

THE BOOK OF LYMPH

Self-Care Practices
to Enhance
Immunity, Health,
and Beauty

LISA LEVITT GAINSLEY, CLT

ILLUSTRATIONS BY EMMA LYDDON



HARPER WAVE

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Names and identifying characteristics of individuals have been
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Part II

SELF-MASSAGE FOR INNER FLOW AND OUTER GLOW

Chapter 3

HOW TO BEGIN: LYMPHATIC MASSAGE PRINCIPLES

BASIC STROKES FOR LYMPHATIC SELF-MASSAGE

The specific strokes of lymphatic self-massage are designed to mimic the waves of automotoricity, the physiological pulse that propels lymph. Your goal is to stretch your skin in a nurturing manner. There are several types of strokes for lymphatic self-massage.

With all your strokes, you want to have a working pressure and a resting pressure to avoid massaging yourself in a circle.

The **working pressure** is the active movement of your stroke—your grip and stretch of the skin.

When you release your grip, the skin rebounds on its own. This is the **resting pressure**.

The exception is when you're working on your abdomen.

The C-Stroke

With this stroke, you simply want to stretch your skin *lightly*—just a couple of inches—and then make a slight turn at the end of the stroke, drawing a *C* or crescent moon on your skin. By massaging yourself this way, you ensure that lymphatic fluid moves toward your drains instead of creating the backflow that would occur if you massaged your skin in circles. Another way to think of the crescent moon is that you're making a long *C* motion. Remember to finish your stroke by aiming the fluid toward the lymph nodes.



The J-Stroke

Similar to the C-stroke, the J-stroke is a long stroke with a small tail at the end that curves off at the end, like the letter *J*. The J-stroke starts off many of the head and neck sequences with the steps that massage the right and left supraclavicular lymph nodes above the collarbone.



Overlapping C-Strokes

This stroke is mainly for your abdomen, when it's okay to make full circles with your hands over your colon and navel.



The Rainbow Stroke

The rainbow stroke is an upside-down C-stroke. You will use this stroke over your breasts, chest, arms, and legs. The same principles apply, and I'd like you to imagine that you are infusing yourself with the hope and optimism of a rainbow.



The Pump Stroke

The pump stroke uses the palm of your hand between your index finger and your thumb. Most of the power of this stroke comes from your palm and the heel of your palm. This stroke is helpful on limbs and large areas of the body, such as your arms, armpits, legs, and thighs. It's a wonderful way to broadly move a large swath of fluid.



Think of the way seaweed undulates in the ocean. When the waves are calm, the seaweed can expand effortlessly and move with freedom. When the waves speed up, the seaweed gets tangled and remains stationary and stagnant. Always move slowly, with intention.

The “Spock” Sequence

The “Spock” sequence is so powerful and used in many sequences that it deserves some extra attention. If you’ve ever seen *Star Trek*, you know that the character Spock’s famous salute, “Live long and prosper,” is accompa-

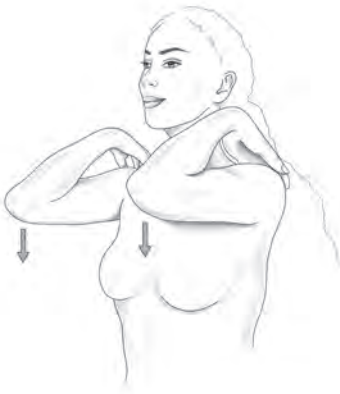


nied by a hand gesture in which he separates his fingers between his middle and ring fingers. That finger separation is the basis of this stroke. Place your middle finger, index finger, and thumb behind your ear and your ring and pinky fingers in front of your ear. (If it's more comfortable, you can separate your fingers between your index and middle fingers.) *Gently* massage in front of and then behind your ear at the same time. Aim the fluid simultaneously toward the back of your head and down your neck toward the lymphatic nodes at the base of your neck. This will help release the fluid that builds up around the ears. This stroke is very powerful to do before and after you have a cold and for ear congestion, a hangover, sinus pressure, and more.

Swallowing During Sequences

Saliva doesn't just moisten your food to help you swallow; it also kills bacteria in your mouth and begins the digestive process. When you swallow, the food and saliva enter the esophagus, where smooth muscle movements (called peristalsis, which you learned about in chapter 2) move them toward the stomach.

Saliva is formed in the salivary glands inside your cheek and around your jaw, mouth, and teeth (the parotid, submandibular, and sublingual glands). In fact, new scientific research points to another set of salivary glands located in the nook where the nasal cavity meets the throat; the glands connect the ears to the throat—the muscles involved when you swallow. You will be encouraged to swallow when you do massage strokes around your ear to stimulate the smooth muscle contractions associated with draining fluid in your sinuses from your head and neck through your lymphatic system.



The Shirt-Collar Lymphatic Zone

This is the lymphatic zone where your shirt collar is located—the area at the top of your shoulders. The lymphatic drainage pattern goes from the back of your neck and wraps around toward the front of your neck, where it empties into the right and left supraclavicular lymph nodes above your collarbone. To stimulate your shirt-collar lymphatic zone, place both hands on top of your shoulders at the trapezius, your elbows pointing straight in front of you. Inhale, then exhale and drop your elbows, keeping your fingertips on your shoulders.

Chapter 4

LYMPHATIC SELF-MASSAGE SEQUENCES



BATHS



INFRARED



JADE ROLLING
GUA SHA



FACE MASK



DRY BRUSH



CUPPING



CASTOR OIL PACKS



HYDRATION



HEALTHY FOODS
AND HERBS



BIKING



SWIMMING



COMPRESSION



MEDITATION



REFLEXOLOGY



BREATH WORK



PILATES



DANCING



REBOUNDED



TAI CHI



WALKING



WEIGHT LIFTING



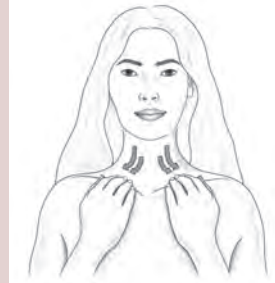
YOGA

COLD-LIKE SYMPTOMS

Congestion/Sore Throat

Step 1

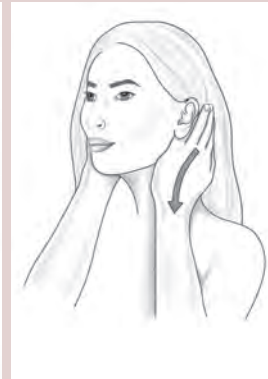
Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck just above your collarbone. Press your fingertips **down** into the hollows above your collarbone. Make a J motion as you press **lightly down** and **out** toward your shoulders. Repeat ten times.



Step 2

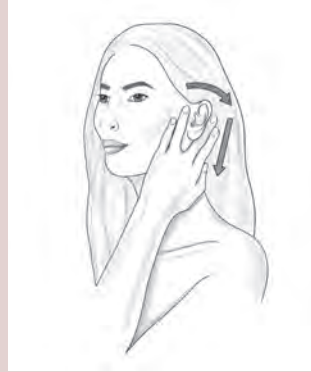
Perform the “Neck” sequence. There are three steps:

1. Place both your palms at the base of your neck. Pulse the skin **gently** as you stroke **downward** toward your collarbone. Repeat ten times.
2. Place your hands higher so your pinky fingers rest in the groove behind your ears, your fingertips pointing diagonally toward your ears. Use your palms to stretch the skin **downward** toward your neck. Repeat five times.
3. Make light brushstrokes from behind your ears all the way down your neck. Repeat five times. Swallow once.



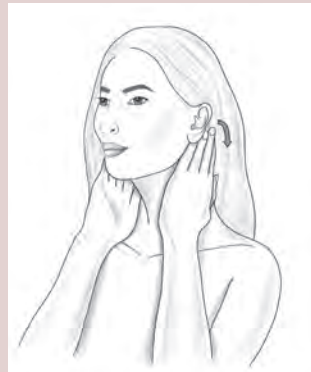
Step 3

Perform the “Spock” sequence: Separate your fingers between your middle and ring fingers (Spock-like). Place your middle and index fingers behind your ears in the cartilage groove and your ring and pinky fingers in front of your ears. **Gently** massage **back** and **downward** in a C-stroke. Repeat ten times. This stimulates both the pre- and retroauricular lymph nodes of your ears. This should be a rhythmic, nurturing movement. Swallow once.



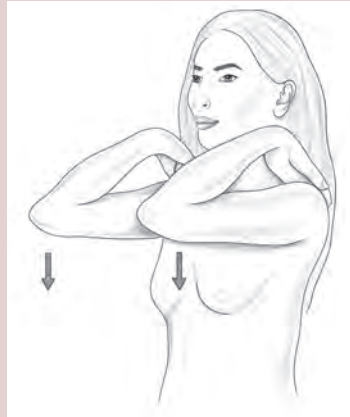
Step 4

Place your hands behind your ears, your pinky fingers resting in the cartilage groove. **Gently** glide the heels of your hands **downward** in a C-stroke. Repeat ten times.



Step 5

Stimulate your shirt-collar lymphatic zone: Place your hands on top of your shoulders, your elbows pointing straight in front of you. Inhale, then drop your elbows as you exhale, keeping your fingertips on your shoulders. Repeat five times. This helps move lymphatic fluid from the back of your neck to the drains above your collarbone.

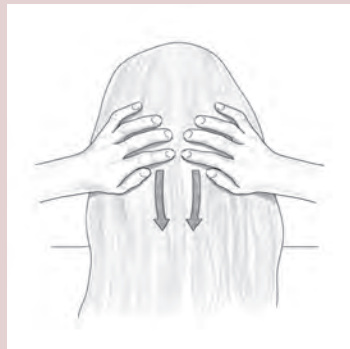


Step 6

Repeat Step 3, the “Spock” sequence. Swallow once.

Step 7

Place your fingertips at the base of your skull, in the occipital ridge. With your fingers touching, **gently** walk your fingertips along this ridge, then glide them **down** your neck, the way a waterfall streams down a mountain. Repeat ten times.

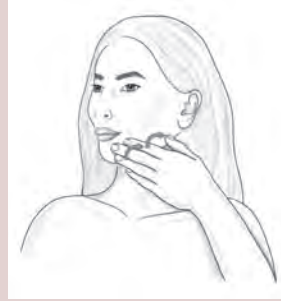


Step 8

Repeat Step 5: Stimulate your shirt-collar lymphatic zone.

Step 9

With the pads of your fingers, massage overlapping C-strokes from your chin to your earlobes. This is the drainage pattern for the teeth (submental nodes), salivary glands, mouth, lips, and tongue (submandibular nodes). This area also contains the reflexology zones for your colon and stomach, which often gets congested when you have a cold. Repeat three times.



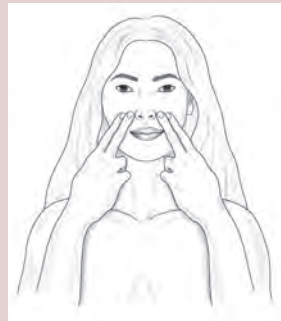
Step 10

With the pads of your fingers, massage C-strokes horizontally from the top of your cheeks to your ears. This will stimulate your parotid nodes (which drain your nasal cavity) and tonsillar lymph nodes (which drain your tonsils). It's also the reflex area for your colon and heart, which can benefit if there's any ama accumulation here. Repeat five times.



Step 11

Place the pads of your middle fingers on either side of your nostrils. Hold **lightly** for a few seconds; then, using all your fingertips, sweep along underneath your cheekbone to your ears. This is the reflex area for your lungs. Repeat five times.



Step 12

Make light brushstrokes along your face from your cheeks to your ears and from the top of your nose to your forehead and out to your ears. Repeat three times.

Step 13

Massage from the bridge of your nose straight up your forehead to your hairline five times. This is the reflex area for the liver and gallbladder.



Step 14

Run your fingers along your hairline to your temples five times. Then massage C-strokes at your temples. Repeat five times.

Step 15

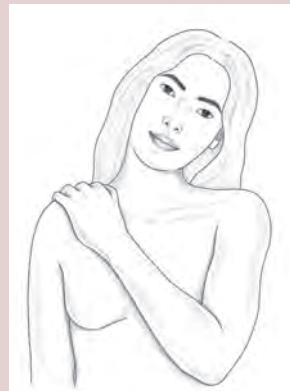
Open your mouth wide. Take a deep breath in. Exhale with a strong "Whoooo." This is the sound associated with the stomach and spleen. Repeat three times.

Step 16

Repeat Step 3, the "Spock" sequence, to clear the congestion in and around your ears. Swallow once.

Step 17

Drop your right ear to your right shoulder. Hold for three seconds, breathing in and out. Drop your left ear to your left shoulder. Hold for three seconds, breathing in and out. Repeat twice. If you are comfortable, make small circles with your head, rolling it around your shoulders. Reverse the direction. Breathe. Swallow twice. Stretching your neck will clear tension and stagnation in the neck that may be interfering with lymph flow.



Step 18

Repeat Step 2, the “Neck” sequence.

Step 19

Repeat Step 7: Massage the occipital ridge at the base of your skull.

Step 20

Repeat Step 5: Stimulate your shirt-collar lymphatic zone.

Step 21

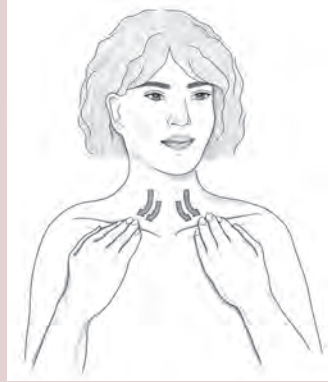
Repeat Step 1: Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck.



Earache

Step 1

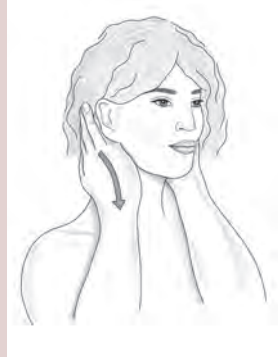
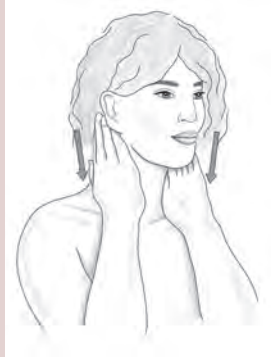
Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck just above your collarbone. Press your fingertips **down** into the hollows above your collarbone. Make a J motion as you press **lightly down** and **out** toward your shoulders. Repeat ten times.



