

# CLEANSING

## OF YOUR LYMPHATIC SYSTEM

*for chronic puffy eyes, lymph node, ankle, leg, & hand swelling*

### **DAILY HABITS**

- Exercise - walking, inversion (head stands, walk on hands, tri-pod stands, bouncing on a trampoline)
- Dry Brushing
- Take a systemic enzyme to break down inflammatory proteins - Wobenzyme PS or Systemic Enzymes by Pure Encapsulations

### **DAILY FOODS, HERBS & DRINKS**

- Warm water with 1/2 of a lemon or lime in it
- Eat closest to nature: grass fed meats, pasture raised eggs, organic fruits, veggies and sprouted grains/nuts/seeds /legumes - eat 5-7 cups of veggies a day
- Almond, Apple, Asparagus, Basil, Black Pepper, Plums, Celery, Cardamom, Cloves, Coriander, Daikon Radish, Garlic, Grapefruit, Green Tea, Horseradish, Kohlrabi, Licorice Root, Marjoram, Onion, Mushroom, Mustard Leaf, Caraway, Watercress, Mustard Seed, Olive, Radish, Scallions, Orange, Pear, Pepper, Plantain, Walnut, Thyme, Turnip, Pumpkin

### **DAILY HERBS**

Dr. Morse's Lymph Tonic

- Professional Formulas - Lymph Stim Liquescence - 4 fl. oz
- homeopathic formula to clear lymph