

EXTREME WELLNESS

MOD 6 STEP 3

LYMPHATIC CLEANSING EXERCISES

ACTIONS TO TAKE TO MOVE LYMPH FLUID

1. Dry Brush Your skin
2. Drink A lot of water
3. Deep breathing
4. Hot/Cold Shower or baths
5. Jump on a rebounder – the light bouncing causes a gravitational pull that encourages lymphatic valves to open and close, moving lymph.
6. Yoga – Holding stretches or yoga poses help direct lymph through the channels of the body.
7. Lymph Massage – Lymphatic massage is a specialized light touch massage
8. Epsom Salts Bath – We all need a little more magnesium in our body! Epsom salts bath help to relax muscles and encourage the movement and drainage of lymph.
9. Skip bras and tight clothing – these can cut off the lymphatic flow that helps move toxic waste from the body.
10. Use Plant Medicine – Herbs such as astragalus, fenugreek, ginger and olive leaf are good for increasing lymphatic functions. Make them as a tea or take them in capsules.
11. Eating more plants and fats – Eating a lot of leafy greens provides chlorophyll that cleans lymph and blood. Fats such as avocados, coconut oil, olive oil, butter and ghee are also good for the lymphatic system.
12. Lymphatic Exercises – There are several exercises that help drain lymph by targeting the lymphatic ducts. A video with these exercises is included in this module.
 - Ankle pumps – Lie on your back on the floor with arms and legs flat. Inhale and flex the ankle drawing your toes up towards your face, then exhale and point the toes away from you. Do both feet at the same time, 5 repetitions.

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- Butterfly Knees – Lay on your back with your knees bent, feet flat on the floor and hands along your sides or behind your head. Let the right knee fall open to the side as you inhale, exhale and bring the knee back to center. Inhale and let the left knee open to the side then exhale to bring the knee back to center. This is one cycle. Complete 5 cycles.
- Snow angels – lie on your back with your arms along your sides. Slide your right leg along the floor out to the side as though you were making snow angels but with just 1 leg. Slide the leg back to center. Slide the left leg out to the side and then back in. Breathing in as you move the leg out, exhaling as you move back to center. Complete 5 snow angels.
- Neck Rotation – Inhale to the count of 5 while slowly turning your head to the right lining your chin up with your shoulder. Exhale 5 counts back to center. Inhale 5 counts to the left shoulder, then exhale for 5 counts back to center. This is one cycle. Complete 5 cycles.
- Pelvic Tilt - lie on your back with your hands along your side. Feet should be flat on the floor with knees bent hip distance apart. Tuck your tailbone under pressing low back into the floor, tilting the pelvis upwards as you exhale, then release back to the floor. Complete 10 repetitions.
- Shoulder Shrug – Sitting or standing raise your shoulders up towards your ears in a shrugging motion as you inhale, exhale and press your shoulders all the way down. Repeat 5 times with full inhalations and exhalations.