Step 2

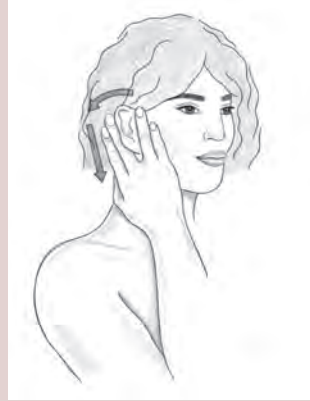
Perform the “Neck” sequence. There are three steps.

1. Place both your palms at the base of your neck. Pulse the skin **gently** as you stroke **downward** toward your collarbone. Repeat ten times.
2. Place your hands higher so your pinky fingers rest in the groove behind your ears, your fingertips pointing diagonally toward your ears. Use your palms to stretch the skin **downward** toward your neck. Repeat five times.
3. Make light brushstrokes from behind your ears all the way down your neck. Repeat five times. Swallow once.



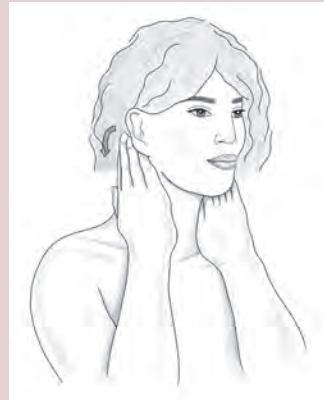
Step 3

Perform the “Spock” sequence: Separate your fingers between your middle and ring fingers (Spock-like). Place your middle and index fingers behind your ears in the cartilage groove and your ring and pinky fingers in front of your ears. **Gently** massage **back** and **downward** in a C-stroke. Repeat ten times. This stimulates both the pre- and retroauricular lymph nodes of your ears. This should be a rhythmic, nurturing movement. Swallow once.



Step 4

Place your hands behind your ears, your pinky fingers resting in the cartilage groove. **Gently** glide the heels of your hands **downward** in a C-stroke. Repeat ten times.



Step 5

Place your fingertips at the base of your skull, in the occipital ridge. With your fingers touching, **gently** walk your fingertips along this ridge, then glide them **down** your neck, the way a waterfall streams down a mountain. Repeat ten times.



Step 6

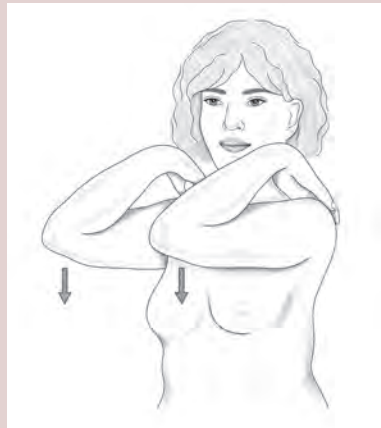
Repeat Step 3, the “Spock” sequence. Swallow once.

Step 7

Make light brushstrokes from behind your ears down your neck. Repeat three times.

Step 8

Stimulate your shirt-collar lymphatic zone: Place your hands on top of your shoulders, your elbows pointing straight in front of you. Inhale, then drop your elbows as you exhale, keeping your fingertips on your shoulders. Repeat five times. This helps move lymphatic fluid from the back of your neck to the drains above your collarbone.



Step 9

Shoulder stretch: Place one hand on the opposite shoulder, resting your forearm diagonally across your chest. Drop your elbow as you stretch your neck toward your ear, breathing deeply. Repeat five times. Repeat on the other side five times.

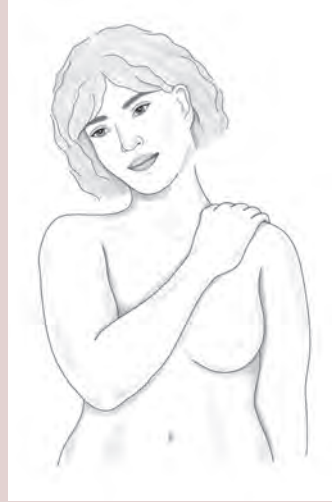
Step 10

Repeat Step 3, the “Spock” sequence. Swallow once.

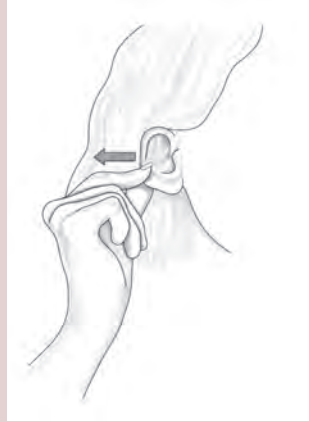
Step 11

Do ear pulls:

1. With your index finger and thumb, *gently* stretch the cartilage inside your earlobe **downward** and **outward**, toward the back of your head. Hold for ten seconds, breathing deeply. Release your ear, open and close your mouth twice, and swallow once.
2. Move your index finger and thumb to another spot inside your earlobe. *Gently* stretch the lobe **downward** and **outward**, toward the back of your head. Hold for ten seconds, breathing deeply. Release your earlobe, open and close your mouth twice, and swallow once.

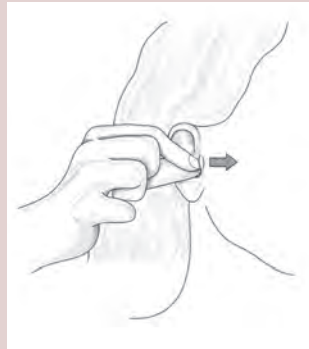


3. Continue working all along your earlobe up to the very top of your ear. *Gently* stretch the cartilage in each place **outward** toward the back of your scalp, and hold for ten seconds. (If you are wearing earrings, be mindful to avoid them.)



4. Make tiny C-strokes inside the very top of your ear, where the cartilage is thin. Continue stroking **downward** and **outward**, directing the fluid away from your face.

5. With your index finger inside your ear, grab the small pointed nodule in front of your ear where it meets your cheek, called the tragus. Pull in toward your cheek. Hold for ten seconds. Move the nodule up and down and back toward your cheek again. Release your ear, open and close your mouth twice, and swallow once.



6. Place your fingers on your upper cheekbone in front of your ear. Make tiny C-strokes up toward your hairline, over your ear, and then down your neck. Repeat five times.

Step 12

Repeat Step 11 on your opposite ear.

Step 13

Make light brushstrokes along your face from your chin to your ears, from your cheeks to your ears, and from your forehead to your ears. Repeat three times.

Step 14

Repeat Step 3, the “Spock” sequence.

Step 15

Repeat Step 5: Massage the occipital ridge at the base of your skull.

Step 16

Make light brushstrokes down the back of your neck toward your collarbone. Repeat five times.

Step 17

Repeat Step 9: Stretch your neck: Tilt your ear down toward your shoulder. Breathe deeply in and out as you hold the stretch for ten seconds before you release. Repeat on the opposite side of your neck. Do twice on each side. Make circles with your neck if it’s comfortable.

Step 18

Repeat Step 2, the “Neck” sequence.

Step 19

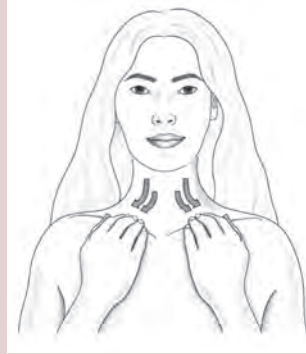
Repeat Step 1: Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck.



Headache

Step 1

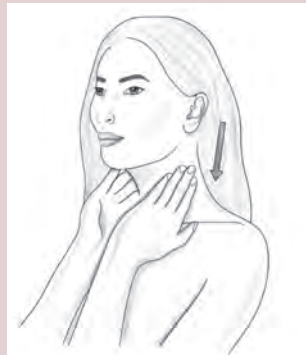
Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck just above your collarbone. Press your fingertips **down** into the hollows above your collarbone. Make a **J** motion as you press **lightly down** and **out** toward your shoulders. Repeat ten times.



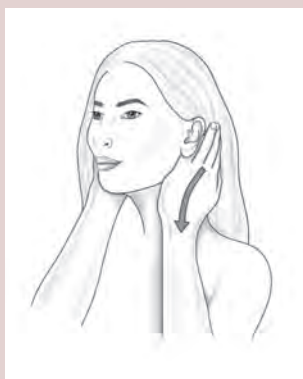
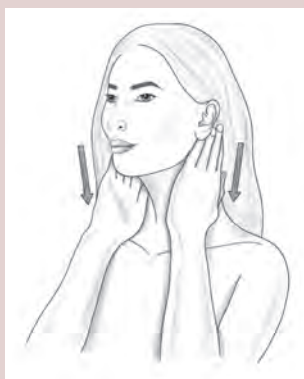
Step 2

Perform the “Neck” sequence. There are three steps:

1. Place both your palms at the base of your neck. Pulse the skin **gently** as you stroke **downward** toward your collarbone. Repeat ten times.

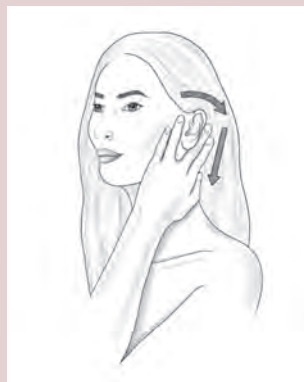


2. Place your hands higher so your pinky fingers rest in the groove behind your ears, your fingertips pointing diagonally toward your ears. Use your palms to stretch the skin **downward** toward your neck. Repeat five times.
3. Make light brushstrokes from behind your ears all the way down your neck. Repeat five times. Swallow once.



Step 3

Perform the “Spock” sequence: Separate your fingers between your middle and ring fingers (Spock-like). Place your middle and index fingers behind your ears in the cartilage groove and your ring and pinky fingers in front of your ears. **Gently** massage **back** and **downward** in a C-stroke. Repeat ten times. This stimulates both the pre- and retroauricular lymph nodes of your ears. This should be a rhythmic, nurturing movement. Swallow once.



Step 4

Stretch your neck: Draw your ear down toward your shoulder. Breathe deeply in and out as you hold the stretch for ten seconds before you release. Repeat on the opposite side of your neck. Repeat twice on each side. Make circles with your neck if it's comfortable.

Step 5

Inhale, squeezing both shoulders up to your ears. Exhale, releasing your shoulders. Repeat five times.

Step 6

Place your fingertips at the base of your skull, in the occipital ridge. With your fingers touching, **gently** walk your fingertips along the ridge, then glide them **down** your neck, the way a waterfall streams down a mountain. Repeat ten times.



Step 7

Stimulate your shirt-collar lymphatic zone: Place your hands on top of your shoulders, your elbows pointing straight in front of you. Inhale, then drop your elbows as you exhale, keeping your fingertips on your shoulders. Repeat five times. This helps move lymphatic fluid from the back of your neck to the drains above your collarbone.



Step 8

Lightly brush your face with your fingers from the chin to the ears. Make long brushstrokes from your cheeks to your ears and from your forehead to your ears. Repeat three times.

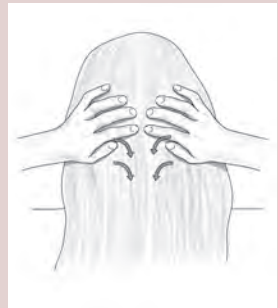
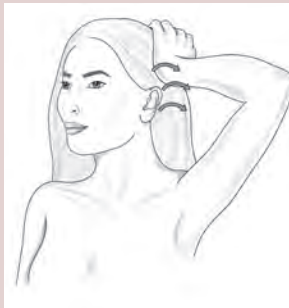
Step 9

Massage your scalp with your fingertips as if you're shampooing your hair. Massage your entire head toward the back of your scalp and down the back of your neck to stimulate the lymphatic system in your brain. Visualize your brain as a clean, bright light.

Step 10

Draw rainbows on your scalp. There are three steps:

1. Place your right hand on top of your head at the center of your scalp. Make "rainbows" with the heel of your hands down the right side of your scalp to move the fluid toward the back of your neck. Stop just behind your right ear. Repeat five times. Repeat on the left side five times.
2. Place your right hand a little farther down on your scalp and closer to your ear. Make "rainbows" with the heel of your hand **downward** toward the back of your neck. Repeat five times. Repeat on the left side five times.
3. Place both hands on the top of your head, closer to the occiput at the base of your skull. With the heels of your hands, make C-strokes all the way down the back of your neck. Repeat five times.



Step 11

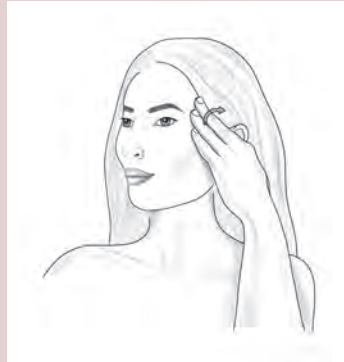
Place your hands behind your ears, your pinky fingers resting in the cartilage groove. **Gently** glide the heels of your hands **downward** in a C-stroke. Repeat ten times.

Step 12

Repeat Step 3, the “Spock” sequence.

Step 13

Massage small C-strokes at your temples, the spot people rub when they have a headache. You can find it by opening your mouth and closing it so that your teeth touch; the muscle on the side of your forehead will move. This is a wonderful area to massage if you grind your teeth and have TMJ, but please be gentle and loving here! Repeat ten times. Swallow once.



Step 14

Repeat Step 10: Draw rainbows on your scalp.

Step 15

Repeat Step 9: Massage your scalp with your fingertips as if you're shampooing your hair.

Step 16

Repeat Step 6: Massage the occipital ridge at the base of your skull. Swallow twice.

Step 17

Repeat Step 8: Make light brushstrokes along your hairline, forehead, and face.

Step 18

Repeat Step 4: Stretch your neck.

Step 19

Circle your head slowly in each direction. If you are prone to vertigo, skip this step.

Step 20

Do shoulder lifts: Lift your shoulders toward your ears. Inhale, hold your breath for three seconds, then exhale and relax your shoulders. Repeat five times.

Step 21

Rub your palms together vigorously. Once they heat up, place them over your eyes. Hold them there for ten seconds as you breathe deeply. As you release your hands, press your palms into your cheekbones.

Step 22

Repeat Step 7: Stimulate your shirt-collar lymphatic zone.

