

Plain hot WATER for my lymphatic movement please....

By Mary Jean Netario Cruz, *Certified Integrative Health Counselor*

What is a lymphatic system?

The lymphatic system represents an accessory route through which fluid can flow from the interstitial spaces into the blood. Most important, the lymphatic can carry proteins and large particulate matter away from the tissue spaces, neither of which can be removed by absorption directly into the body capillaries. This return of protein to the blood from the interstitial spaces is an essential function without which we would die within about 24 hours.

Eighty percent of your immune system is in your lymphatic system.

The lymph system is first to be addressed in the ayurvedic medicine, the more acidic and toxic your body becomes, the lesser your body is able to move waste out. The first one to be treated is the drains, the lymphatic system followed by the blood, muscle, fat, bone, nerve and the reproductive tissues. When your doctor evaluated your blood and found out that you have high cholesterol, your doctor will give you a medicine to lower your cholesterol. You may wonder why and how you got high cholesterol and how to prevent it. Aside from looking at your diet as one of the reasons, you may also consider a clogged drain as well. If you have a lot of toxicity in your blood, maybe your drains are clogged. Your lymphatic system is twice as large as your blood supply or arterial system.

Your 500 lymph nodes process your blood, whether to supply it as a new blood or dispose it into waste. If your lymphatic system is compromised in any way you will begin to experience the beginning of bad drains, backing up into your blood, backing up into your tissues. You will never make a good quality blood.

You have congested lymph if you experience any of the following:

- 1) Your body holding on to water
- 2) Skin rashes or itchiness on your body
- 3) Breast swelling or tenderness when you menstruate
- 4) Sore throats
- 5) Allergies
- 6) Travelling joint pain
- 7) Bloating around your belly
- 8) Holding on to more belly fat
- 9) Hip or thigh fat
- 10) Thyroid issues

The rate of the lymph flow about 100 milliliters per hour through the thoracic duct of a resting human, and approximately another 20 milliliters flows into the circulation each hour through other channels, making a total estimated lymph flow of about 120 ml/hr or 2 to 3 liters per day. Clogged drainage system hampers this flow.

Sipping of plain hot water, a tool to clean your lymphatic system:

If your lymph is congested, everything backs up from there. Sipping hot water can help clean your lymphatic tissues, here's how:



- Sip plain hot water every ten minutes for two weeks. Boil the water to burn off and boil off all the minerals that are in the water to get as much water only as possible.
 - Try to drink hot water for a day and see if your body craves for it. If not, then do not do it.
 - When people are dehydrated, their lymph systems are baggy.
 - If you do it for one day, hot water dilates, hydrates, begins to detoxify the tissues, lymph begins to move
 - Drink half of your body weight; an ounce per lbs per day is a good rough estimate.
- As soon as you feel that your lymphatic system is starting to clog back, have another sip, keep it open all day long for one day.
 - After one day you feel thirsty and craving for hot water. If that happens, you are dehydrated. Drinking plain hot water should motivate you and make you wanting to drink hot water every single day for two weeks as a lymph moving technique.

In ayurvedic medicine, the lymph makes the blood, the blood makes the muscle, the muscle makes the fats, fat makes the bones, bone makes the nerve, and nerves make the reproductive tissues

Ref: Institute for Integrative Nutrition/lecture by John Douillard, PhD www.lifespaspa.com ,
Textbook of Medical Physiology 11th Ed Guyton and Hall

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