

My New Approach

BREATHE · NOURISH · MOVE

LYMPHATIC MOVEMENT

Enhancement Add-On

Move the System

WHAT MOST PEOPLE DON'T KNOW

*Your heart pumps blood. **Nothing pumps your lymph.**
The lymphatic system depends entirely on movement, breath, and gravity
to circulate.
Without intentional activation, it stagnates. With it, everything changes.*

ALREADY WORKING IN YOUR PROGRAM

Your daily breathwork and outdoor walk are already benefiting your lymphatic system. Deep breathing drives the thoracic duct — the body's main lymphatic vessel. Walking contracts leg muscles that push lymph fluid upward against gravity. This add-on takes what you are already doing and adds targeted movements to supercharge the effect.

THE MORNING LYMPHATIC FLOW — 5 TO 10 MINUTES

DAILY MORNING ADDITION

The Morning Lymphatic Flow

After breathwork — before or after your outdoor walk



Dry Brushing

Before your shower on dry skin. Brush in long strokes toward the heart — feet up the legs, hands up the arms, across the chest. Opens lymphatic flow at the skin surface and activates circulation throughout the body.



Rebounding or Bouncing

The single most effective lymphatic movement available. Mini trampoline is ideal — otherwise gentle jumping jacks or bouncing on your toes. The vertical up-down motion opens and closes lymphatic valves with every bounce. Nothing else replicates this pumping action.



Arm Circles & Shoulder Rolls

Large slow circles forward and backward, followed by shoulder rolls. Targets the axillary lymph nodes in the armpits — one of the largest and most critical clusters in the body.



Jumping Jacks

Combines arm and leg movement to simultaneously activate the axillary (armpit) and inguinal (groin) lymph node clusters — the two largest groups in the body. Simple, equipment-free, highly effective.

Short on time? Dry brush for 2 minutes, bounce for 2 minutes, arm circles for 1 minute. That is it. Consistency over completeness — every time.



GENTLE · ANYTIME

Self Massage Toward the Heart

Gentle strokes on arms and legs always moving toward the heart — never away. Can be done with hands or a foam roller. Particularly effective on the legs after long periods of sitting. Physically moves lymph fluid through the vessels.



ALREADY IN YOUR PROGRAM

Deep Diaphragmatic Breathing

Your morning and evening breathwork is already driving the thoracic duct with every deep breath. This is the breathwork-lymphatic connection. Simply bring awareness to it — your diaphragm is your lymphatic pump.

WHAT YOU WILL NOTICE

- **Immune Strength**
 Lymph nodes filter pathogens — a flowing system means stronger defense
- **Reduced Inflammation**
 Lymphatic movement clears inflammatory proteins from tissues
- **Less Bloating**
 Stagnant lymph contributes to water retention — movement releases it
- **Clearer Skin**
 Toxin removal through lymph directly improves skin clarity
- **More Energy**
 Lymphatic congestion is a major cause of chronic fatigue
- **Mental Clarity**
 Cellular waste clearance improves focus and mood
- **Gut Health**
 The gut has the highest lymphatic tissue concentration in the body
- **Faster Recovery**
 Moving lymph accelerates removal of waste and pathogens after illness

Your body already knows how to clean itself.

Give it movement, breath, and clean nutrition — and it will do the rest.