Step 23

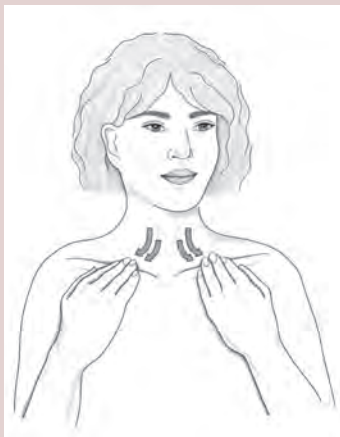
Repeat Step 1: Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck three times.



Sinus Congestion and Allergies

Step 1

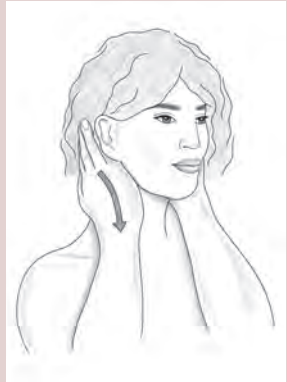
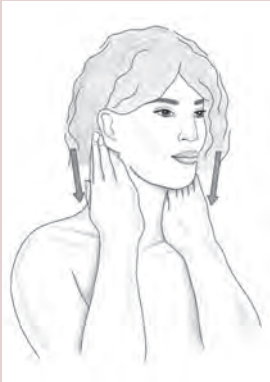
Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck just above your collarbone. Press your fingertips **down** into the hollows above your collarbone. Make a **J** motion as you press **lightly down** and **out** toward your shoulders. Repeat ten times.



Step 2

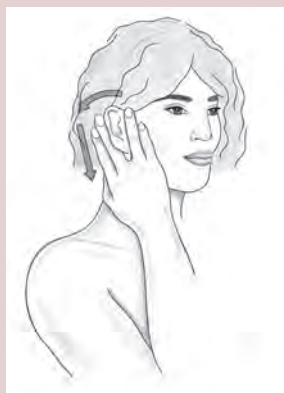
Perform the “Neck” sequence. There are three steps:

1. Place both your palms at the base of your neck. Pulse the skin **gently** as you stroke **downward** toward your collarbone. Repeat ten times.
2. Place your hands higher so your pinky fingers rest in the groove behind your ears, your fingertips pointing diagonally toward your ears. Use your palms to stretch the skin **downward** toward your neck. Repeat five times.
3. Make light brushstrokes from behind your ears all the way down your neck. Repeat five times. Swallow once.



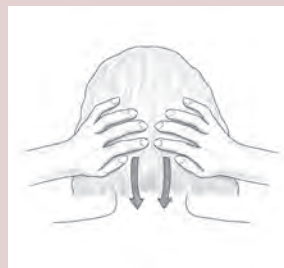
Step 3

Perform the “Spock” sequence: Separate your fingers between your middle and ring fingers (Spock-like). Place your middle and index fingers behind your ears in the cartilage groove and your ring and pinky fingers in front of your ears. **Gently** massage **back** and **downward** in a C-stroke. Repeat ten times. This stimulates both the pre- and retroauricular lymph nodes of your ear. Swallow once.



Step 4

Place your fingertips at the base of your skull, in the occipital ridge. With your fingers touching, **gently** walk your fingertips along this ridge, then glide them **down** your neck, the way a waterfall streams down a mountain. Repeat ten times.



Step 5

Stimulate your shirt-collar lymphatic zone: Place your hands on top of your shoulders, your elbows pointing straight in front of you. Inhale, then drop your elbows as you exhale, keeping your fingertips on your shoulders. Repeat five times. This helps move lymphatic fluid from the back of your neck to the drains above your collarbone.



Step 6

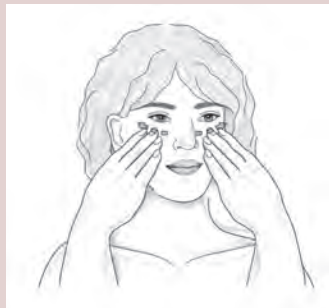
Lightly brush your face with your fingers from the chin to the ears, from your cheeks to your ears, and from the bridge of your nose up to your forehead and out to your ears. Repeat three times.

Step 7

With the pads of your fingers, massage overlapping C-strokes from your chin to your earlobes. This is the drainage pattern for the teeth (submental nodes), salivary gland, mouth, lips, and tongue (submandibular nodes). Repeat three times.

Step 8

With the pads of your fingers, massage C-strokes from your cheeks to your ears. This will stimulate your parotid nodes (which drain your nasal cavity) and tonsillar lymph nodes (which drain your tonsils). Repeat three times.



Step 9

Place two fingertips beside each nostril where your sinuses are located. Press **lightly down** and **out**. This will drain the fluid in your nasal cavity. Please be very gentle when touching the fluid just underneath your skin. Resist the urge to press too deeply. Breathe deeply, inhaling through your nose and exhaling through your nose (if you're not too congested). Repeat five times.



Step 10

Place your fingers a little higher up on the side of your nose. Press **lightly down** and **out**, holding the stretch of the skin for ten seconds and breathing deeply. Repeat three times.

Step 11

With the pads of your fingers, **gently** tap from your nose to your cheekbones to your ears. Repeat five times.

Step 12

Make light brushstrokes from the base of your nose and cheeks to your ears.

Step 13

Place your fingertips under your eyes, fanning your fingers out. **Lightly** press into your skin and hold for three seconds, breathing deeply. You will feel the very top of your cheekbones here. Press **very gently** along the top line of your cheekbones to your ears. Repeat five times.



Step 14

Tap your fingertips on the tops of your cheekbones toward your temples. Repeat five times.

Step 15

With the pads of your fingers, massage C-strokes **lightly** along your temporal bone where the tops of your cheekbones and your ears meet. Repeat five times. Swallow once.



Step 16

Massage up the center of your eyebrows into your forehead, where your third eye and sixth chakra, the center of intuition, are. This is a great point for your sinuses and allergies (and the Botox line!). Repeat five times.



Step 17

Place your middle fingers at the inner end of each eyebrow. **Gently** pinch and lift your eyebrows. Hold for ten seconds. Repeat twice.



Step 18

Pinch and lift two more spots on your eyebrows: the middle and the outer end. Repeat twice.

Step 19

Make gentle brushstrokes along your eyebrows to move fluid toward the tops of your ears. Repeat three times.

Step 20

Massage each side of your forehead toward your ears. Massage the very top of your forehead at your hairline. Repeat five times.



Step 21

Repeat Step 15: Massage your temples **gently** with C-strokes. Repeat ten times.

Step 22

Repeat Step 6: **Lightly** brush your face with your fingers from the chin to the ears, from your cheeks to your ears, and from the bridge of your nose up to your forehead and out to your ears. Repeat three times.

Step 23

Repeat Step 4: Massage the occipital ridge at the base of your skull. Then make light brushstrokes behind your ears and down your neck.

Step 24

Repeat Step 3, the “Spock” sequence.

Step 25

Repeat Step 2, the “Neck” sequence.

Step 26

Repeat Step 1: Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck.

NOTE: I recommend a facial steam, nasal irrigation, or warm washcloth compress afterward.



DIGESTIVE HEALTH

Deep Diaphragmatic Breathing

Step 1

Lie down in a comfortable position. Place your hands on your abdomen. Make sure your elbows are relaxed. If you have the space, prop pillows under your arms so there's absolutely no tension in your body. Relax your jaw, throat, and forehead.

Step 2

Take a long, deep breath, expanding your belly into your hands as though you're blowing up a balloon. Count to five as you inhale. As you exhale, count backward from five and let your stomach relax. Inhale again. As you exhale, feel the back of your body soften into the surface beneath you. Repeat five times.



Step 3

Breathe into the sides of your torso. Feel your breaths fill both sides of your rib cage with air. Exhale and feel your ribs soften. Repeat five times.



Step 4

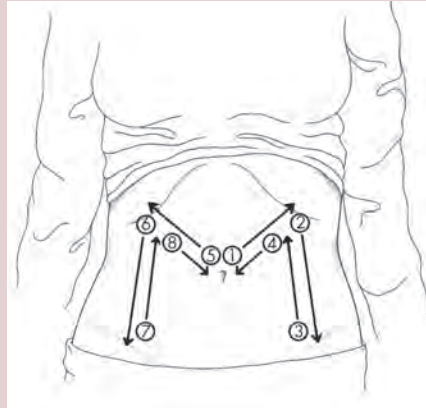
Inhale higher now, bringing the breath all the way into your chest. Allow your breath to lift your front from your stomach to your sternum. Feel the expansion into your heart and breastbone. Imagine the colors of the third and fourth chakras, yellow and green, filling your chest. Exhale slowly and think about letting go of whatever no longer serves you. Repeat five times.

Step 5

Inhale all the way up to your shoulders, filling your heart and your lungs with air. Exhale slowly, allowing the back of your body to softly relax into the surface beneath you. Repeat five times.

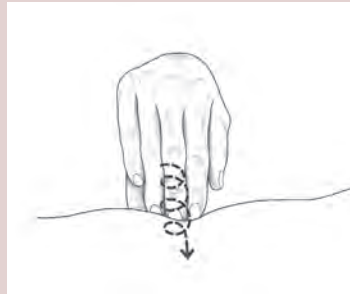
Step 6

The M-breath and spiral technique: You're going to breathe into nine places in your abdomen. You will do two full inhales and exhales for each hand position. As you exhale, spiral your fingers down into your belly. You'll be using a firm pressure—deeper than in previous massage strokes—and the action will be vertical, not horizontal.



The nine hand positions will form an M shape on your belly, which will help release the *ama* in your colon.

1. The first hand position is directly over your navel. Take a big breath in, and expand your breath into your navel. As you exhale, make spiraling circles with your fingers straight down into your belly. Follow your breath downward. Repeat once.



2. Second hand position: Move your hand under your left rib cage (stomach and spleen location). Inhale to this spot. As you exhale, circle your fingers deeply down into this spot. Repeat once.



3. The third hand position is in front of your left hip (descending colon location). Push your breath up into your hand as much as possible, then exhale and circle your fingers down into the soft spot in front of your hip. As you grow more accustomed to breathing this way, you can provide resistance with your hands on the inhale and corkscrew your hands deeper toward your spine on the exhale. Repeat once.



4. The fourth hand position is under your left rib cage again. Repeat Step 2: Resist your breath on the inhale, and, as you exhale, make spiraling circles down into your abdomen under your left rib cage. Repeat once.



5. The fifth hand position is over your navel again. Repeat Step 1: Breathe with resistance into your navel; as you exhale, spiral your fingers downward into your stomach. Repeat once.



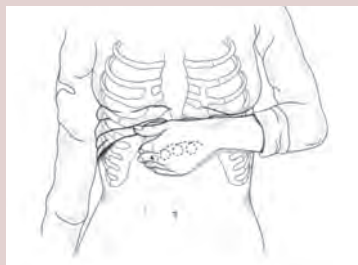
6. The sixth hand position is under your right rib cage (liver and gallbladder location). Inhale here and resist your breath with your hand. As you exhale, make circles with your fingers down into your abdomen just below your right ribs. Repeat once.



7. The seventh hand position is in front of your right hip (ascending colon location). Push your breath up into your hand as much as possible, then exhale, circling your fingers down into the soft spot in front of your hip. Provide resistance with your hand on the inhale, and corkscrew your hand deeper toward your spine on the exhale. Repeat once. You will feel your inhales growing larger now. You may feel tenderness on your exhales as you spiral your fingertips into your abdomen.



8. The eighth hand position is at your right rib cage again. Repeat Step 6: Resist your breath on the inhale, and, as you exhale, make spiraling circles down into your abdomen under your right rib cage. Repeat once.



9. The last hand position is at the navel again. Repeat Step 1: Expand your breath into your navel. As you exhale, make spiraling circles with your fingers down into your belly. Follow your breath downward. Repeat once.



Step 7

Take a few cleansing, normal breaths. Relax the skin of your forehead. Feel your eyes recede into their sockets. Allow your bones to sink heavily into the surface beneath you. **Smile.**

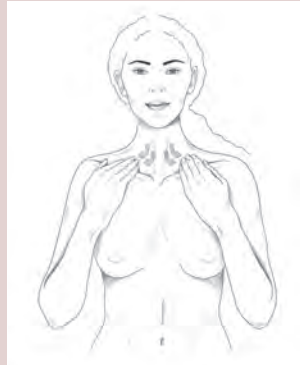
It can be hard to move your breath all the way up your body at first. Don't be discouraged. The more you take the time to tend to this area, the more you will feel the gentle wind of your breath greet you.



Abdominal Massage

Step 1

Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck just above your collarbone. Press your fingertips **down** into the hollows above your collarbone. Make a **J** motion as you press **lightly down** and **out** toward your shoulders. Repeat ten times.



Step 2

Stimulate the inguinal lymph nodes: Place your hands on top of your inner thighs. Massage C-strokes **upward** to the crease at the top of your thighs. Repeat ten times. Repeat on your outer thighs.



Step 3

Lie down so you're comfortable. You can place a pillow underneath your knees to soften your abdomen and release your back muscles. Place your hands flat on your stomach. Breathe deeply three times. As you inhale, feel your stomach rise. As you exhale, feel your belly fall. Visualize the anatomy of your digestion.



Your colon is shaped like an upside-down C. You're going to massage your abdomen with your whole hand in circles following the lines of elimination. Your ascending colon runs from your right hip up to your right rib cage. Your transverse colon crosses above your navel from the right rib cage to the left rib cage. Your descending colon goes from your left rib cage down toward your left hip. Then your colon makes a slight turn under your belly button before descending to your rectum.



Step 4

With the palms of your hands, make overlapping circles all around your colon: up the left side, across your abdomen, and down your right side. Use a little more pressure here, about the



amount you would use when rolling out dough to make pizza. Make circles under your navel toward your right hip to continue the motion. Imagine you are drawing suns and moons all over your abdomen. Visualize a clear sky in your belly, radiant with moonlight and sunshine. Allow your strokes to be

nourishing and simple. Use as much of your palm and fingers as possible. Knead your skin like a pawing cat. Feel the terrain. Notice where your hands are drawn to go and where they are keen to avoid. Release judgment or the urge to work aggressively toward an outcome. Shift your focus to self-love and acceptance, softening the landscape. Bring comfort to the area with loving, gentle, compassionate hands. Invite acceptance and awareness. Allow this to be an invitation to opening. Feel the surrounding tissue start to melt underneath your hands. Circle your abdomen at least ten times.

Step 5

Massage small overlapping circles around the circumference of your belly button. Make sure you massage around your abdomen at least ten times, but you can do more if you feel like it. You can use a little more pressure here, as



this is where your deeper lymphatic network resides. If you find any tight areas, spend some quality time nourishing yourself here.

