arms and legs. The compression of the body emerged in water is helpful.
- Bicycle Riding** A few times up around the block is enough to stimulate the lower extremities. Your inguinal thigh and knee lymph nodes will be the focus when pumping legs up and down pedals
- Jumping Jacks** Jumping gets lymph flow moving with the gravity of bouncing up and down.
- Yoga** Full body movement to stimulate the nodes of the neck, chest, arms and legs. Combine with diaphragm breath.
- Self Massage** Always start with the neck. Massage in circles above your collar bone. The direction is always massaging towards the heart. Lymphatic fluid circulates thru the whole body, however the system begins and ends near the heart. Massage under arms, pumping the axillary region. Massage your stomach going in clockwise motions.
- Dry Brushing** Brush it Off + Brush it Out! Use a Lymphatic Exfoliation Dry Brush from Renew+Restore. Brush dry skin from feet towards the heart. Always brush the neck, armpits and neck area. 2-3 times a week. Spend extra time where there is cellulite.

Renew+Restore offers more ways to help you on your journey.

Try a **Lymphatic Facial or Red Light Therapy!**

Ask about **Clinical Aromatherapy**

There are essential oil blends that are known to encourage the movement of lymph fluids!

Ask about **Lymphatic Yoga**

Very gentle, easy to do stretches.

Private, online or in person instruction to enhance the lymph circulation!