Step 6

Make light brushstrokes from the four corners of your abdomen to the center of your abdomen ten times from each corner to your navel.

Step 7

Repeat Step 4: Massage your colon five times.

Step 8

Using the outer edge of your hand, scoop your abdomen in front of your hip bones toward your navel. Begin in front of your right hip bone. This is where your cecum, ilium, ileocecal appendix, and the beginning of your ascending colon are located. It's also the area where your small intestine merges into your large intestine (colon). This can be tender or tight if you've had long-standing chronic constipation. Use your palm to scoop from the front of your right hip toward your navel. Next, scoop in front of your left hip bone toward your navel. This is the end of your descending colon, where your sigmoid colon meets your rectum. This side can be tender if you've recently been constipated, so be gentle here. You don't want to stretch the skin—that can be painful! You can create slack in your skin by pushing toward your hip first, then massaging **down** into your belly, then toward your navel. Repeat five times on each side.



Step 9

Using the outer edge of your hand, scoop underneath both sides of your rib cage toward your navel. Your liver and gallbladder are located under your right rib cage, close to where your ascending colon bends to become your transverse colon. **Gently** create slack in the skin first, then scoop **downward** and **outward** from



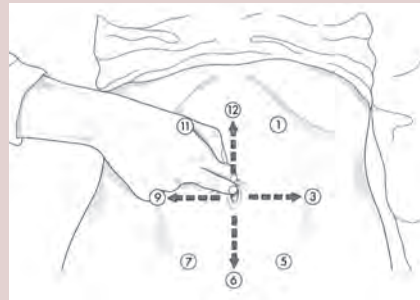
your left rib cage, similarly to Step 8. Your stomach and spleen are located under your left rib cage. This is near the splenic flexure or bend from the transverse colon to the descending colon. Contour your palm underneath your rib cage and pump **downward** and **outward** toward your navel. Repeat five times on each side.

Step 10

Repeat Step 4: Massage your colon three times.

Step 11

Do navel pulls around your belly button. This is wonderful to help alleviate small tensions and misalignments in the abdomen from patterns that put strain on the muscles and organs. With the fingertips of one hand, **gently** pull the edges of your navel **out-**



ward. Use whichever fingertips are most comfortable for you. To begin, pull straight **upward** as though your navel is a clock and the time is 12:00 (this point corresponds to the heart). Stretch and hold the skin for at least one minute in each spot while you breathe in and out. Then move to 3:00 (the left kidney), 6:00 (the bladder and genital organs), 9:00 (the right kidney), and any other “time” that needs your attention; for instance, 1:00 (stomach and spleen), 5:00 (intestines), 7:00 (intestines), 11:00 (liver and gallbladder). You may feel a release in other parts of your stomach. I like to spend a lot of time in this area when I have the time. It’s my favorite step in this sequence; it’s very effective in softening the entire abdomen, as it releases the tension and emotional energy that accumulate when connective tissue around the organs gets tight.

Step 12

Repeat Step 5: Massage small circles around the outside of your belly button, integrating the navel pulls into your colon massage. Repeat five times. Breathe deeply.

Step 13

Repeat Steps 8 and 9: Scoop in front of your hip bones and rib cage.

Step 14

Massage your ascending, transverse, and descending colon again as in Step 4. Revisit any areas you feel need more attention. Make a few brush-strokes all over your stomach, and take a few cleansing breaths.

Step 15

Repeat Step 2: Stimulate the inguinal lymph nodes.

Step 16

Repeat Step 1: Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck.

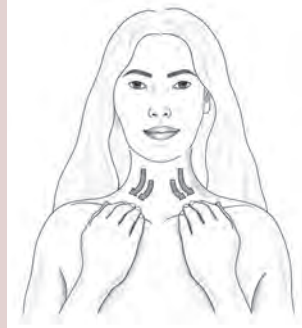


BEAUTY

Get Glowing Skin

Step 1

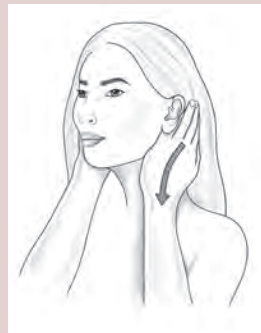
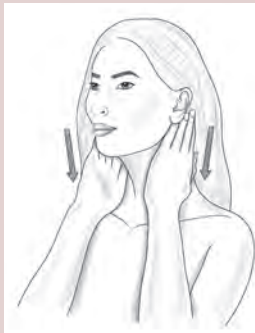
Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck just above your collarbone. Press your fingertips **down** into the hollows above your collarbone. Make a **J** motion as you press **lightly down** and **out** toward your shoulders. Repeat ten times.



Step 2

Perform the “Neck” sequence. There are three steps.

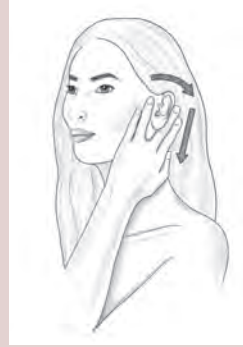
1. Place both your palms at the base of your neck. Pulse the skin **gently** as you stroke **downward** toward your collarbone. Repeat ten times.
2. Place your hands higher so your pinky fingers rest in the groove behind your ears, your fingertips pointing diagonally toward your ears. Use your palms to stretch the skin **downward** toward your neck. Repeat five times.



3. Make light brushstrokes from behind your ears all the way down your neck. Repeat five times. Swallow once.

Step 3

Perform the “Spock” sequence: Separate your fingers between your middle and ring fingers (Spock-like). Place your middle and index fingers behind your ears in the cartilage groove, and your ring and pinky fingers in front of your ears. **Gently** massage **back** and **downward** in a C-stroke. Repeat ten times. This stimulates both the pre- and retroauricular lymph nodes of your ears. This should be a rhythmic, nurturing movement. Swallow once.



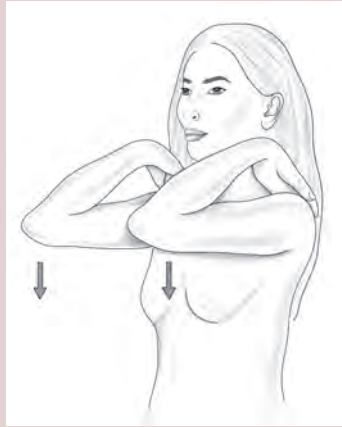
Step 4

Place your fingertips at the base of your skull, in the occipital ridge. With your fingers touching, **gently** walk your fingertips along this ridge, then glide them **down** your neck, the way a waterfall streams down a mountain. Repeat ten times.



Step 5

Stimulate your shirt-collar lymphatic zone: Place your hands on top of your shoulders, your elbows pointing straight in front of you. Inhale, then drop your elbows as you exhale, keeping your fingertips on your shoulders. Repeat five times. This helps move lymphatic fluid from the back of your neck to the drains above your collarbone.

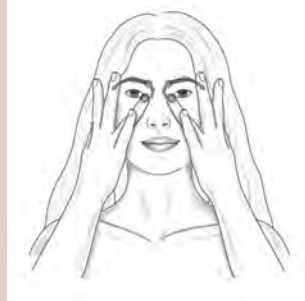


Step 6

Lightly brush your face with your fingertips from your chin to your ears, from your cheeks to your ears, from the bridge of your nose up to the middle of your forehead, then toward your ears. Then brush along your eyebrows to your ears. Repeat three times.

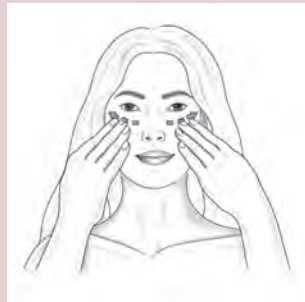
Step 7

Press your finger **gently** into the inner corner of each eye. Hold for three seconds. Then move your finger up to your inner eyebrows. Hold there for three seconds. Then massage along your eyebrows toward your temples. Repeat three times.



Step 8

Fan your fingertips out under your eyes. You will feel the very tops of your cheekbones here. Press **very gently** along the top line of your cheekbones toward your ears. Repeat three times.

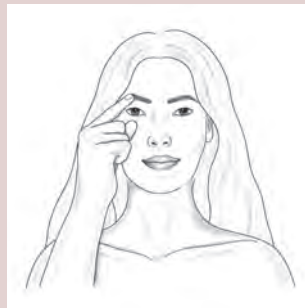


Step 9

Repeat Step 7: Press the inner corners of your eyes, then massage up to your brow bones and across your eyebrows to your temples.

Step 10

Place your right thumb underneath your right eye and your index finger on your eyebrow. **Lightly** lift your index finger as if you're "opening" the eye socket. Be as light as a feather. **Gently** walk your fingers from your eyebrows out toward your temples three times. Repeat on the left side three times.



Step 11

With your fingertips, make light brushstrokes from your eyebrows up to your hairline, then smooth your skin across your forehead to your temples. This is your third eye chakra, the center of intuition. This will smooth out and unclog your furrowed brow (the Botox spot!). Repeat ten times.



Step 12

Beginning at the inner edge of your eyebrows, **lightly** pinch along your eyebrows outward toward your temples. Repeat three times.



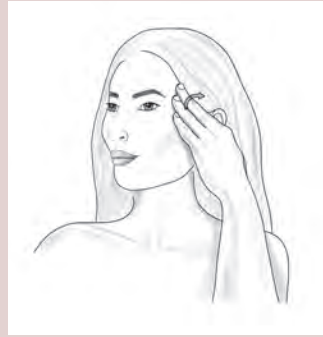
Step 13

With your fingertips, massage the crow's feet next to your eyes. Massage a figure 8 around the outsides of your eyes **very gently** ten times.



Step 14

With your fingertips, massage small C-strokes at your temples, the spot people rub when they have a headache. You can find it by opening your mouth and closing it so that your teeth touch; the muscle on the side of your forehead will move. This is a wonderful area to massage if you grind your teeth or have TMJ, but please be gentle and loving here! Repeat ten times. Swallow once.



Step 15

With your fingertips, massage a wavelike pattern from your temples down to your ears, then behind your ears and down your neck to your collarbone. Swallow each time your fingers reach your neck. This will help drain the lymphatic fluid out of your face. Repeat three times.

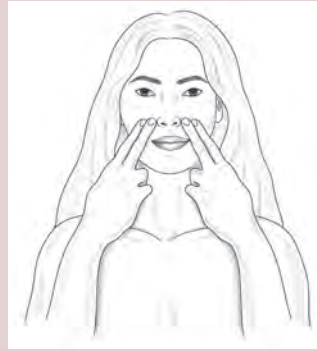


Step 16

Massage your scalp with your fingertips as if you're shampooing your hair. Massage your entire head toward the back of your scalp and down the back of your neck. I recommend massaging your scalp for about thirty seconds. This stimulates the glymphatic system in your brain.

Step 17

Place two fingertips beside each nostril where your sinuses are located. Press **lightly down and out**. This will drain fluid in your nasal cavity. Please be very gentle when touching the fluid just underneath your skin. Resist the urge to press too deeply. Repeat five times.



Step 18

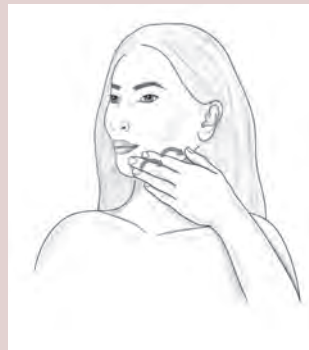
With the pads of your fingers, **gently** tap from your nose to your cheekbones to your ears. Repeat five times. Then make light brushstrokes from your nose to your ears.

Step 19

Pinch your cheeks **lightly** from your cheekbones to your ears. Repeat five times.

Step 20

With your fingertips, massage upside-down C-strokes or rainbows on your jawline from your chin to your ears. Repeat three times.



Step 21

Repeat Step 6: With your fingertips, make light brushstrokes from your chin to your ears, your cheeks to your ears, and your forehead to your ears. Repeat three times.

Step 22

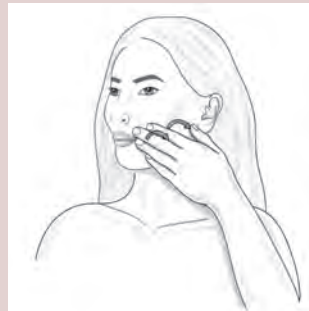
Repeat Step 15: With your fingertips, massage a wavelike pattern from your temples down to your ears, then behind your ears and down your neck to your collarbone.

Step 23

Repeat Step 3, the “Spock” sequence.

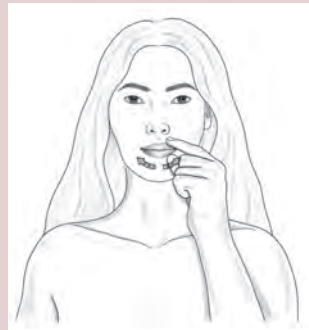
Step 24

With your fingertips, massage around your lips. **Gently** massage from your lips to your ears in an upside-down C-stroke.



Step 25

With your right thumb and index finger, **lightly** pinch above and below your lips on the right side. **Gently** pinch all along the upper and under parts of your lip, from the center to the corner. Repeat three times. Then repeat three times on the left side.



Step 26

Repeat Step 20, but this time use the heel of your hand to massage your jawline from your chin to your ears. Repeat three times.

Step 27

Repeat Step 6: **Lightly** brush your face with your fingertips from your chin to your ears, from your cheeks to your ears, from your forehead to your ears, and down the neck to your collarbone. Repeat three times.

Step 28

Repeat Step 4: Massage the occipital ridge at the base of your skull. Then make light brushstrokes behind your ear and down your neck.

Step 29

Repeat Step 3, the “Spock” sequence.

Step 30

Repeat Step 2, the “Neck” sequence.

Step 31

Repeat Step 5: Stimulate your shirt-collar lymphatic zone.

Step 32

Repeat Step 1: Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck three times.

Step 33

Rub your palms together vigorously. Once they heat up, place them over your eyes. Hold them there for ten seconds as you breathe deeply. As you release your hands, press your palms into your cheekbones.

Step 34

If you have long-standing acne or are having a skin flare-up, I recommend you also do the “Abdominal Massage” sequence to help clear up any issues in your gut that may be affecting your skin.



Improve Cellulite

Step 1

Sit in a comfortable position. Begin by doing some deep abdominal breathing. This will increase your lymphatic absorption and transportation rate. Place your hands on your abdomen. Take a deep breath into your abdomen, expanding your abdomen into your hands as if you're blowing up a balloon. As you exhale, relax your abdomen. Repeat ten times.

Step 2

Place one hand on your abdomen and the other over your heart. Visualize your thoracic duct, which runs from your abdomen to your heart. When you inhale, visualize the trunk of a tree rising up your midline from your navel, its branches extending through your lungs and into your heart. As you exhale, visualize the leaves of the tree swaying in the wind. Repeat ten times.

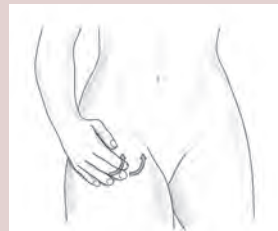
Step 3

Stimulate your inguinal lymph nodes: Two hand placements. Place your hand on top of your inner thigh. Massage C-strokes **upward** to the crease at the top of your thigh. Repeat ten times. Repeat on your outer thigh.



Step 4

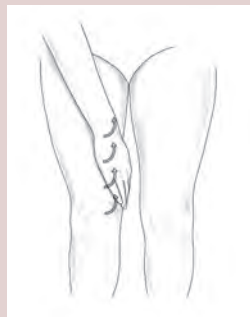
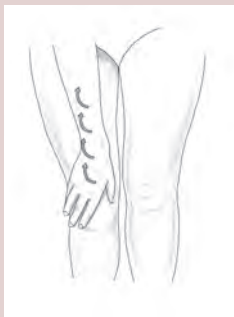
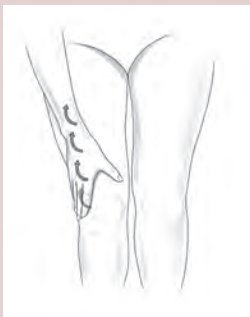
Lift each leg six times. This movement stimulates your inguinal lymph nodes.



Step 5

Massage your upper thigh. You can use one or both hands.

1. Outer thigh: Massage overlapping C-strokes from the outside of your knee **upward** toward the inguinal lymph nodes along the outer side of your thigh. Repeat ten times.
2. Center thigh: Massage overlapping C-strokes from the center of your knee **up** the middle of your leg to your inguinal lymph nodes. Repeat ten times.
3. Inner thigh: Massage overlapping C-strokes from the inside of your knee **upward** to the top of your inner thigh. Repeat ten times.



4. Back of the thigh: Bend your leg so you can reach underneath your thigh. With both hands, sweep the fluid from your hamstrings to the front of your leg into your inguinal lymph nodes. Repeat ten times. Pump your inguinal lymph nodes again three times.



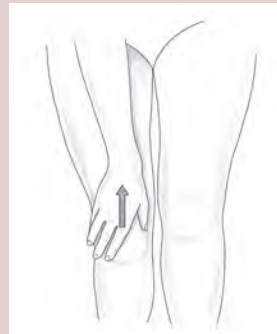
Step 6

Repeat Step 5 on your opposite upper thigh.

Step 7

Massage your knee.

1. Place the palm of your hand under your knee. Pump upward directly into the back of your knee; you have lymph nodes here (the popliteal fossa). Repeat ten times.
2. Place both hands on each side of your kneecap. Grab the skin on both sides of your knee, and make C-strokes **upward**. Repeat ten times.
3. Place your hand on top of your kneecap. Stroke your skin **up** and **over** your knee. Repeat ten times.



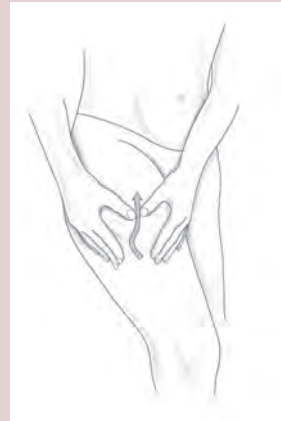
Step 8

Repeat Step 7 on your opposite knee.

Now that you have moved stagnant lymph from the area, you can perform the following strokes specific to cellulite reduction. These strokes can be deeper than your usual lymph massage strokes as you are now focusing on the fat layer.

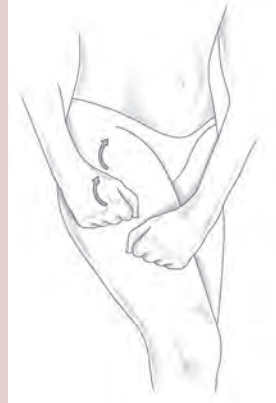
Step 9

Find an area of concentrated cellulite. Spread a small amount of cellulite-targeting oil over the area. Next, pinch a small area of skin between your fingertips. With more pressure than in typical lymphatic self-massage, grab and lift your skin, then roll the skin up **toward** your inguinal lymph nodes. This is the secret technique of cellulite machines—they lift and roll the skin. Repeat ten times. Find another area of cellulite close by and continue lifting and rolling toward your inguinal lymph nodes.



Step 10

Do a knuckle massage: With a loose fist over a patch of cellulite, roll over the skin with your knuckles in overlapping C-strokes toward your inguinal lymph nodes. Repeat ten times.



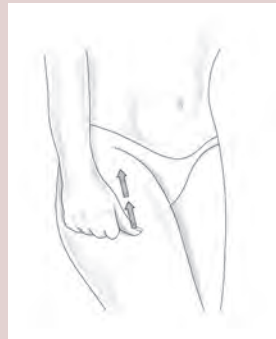
Step 11

Knead the skin with your hands in three vertical lines. Repeat each line ten times as if you are kneading dough. Cellulite in women is arranged vertically, so work vertically toward your inguinal lymph nodes.



Step 12

Do finger spirals: With your thumb or fingers over a smaller area, concentrate on smoothing out your skin as you would folds from a crumpled piece of paper. Make smaller tight, short strokes now. This might be more tender or painful, as you are using slightly more pressure than in other sequences as you work on breaking up fat deposits. Take inventory of the texture and color of your skin. You don't want to become bruised. As you bring more blood to the area, it may change the color of your skin temporarily. Slow down and rest for a moment to let your skin return to normal if this persists.



Step 13

Repeat Step 5: Massage your upper thigh. Repeat on the opposite upper thigh.

Step 14

Repeat Step 7: Massage under your knee, then over the knee, then do the same on your opposite knee. Massage the sides of your knee up to your thigh.

Step 15

Repeat Step 3: Stimulate your inguinal lymph nodes.

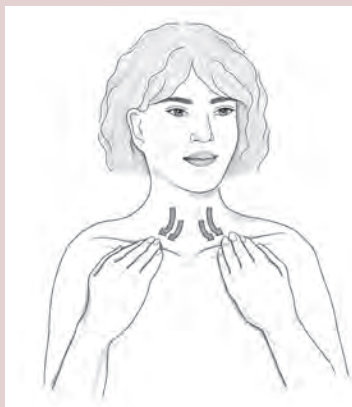


YOUR INTERNAL LANDSCAPE

Calm Anxiety

Step 1

Begin by sitting so you're comfortable. Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck. The right and left lymphatic nodes are located just above your collarbone. Press your fingertips **down** into the hollows above your collarbone. Make a J motion as you press **lightly down** and **out** toward your shoulders. Repeat ten times.



Step 2

Stimulate the axillary lymph nodes in your armpits. There are three steps:

1. Place your hand inside your armpit, your index finger resting **gently** in the groove of your armpit. Pulse **upward** into your armpit. Repeat ten times.
2. Move your hand **down** the side of your torso. This region contains breast tissue, which is essential to drain. With the palm of your hand, make C-strokes from the side of your torso **upward** into your armpit. Repeat ten times.
3. Lift your arm and place your hand into your armpit. Pump **downward** over your armpit ten times. Release your arm.

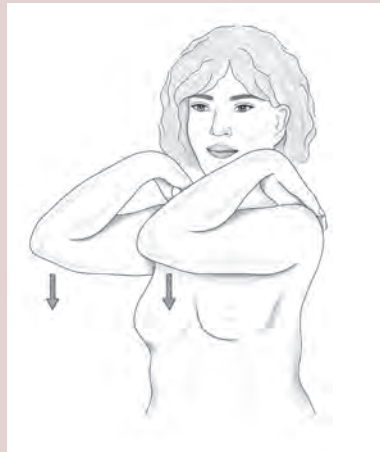
Step 3

Repeat Step 2 on your opposite armpit.



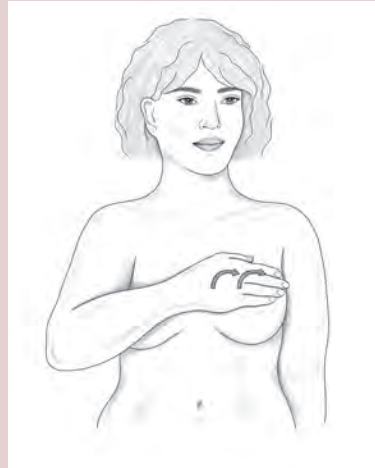
Step 4

Stimulate your shirt-collar lymphatic zone: Place your hands on top of your shoulders, your elbows pointing straight in front of you. Inhale, then drop your elbows as you exhale, keeping your fingertips on your shoulders. Repeat five times. This helps move lymphatic fluid from the back of your neck to the drains above your collarbone. It also helps relax your trapezius muscle, which gets tight with anxiety and worry.



Step 5

Place the palm of your right hand above your left breast, fingertips facing your armpit. **Gently** massage C-strokes over the top of your breast toward your left armpit. Repeat five times.

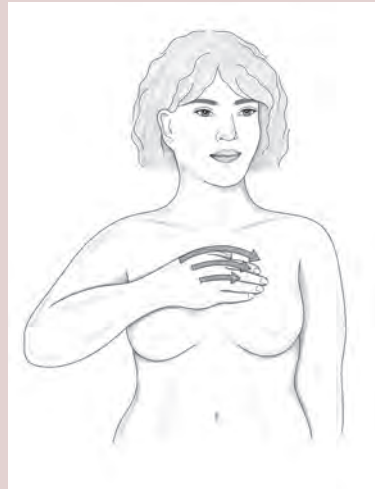


Step 6

Repeat on the right side.

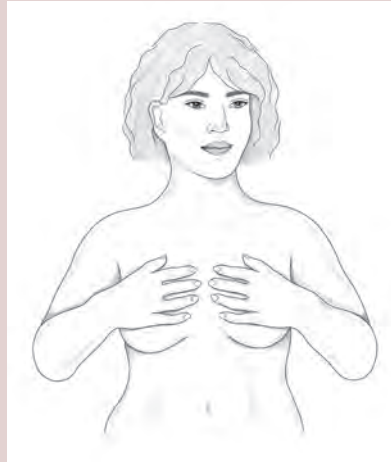
Step 7

Place your palm in the center of your chest, over your breastbone. Massage upside-down C-strokes as if you're drawing a rainbow over your heart and lungs. Take a slow, deep breath into your hand. Count to three on each inhale, and count backward from three to one as you exhale. With each inhale, feel your chest rise into your hand. As you exhale, allow your chest to relax and soften. Repeat at least three times, but feel free to do this step as many times as needed to release tension.



Step 8

Place the fingertips of both hands along your sternum. The grooves here are near your intercostal muscles, which help you to breathe. **Very gently**, press in and out ten times. As you are working only on the fluid layer, resist the urge to press deeply.



Step 9

Repeat Step 7: Place your palm in the center of your chest, over your breastbone. Massage rainbows over your chest as you take five deep breaths. Rock your body back and forth. This rocking motion mimics the undulating wavelike rhythm of lymphatic drainage, which soothes your entire state of being. Repeat five times.

Step 10

Repeat Steps 5 and 6: Massage C-strokes over each breast toward your armpits.

Step 11

Do abdominal breathing: Place your hands on your abdomen. Take a deep breath into your abdomen. With each inhale, expand your abdomen into your hands like a balloon. As you exhale, let your abdomen relax. Repeat five times. This will propel lymph from the lower half of your body and engage your rest-and-digest parasympathetic nervous system, where healing occurs.

Step 12

Place one hand on your abdomen and the other hand over your heart. Imagine there are disks of energy running from your belly to your heart. As you inhale, visualize the color orange at your second chakra, just below your navel. Move your breath higher through your lungs to your third chakra and envision the color yellow, like a radiant sun. When your breath reaches your heart, the fourth chakra, imagine the color bright green in your chest. As you exhale, allow your abdomen to relax. Repeat three times. This is the pathway that your thoracic duct moves to return lymphatic fluid to your blood circulation. This potent breath can be done anytime you need to release anxiety and access a calmer state of being.

Step 13

With one hand still over your heart and the other on your abdomen, breathe deeply into your abdomen as you massage C-strokes over your heart. Say “Heeeeeee” out loud as you exhale. This sound helps balance the energy centers of the body from the lower navel to the heart. Repeat five times.

Step 14

Lightly tap your fingertips over your sternum. Visualize the sound of the thumping down into your cells. This is where your T cell–maturing thymus is located, above your heart. The thymus stores immature white blood cells and gets them ready to become active T cells that mount an immune response to destroy infected and nefarious cells. As you tap your chest, imagine all the benefits of your thymus.

Step 15

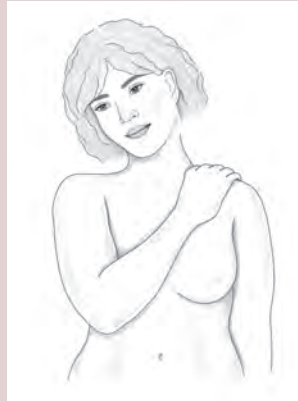
Repeat Steps 2 and 3: Stimulate the axillary lymph nodes in your armpits three times.

Step 16

Repeat Step 4: Stimulate your shirt-collar lymphatic zone.

Step 17

Stretch your neck to release tension. Looking forward, tilt your right ear toward your shoulder. Holding it there, breathe in and out three times. Repeat on the left side.

**Step 18**

Circle your head in each direction three times. (If you are prone to getting dizzy or suffering from vertigo, skip this step.)

Step 19

Lift your shoulders and squeeze them up toward your ears. Hold for three seconds, breathing in and out. Release your shoulders. Repeat three times.

Step 20

Make light brushstrokes on your face from your cheeks to your ears, from your chin to your ears, from the bridge of your nose up to your forehead, and from your forehead to your ears. Repeat three times.

Step 21

Massage your scalp with your fingertips as if you're shampooing your hair for as long as it takes to sing "Happy Birthday."

Step 22

Place your fingertips at the base of your skull, in the occipital ridge. With your fingers touching, **gently** walk your fingertips along this ridge, then glide them **down** your neck the way a waterfall streams down a mountain. Repeat ten times.



Step 23

Make light brushstrokes down the front of your neck to your right and left lymphatic nodes at the collarbones. Repeat five times. Swallow twice.

Step 24

Rub your palms together vigorously. Once they heat up, place them over your eyes. Hold them there for a few seconds as you breathe deeply. Imagine the color violet from the crown of your head down to your toes. Relax your forehead, eyes, face, and throat. As you open your eyes, press the heels of your hands along your cheekbones toward your ears.

Step 25

Repeat Step 4: Stimulate your shirt-collar lymphatic zone.

Step 26

Repeat Steps 2 and 3: Stimulate the axillary lymph nodes in your armpits three times.

Step 27

Repeat Step 1: Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck.

Step 28

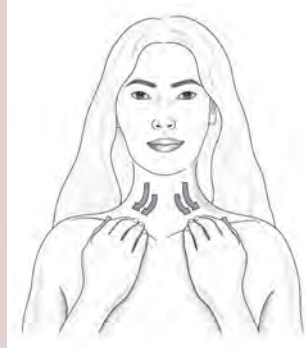
Swallow twice. Place your hands into your lap and smile. Scan your body to see how you feel.



Energy and Mental Clarity

Step 1

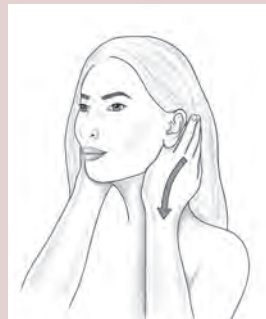
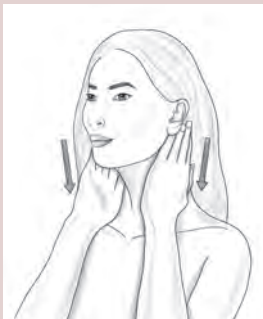
From a comfortable seated or standing position, stimulate the right and left supraclavicular lymphatic nodes at the base of your neck just above your collarbone. Press your fingertips **down** into the hollows above your collarbone. Make a **J** motion as you press **lightly down** and **out** toward your shoulders. Repeat ten times.



Step 2

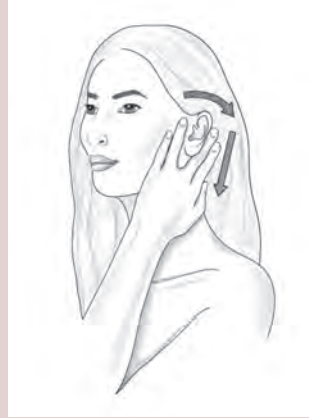
Perform the “Neck” sequence. There are three steps.

1. Place both your palms at the base of your neck. Pulse the skin **gently** as you stroke **downward** toward your collarbone. Repeat ten times.
2. Place your hands higher so your pinky fingers rest in the groove behind your ears, your fingertips pointing diagonally toward your ears. Use your palms to stretch the skin **downward** toward your neck. Repeat five times.
3. Make light brushstrokes from behind your ears all the way down your neck. Repeat five times. Swallow once.



Step 3

Perform the “Spock” sequence: Separate your fingers between your middle and ring fingers (Spock-like). Place your middle and index fingers behind your ears in the cartilage groove and your ring and pinky fingers in front of your ears. **Gently** massage **back** and **downward** in a C-stroke. Repeat ten times. This stimulates both the pre- and retroauricular lymph nodes of your ears. This should be a rhythmic, nurturing movement. Swallow once.



Step 4

Make light brushstrokes on your face from your chin to your ears, from your cheeks to your ears, and from your forehead to your ears.

Step 5

Place your fingertips at the base of your skull, in the occipital ridge. With your fingers touching, **gently** walk your fingertips along this ridge, then glide them **down** your neck, the way a waterfall streams down a mountain. Repeat ten times.

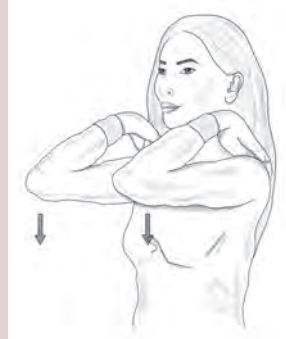


Step 6

Massage your scalp with your fingertips as if you're shampooing your hair. Massage your entire head toward the back of your scalp and down the back of your neck. This stimulates the glymphatic system in your brain.

Step 7

Stimulate your shirt-collar lymphatic zone: Place your hands on top of your shoulders, your elbows pointing straight in front of you. Inhale, then drop your elbows as you exhale, keeping your fingertips on your shoulders. Repeat five times. This helps move lymphatic fluid from the back of your neck to the drains above your collarbone.



Step 8

Stimulate the axillary nodes. Place your hand inside your armpit, your index finger resting gently in the groove of your armpit. Pulse **upward** into your armpit. Repeat ten times.

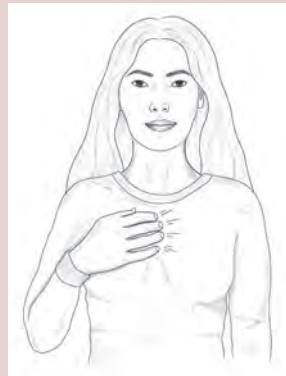


Step 9

Repeat Step 8 on your opposite armpit.

Step 10

Do a thymus tap: Place the palm of one hand on your chest, and with your fingertips **lightly** tap the thymus area on your sternum. Some of your breast fluid drains into the mammary chain of lymph nodes here. This is also where your active T cells, which fight infection, mature. Repeat ten times.



Step 11

Do abdominal breathing: Place your hands on your abdomen. As you inhale, expand your abdomen into your hands like a balloon. As you exhale, let your abdomen relax. Repeat five times. This stimulates the cisterna chyli and thoracic duct to move lymph from the lower half of your body.

Step 12

Stimulate the inguinal lymph nodes: Place your hand on the top of your inner right thigh in the thigh crease. This is where your inguinal lymph nodes are located. Lift your leg six times. Massage C-strokes **upward** into the crease of your thigh. Repeat five times.



Step 13

Repeat Step 12 on your opposite thigh.

Step 14

If you've been seated, stand up. Stretch your neck, tilting your right ear toward your shoulder. Breathe deeply in and out as you hold the stretch for ten seconds before you release. Repeat on the left side. Repeat twice. This is a simple way to clear some tension in your throat chakra.

Step 15

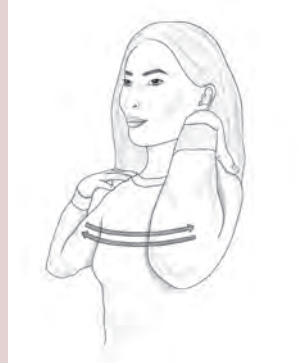
Make five neck circles slowly in each direction. If you are prone to vertigo, skip this step.

Step 16

Do shoulder lifts: Lift your shoulders toward your ears. Inhale, hold your breath for three seconds, then exhale and relax your shoulders. Repeat five times.

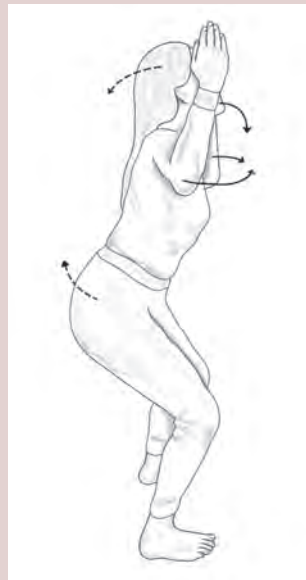
Step 17

Do a twist rotation: Place your hands on top of your shoulders. As you breathe, twist your torso from side to side, keeping your hands on your shoulders. Repeat ten times. This is a nice way to get some energy flowing through your heart and solar plexus chakras.



Step 18

Bend your knees slightly. Bring your elbows together in front of your face. If you can't get your elbows to touch, it's okay if they are slightly separated. With your elbows bent, inhale and look up while you stretch your arms as wide as you can to the sides, and stick your butt out behind you. Exhale and curl your elbows, hips, and butt back into the center of your body, and look down toward your elbows. Gradually increase your speed so you are moving back and forth quickly. (This is similar to the cat/cow yoga pose, only you're standing up.) Repeat twenty times quickly. This brings movement into your pelvic floor and root chakra.



Step 19

With loose arms, twist your entire body from side to side like Wonder Woman. Allow your hands to hit the back of your body at your shoulder level, waist level, and hip level. Repeat twenty times.

Step 20

Place your hands on your hips. Make hip circles ten times in each direction.



Step 21

Bend your knees and hold your hands in loose fists. Using the backs of your hands, **lightly** tap your lower back at your kidneys. This will stimulate and wake up your kidneys and adrenals. Repeat twenty times.



Step 22

Place your hands on your knees. Make circles with your knees in each direction ten times.

Step 23

Stand tall. Lift your arms out to the sides and over your head toward the sky, gathering new energy and life force all the way up until your palms touch. Then bring your hands to your heart in prayer or *namaste* position. Repeat five times.

Step 24

Rub your palms together vigorously. Once they heat up, place them over your eyes as you breathe deeply. As you release your hands, press your palms into your cheekbones.

Step 25

Smile. Take a deep breath in, and, as you exhale, smile and say “Ha” as though you’re laughing. Do this at least five times. This will activate your internal organs, so feel free to laugh for as long as you want!

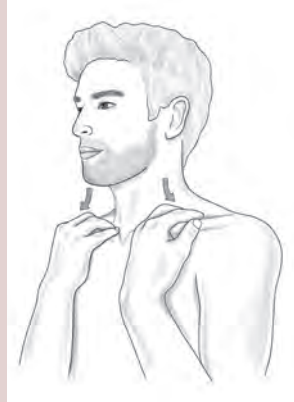
NOTE: When I’m short on time, I often do just the movement portion of this sequence. It’s okay to skip the opening of drains if you’re pressed for time. But if you have time to do the entire sequence, you will notice a major shift in your energy level and an improvement in your mental clarity.



Hangover Remedy

Step 1

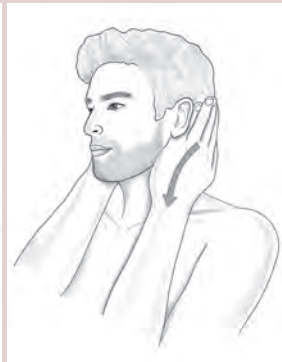
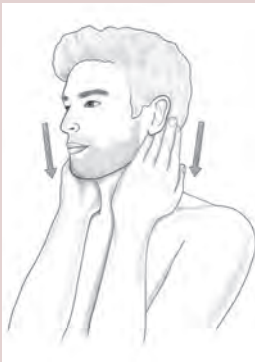
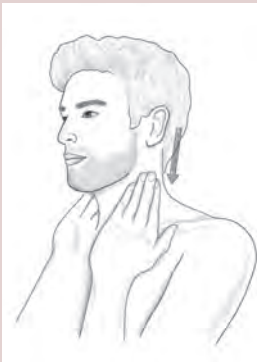
Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck just above your collarbone. Press your fingertips **down** into the hollows above your collarbone. Make a **J** motion as you press **lightly down** and **out** toward your shoulders. Repeat ten times.



Step 2

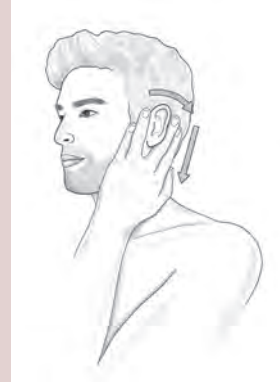
Perform the “Neck” sequence. There are three steps:

1. Place both your palms at the base of your neck. Pulse the skin **gently** as you stroke **downward** toward your collarbone. Repeat ten times.
2. Place your hands higher so your pinky fingers rest in the groove behind your ears, your fingertips pointing diagonally toward your ears. Use your palms to stretch the skin **downward** toward your neck. Repeat five times.
3. Make light brushstrokes from behind your ears all the way down your neck. Repeat five times. Swallow once.



Step 3

Perform the “Spock” sequence: Separate your fingers between your middle and ring fingers (Spock-like). Place your middle and index fingers behind your ears in the cartilage groove, and your ring and pinky fingers in front of your ears. **Gently** massage **back** and **downward** in a C-stroke. Repeat ten times. This stimulates both the pre- and retroauricular lymph nodes of your ears. This should be a rhythmic, nurturing movement. Swallow once.



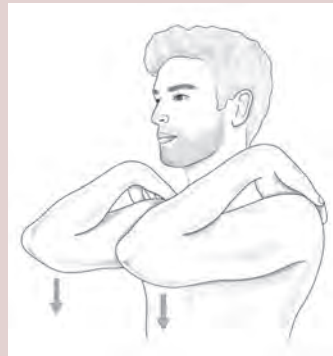
Step 4

Place your fingertips at the base of your skull, in the occipital ridge. With your fingers touching, **gently** walk your fingertips along this ridge, then glide them **down** your neck, the way a waterfall streams down a mountain. Repeat ten times.



Step 5

Stimulate your shirt-collar lymphatic zone: Place your hands on top of your shoulders, your elbows pointing straight in front of you. Inhale, then drop your elbows as you exhale, keeping your fingertips on your shoulders. Repeat five times. This helps move lymphatic fluid from the back of your neck to the drains above your collarbone.



Step 6

Lightly brush your face with your fingers from your chin to your ears, from your cheeks to your ears, and from the bridge of your nose up to your forehead, then to your ears. Repeat three times.

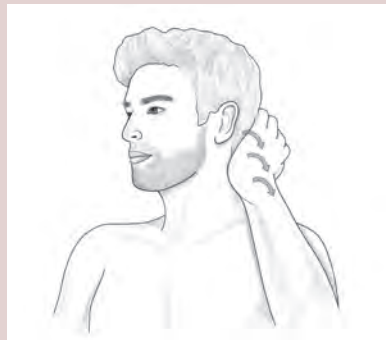
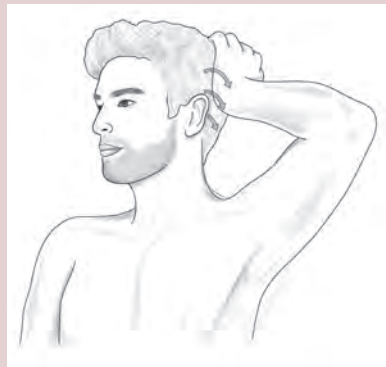
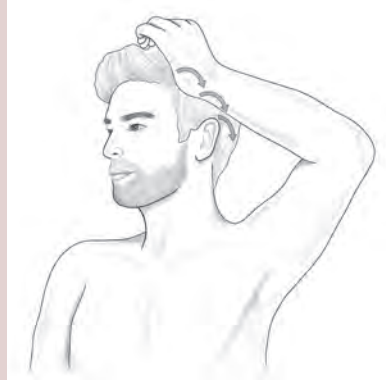
Step 7

Massage your scalp with your fingertips as if you're shampooing your hair. Massage your entire head toward the back of your scalp and down the back of your neck. This stimulates the glymphatic system in your brain.

Step 8

Draw rainbows on your scalp. There are three steps:

1. Place your right hand on top of your head at the center of your scalp. Make "rainbows" with the heel of your hand down the right side of your scalp to move the fluid toward the back of your neck. Stop just behind your right ear. Repeat five times. Repeat on the left side five times.
2. Place your right hand a little farther down on your scalp and closer to your ear. Make "rainbows" with the heel of your hand **downward** toward the back of your neck. Repeat five times. Repeat on the left side five times.
3. Place both hands on the top of your head, closer to the occiput at the base of your skull. With the heels of your hands, make C-strokes all the way down the back of your neck. Repeat five times.



Step 9

Place your hands behind your ears, your pinky fingers resting in the cartilage groove. **Gently** glide the heels of your hands **downward** in a C-stroke. Repeat ten times.

Step 10

Repeat Step 3, the “Spock” sequence.

Step 11

Lightly brush your forehead from the center to your ears, from your hair-line to your ears, and from your neck down to your collarbone. Repeat three times.

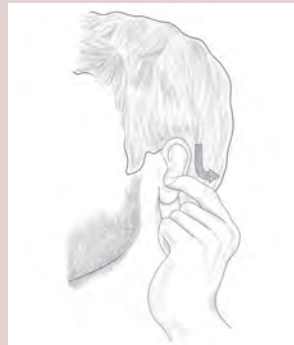
Step 12

Repeat Step 1: Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck. Swallow once.

Step 13

Do ear pulls:

1. With your right index finger and thumb, **gently** stretch the cartilage inside your earlobe **downward** and **outward** toward the back of your head. Hold for ten seconds, breathing deeply. Release your ear, open and close your mouth twice, and swallow once.
2. Move your index finger and thumb to another spot inside your earlobe. **Gently**



stretch the lobe **downward** and **outward**, toward the back of your head. Hold for ten seconds, breathing deeply. Release your earlobe, open and close your mouth twice, and swallow once.

3. Continue working all along your earlobe up to the very top of your ear. **Gently** stretch the cartilage in each place **outward** toward the back of your scalp, and hold for ten seconds. (If you are wearing earrings, be mindful to avoid them.)

Step 14

Repeat Step 13 on your left ear.

Step 15

Repeat Step 8: Draw rainbows on your scalp.

Step 16

Lightly brush your forehead from the center to your ears, from your eyebrows to your ears, from your cheeks to your ears, from your chin to your ears, from your ears down your neck, and each side of your head down the back of your neck.

Step 17

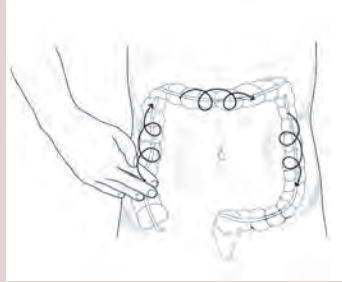
Repeat Step 5: Stimulate your shirt-collar lymphatic zone.

Step 18

Repeat Step 1: Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck. Swallow once.

Step 19

Do an abdominal massage. This will help detox your liver and move out any stored tension in your abdomen. With the palm of one hand, make overlapping circles all around your colon: up the left side, across your abdomen, and down your right side. Make circles under your navel toward your right hip. Allow your strokes to be nourishing and simple. Use as much of your palm and fingers as possible. Circle your abdomen at least ten times.



Step 20

Massage small circles around the circumference of your belly button. You can use a little more pressure here, as this is where your deeper network of lymph resides. If you find some tight areas, spend some time nourishing yourself there.



Step 21

Repeat Step 19: Do an abdominal massage, kneading your belly happily like a purring cat. Revisit any areas needing more attention.



Heart and Lung Opener

Step 1

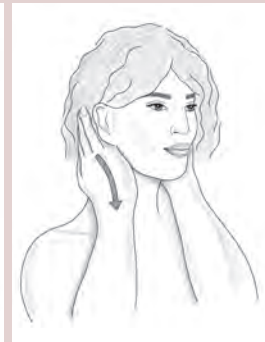
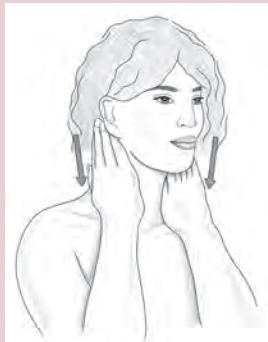
Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck just above your collarbone. Press your fingertips **down** into the hollows above your collarbone. Make a J motion as you press **lightly down** and **out** toward your shoulders. Repeat ten times.



Step 2

Perform the “Neck” sequence. There are three steps:

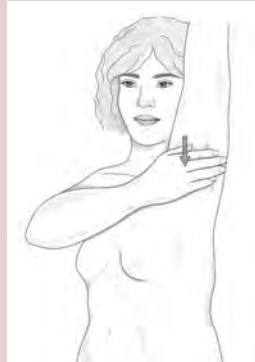
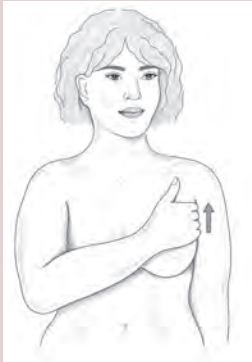
1. Place both your palms at the base of your neck. Pulse the skin **gently** as you stroke **downward** toward your collarbone. Repeat ten times.
2. Place your hands higher so your pinky fingers rest in the groove behind your ears, your fingertips pointing diagonally toward your ears. Use your palms to stretch the skin **downward** toward your neck. Repeat five times.
3. Make light brushstrokes from behind your ears all the way down your neck. Repeat five times. Swallow once.



Step 3

Stimulate the axillary lymph nodes in your armpits. There are three steps:

1. Place your hand inside your armpit, your index finger resting **gently** in the groove of your armpit. Pulse **upward** into your armpit. Repeat ten times.
2. Move your hand **down** the side of your torso. This region contains breast tissue, which is essential to drain. With the palm of your hand, make C-strokes **up** the side of your torso into your armpit. Repeat ten times.
3. Lift your arm and place your hand into your armpit. Pump **downward** over your armpit ten times. Release your arm.



Step 4

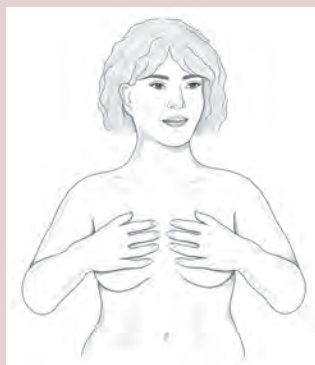
Repeat Step 3 on your opposite armpit.

Step 5

Make large circles with your arms backward and forward to create mobility around your chest. Repeat ten times each side.

Step 6

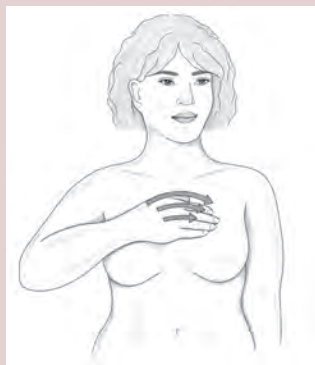
Some of your lymphatic fluid drains to the intercostal nodes in your sternum in your torso cavity. Stimulating the nodes at your sternum creates a vacuum effect. Place your fingertips on your chest in the intercostal spaces along your sternum. You will feel the indents of your rib cage. **Very gently**, press in and out along the grooves of your intercostals. Inhale and exhale deeply. This will help pump air out of your lungs.



Focus on the tissue, not the muscles. You don't want to press deeply, as your skin is thin here and you are working only on the fluid layer. This is where your heart chakra lies; treat it with acceptance, self-love, and tenderness. Repeat twenty times.

Step 7

Draw rainbows over your chest: Place the palm of one hand in the center of your chest, over your breastbone. Take a slow, deep breath, and feel your chest rise into your hand. Exhale slowly. Take another breath in, and feel your chest rise into your hand. As you exhale, feel your chest relax. Massage upside-down C-strokes over your heart and lungs. As you inhale, imagine a majestic rainbow in your heart.



As you exhale, release a cloud from your chest. Repeat ten times.

Step 8

Lightly tap the fingertips of both hands over your sternum at the intercostal nodes. This percussion can loosen stagnant mucus. Sound therapy has been shown to have healing benefits on the body. Visualize the sound of the thumping vibrating down into your cells. This is where your T cell-maturing thymus is located, above your heart. It stores immature white blood cells and gets them ready to become active T cells to mount an immune response that will help destroy infected and nefarious cells (including cancer). It's also the area where some of your breast fluid drains into the mammary lymph nodes. As you tap your chest, imagine all the benefits of your thymus.

Step 9

Lie down. It's easiest to access your rib cage from a prone position. Lift your right hand over your head if that's comfortable. I recommend placing a pillow under that arm so it can completely relax. Place your other hand on your rib cage, fingers pointing



toward your side waist. You will feel the spaces between your ribs. Put your fingers in between as many ribs as you can reach. **Gently** massage C-strokes **inward** and **upward** diagonally toward your armpit. Take deep breaths into your hands, and let the exhale slowly escape through your mouth. Repeat ten times.

Step 10

Massage the fluid from your side waist with overlapping C-strokes **up** to your armpit. Repeat five times.

Step 11

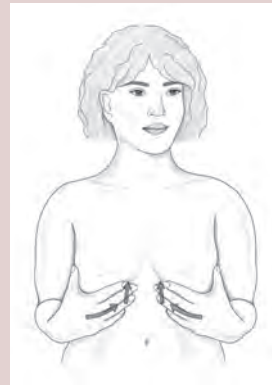
Repeat Steps 3 and 4: Massage the axillary lymph nodes in your armpits again five times.

Step 12

Repeat Steps 9 to 11 on your opposite side.

Step 13

Place both your hands underneath your breasts, your fingers facing each other. You will be able to feel the spaces between your ribs. Delicately pump your hands medially and up toward the center of your chest. This is the second drainage pattern of the lungs. Repeat ten times.



Step 14

Repeat Step 7: Draw rainbows over your chest.

Step 15

Repeat Step 6: Stimulate the intercostal nodes at your sternum.

Step 16

Repeat Step 8: Tap the intercostals at your sternum.

Step 17

Do deep diaphragmatic breathing. This can be done sitting, standing, or lying down. I recommend lying down as it enables you to breathe for a longer time and more comfortably. This exercise is essential to getting more oxygen into the lungs, especially if you're recovering from lung issues. Place one hand on your chest, your other hand on your abdomen.

1. Inhale deeply through your nose, expanding your abdomen into your hands. Exhale through your mouth, and let your stomach soften and recede toward your spine. Inhale again. Use your breath to color in the circumference of your abdomen. Exhale. Feel the posterior (back) of your body and the surface beneath you. This is your solar plexus chakra, between your navel and your sternum.
2. Breathe into the sides of your torso, your side waist. Feel your inhales expand your rib cage on either side.
3. Inhale higher now, bringing the breath all the way into your sternum. Feel the expansion into your heart and breastbone. Allow your breath to lift the front of your body from your stomach to your chest. Exhale slowly and think about letting go of whatever no longer serves you. Repeat three times.
4. Imagine that there's a cotton ball in your abdomen. As you inhale, let that cotton ball rise up past your lungs and into your heart. As you exhale, massage rainbows on your chest with your top hand as you visualize the cotton ball sinking back down to your abdomen. Repeat five times.
5. Inhale all the way up to your shoulders, filling your heart and your lungs with air. Exhale slowly, allowing the back of your body to softly relax into the surface beneath you. Repeat three times.

Step 18

Repeat Step 1: Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck.

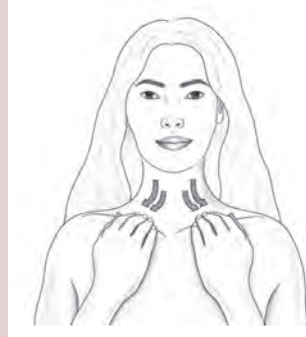
ALSO HELPFUL: Eating a diet rich in anti-inflammatory foods and herbs, drinking green tea, and incorporating eucalyptus steams and saunas.



Good Sleep

Step 1

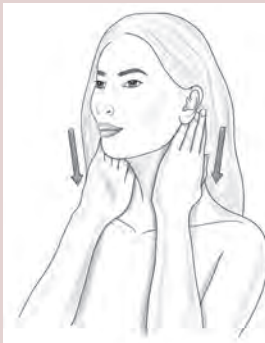
Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck just above your collarbone. Press your fingertips **down** into the hollows of your collarbone. Make a **J** motion as you press **lightly down** and **out** toward your shoulders. Repeat ten times.



Step 2

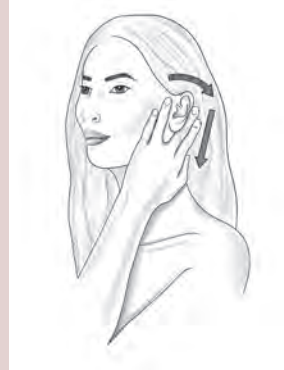
Perform the “Neck” sequence. There are three steps:

1. Place both your palms at the base of your neck. Pulse the skin **gently** as you stroke **downward** toward your collarbone. Repeat ten times.
2. Place your hands higher so your pinky fingers rest in the groove behind your ears, your fingertips pointing diagonally toward your ears. Use your palms to stretch the skin **downward** toward your neck. Repeat five times.
3. Make light brushstrokes from behind your ears all the way down your neck. Repeat five times. Swallow once.



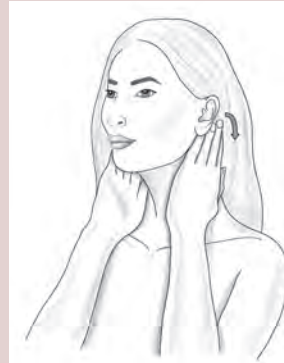
Step 3

Perform the “Spock” sequence: Separate your fingers between your middle and ring fingers (Spock-like). Place your middle and index fingers behind your ears in the cartilage groove and your ring and pinky fingers in front of your ears. **Gently** massage **back** and **downward** in a C-stroke. Repeat ten times. This stimulates both the pre- and retroauricular lymph nodes of your ears. This should be a rhythmic, nurturing movement. Swallow once.



Step 4

Place your hands behind your ears, your pinky fingers resting in the cartilage groove. Massage C-strokes toward the back of your scalp, then **downward** toward your neck. Repeat ten times.



Step 5

Do ear pulls:

1. With your index finger and thumb, *gently* stretch the cartilage inside your earlobe **downward** and **outward**, toward the back of your head. Hold for ten seconds, breathing deeply. Open and close your mouth twice. Release your earlobe and swallow once.

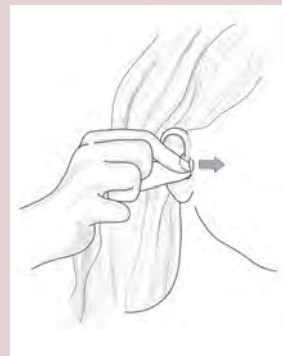


2. Move your index finger and thumb to another spot inside your earlobe. *Gently* stretch the lobes **downward** and **outward**, toward the back of your head. Hold for ten seconds, breathing deeply. Open and close your mouth twice. Release your earlobe and swallow once.



3. Continue working all along your earlobe up to the very top of your ear. **Gently** stretch the cartilage in each place **outward** toward the back of your scalp, and hold for ten seconds. (If you are wearing earrings, be mindful to avoid them.)

4. With your index finger inside your ear, grab the small pointed nodule in front of your ear where it meets your cheek, called the tragus. Pull in toward your cheek. Hold for ten seconds. Move the nodule up and down and back toward your cheek again. Release your ear, open and close your mouth twice, and swallow once.



Step 6

Repeat Step 5 on your opposite ear.

Step 7

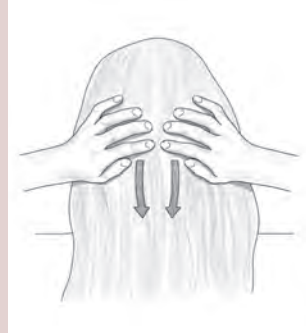
Repeat Step 3, the “Spock” sequence.

Step 8

Massage behind your ear and down your neck. Swallow twice. Because the vagus nerve is involved with the carotid sinus, these movements will help promote vagal tone.

Step 9

Place your fingertips at the base of your skull, in the occipital ridge. With your fingers touching, **gently** walk your fingertips along the ridge, then glide them **down** your neck, the way a waterfall streams down a mountain. Repeat ten times.

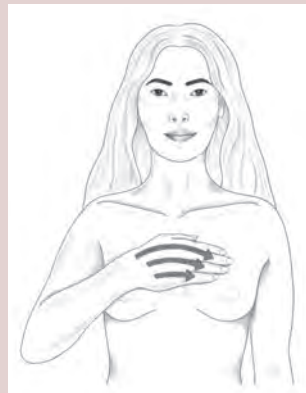


Step 10

Place one hand on your chest. Take a deep breath into your heart. Exhale and say, “Hawwww.” Repeat three times. Tap **lightly** on your sternum. Repeat ten times.

Step 11

Draw rainbows over your chest: Place the palm of one hand in the center of your chest, over your breastbone. Take a slow, deep breath, and feel your chest rise into your hand. Exhale slowly. Take another breath in, and feel your chest rise into your hand. As



you exhale, feel your chest relax. Massage upside-down C-strokes over your heart and lungs. As you inhale, imagine a majestic rainbow in your heart. As you exhale, release a cloud from your chest. Repeat ten times.

Step 12

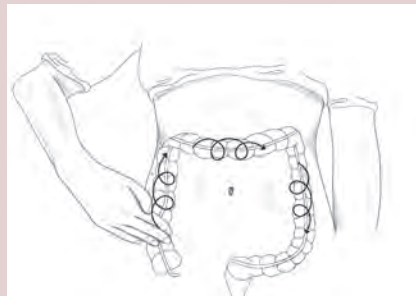
Do deep abdominal breathing: With your hands on your abdomen, take a slow, deep breath in. As you inhale, expand your abdomen into your hands. As you exhale, relax. Breathe into the sides of your torso, your side waist. Feel your inhales and exhales reach your rib cage on either side.

As you inhale, bring the breath all the way into your heart. Imagine your favorite flower blossoming with each breath you take. Feel the expansion into your heart and lungs. As you exhale, visualize the stem of the flower at the base of your navel, rooted and strong. Inhale again. Use your breath to color in the entire circumference of your abdomen with a field of flowers. As you slowly exhale, see the wind making the flowers dance.

Repeat three times.

Step 13

With the palm of one hand, make overlapping circles all around your colon: up your left side, across your abdomen, and down your right side. Make circles under your navel toward your right hip. Imagine you are drawing suns and moons all over your abdomen. Visualize your belly radiant like a clear sky. Allow your strokes to be nourishing and simple. Use as much of your palm and fingers as possible. Feel the surrounding tissue melt underneath your hands. This is the lymphatic way. Circle your abdomen at least ten times



Step 14

Massage small circles around the circumference of your belly button. You can use a little more pressure here, as this is where your deeper network of lymph resides. If you find any tight areas, spend some time nourishing yourself there.



Step 15

Repeat Step 13: Make overlapping circles on your colon, kneading your belly happily like a purring cat. Revisit any areas needing more attention.

Step 16

Breathe from your stomach into your heart, exhaling slowly. Repeat "Hum" three times. SMILE!

Step 17

Repeat Step 1: Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck.

Step 18

Make light brushstrokes on your face from your chin and cheeks to your ears, from your forehead to your ears, and down your neck.

Step 19

Rub your palms together vigorously. Once they heat up, place them over your eyes. Hold them there as you breathe deeply three times and visualize a violet light from the crown of your head to your toes and emanating out from your body. As you release your hands, press your palms into your cheekbones.

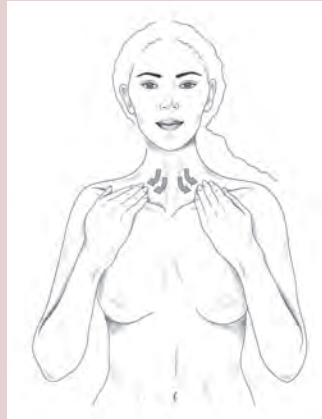


WOMEN'S HEALTH

Breast Care Sequence

Step 1

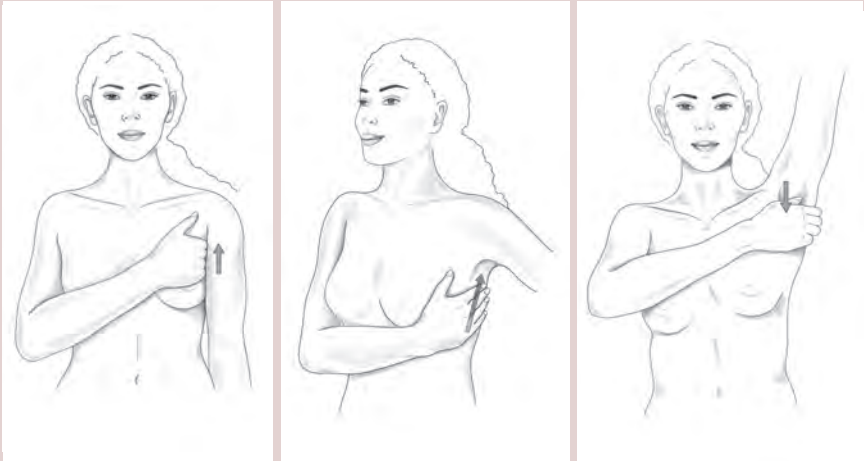
Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck just above your collarbone. Press your fingertips **down** into the hollows above your collarbone. Make a J motion as you press **lightly down** and **out** toward your shoulders. Repeat ten times.



Step 2

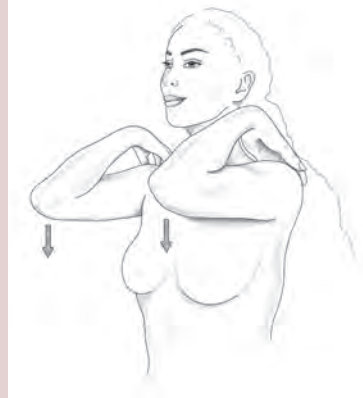
Stimulate the axillary lymph nodes in your armpit. There are three steps:

1. Place your hand inside your armpit, your index finger resting **gently** in the groove of your armpit. Pulse **upward** into your armpit. Repeat ten times.
2. Move your hand **down** the side of your torso. This region contains breast tissue, which is essential to drain. With the palm of your hand, make C-strokes **up** the side of your torso into your armpit. Repeat ten times.
3. Lift your arm and place your hand into your armpit. Pump **downward** over your armpit ten times. Release your arm.



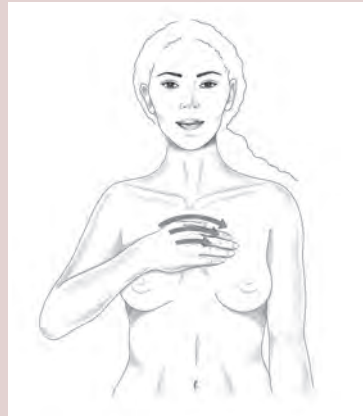
Step 3

Stimulate your shirt-collar lymphatic zone: Place your hands on top of your shoulders, your elbows pointing straight in front of you. Inhale, then drop your elbows as you exhale, keeping your fingertips on your shoulders. Repeat five times. This helps move lymphatic fluid from the back of your neck to the drains above your collarbone.



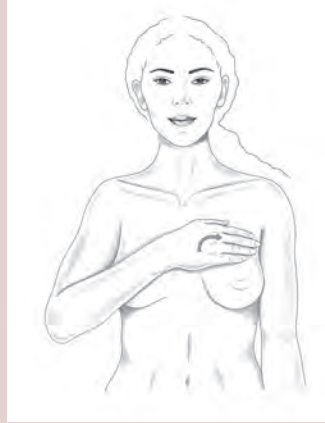
Step 4

Draw rainbows over your chest: Place the palm of one hand in the center of your chest, over your breastbone. Take a slow, deep breath, and feel your chest rise into your hand. Exhale slowly, feeling your chest relax. Take another breath in, and feel your chest rise into your hand. As you exhale, feel your chest relax. Massage upside-down C-strokes over your heart and lungs. As you inhale, imagine a majestic rainbow in your heart. As you exhale, release a cloud from your chest. This is where your heart chakra lies; treat it with acceptance, self-love, and tenderness. Repeat ten times.



Step 5

Massage the top of your breast: Place the palm of your hand above your breast, your fingertips facing your armpit. **Gently** massage C-strokes over the top of your breast toward your armpit. Repeat five times.

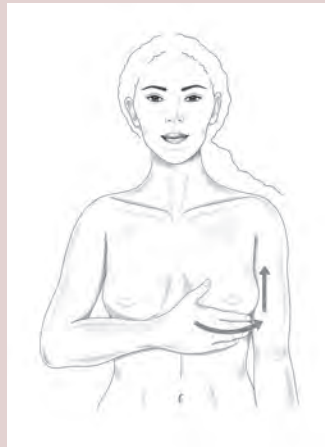


Step 6

Repeat Step 2: Stimulate the axillary lymph nodes in your armpit three times.

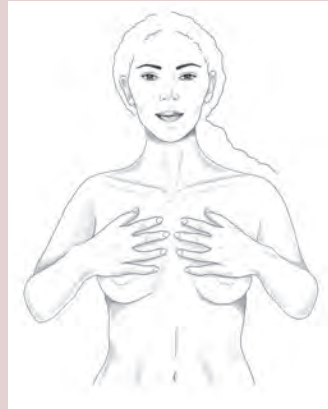
Step 7

Massage your breast under the bra line: Place your palm underneath your breast, your fingertips pointing toward the side of your torso. **Gently**, like a wave, massage C-strokes toward the side of your torso. Continue massaging fluid **up** the side of your torso into your armpit. Repeat three times.



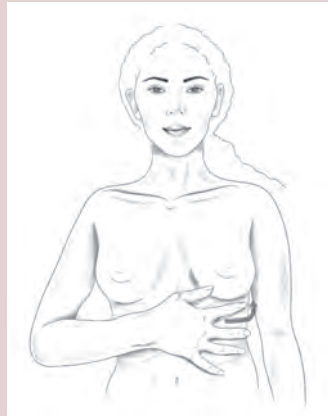
Step 8

Place your hands on your sternum into the grooves of your intercostals. **Very gently**, press in and out. You are working only on the fluid layer, so resist the urge to press deeply. Inhale and exhale. Some of your breast fluid will drain into the mammary chain of lymph nodes. This move also helps pump air out of your lungs. Repeat ten times.



Step 9

Pump your rib cage: These next two steps are easier to access if you are reclining or lying down, although it's not necessary. Place your hand over your rib cage. Your fingers will rest in the grooves between the ribs. As you breathe in, expand the air into your ribs. As you exhale, **gently** massage C-strokes **upward** with your hand into the soft spaces of your ribs. This area gets tender from time to time. Spend a few extra moments cradling your ribs. This is a powerful protective area that shields your vital organs. You want to soften and melt the tension without using force.



Step 10

With your hand still on your rib cage under your breast, pump your breast tissue **diagonally upward** toward your armpit. This is easiest if you're lying down. Avoid moving fluid into your nipple. Repeat five times.



Step 11

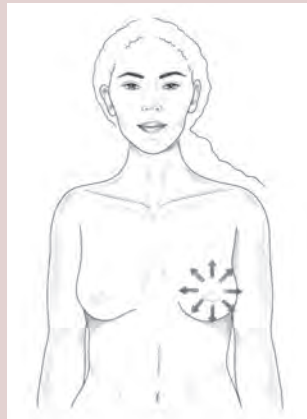
Lightly tap your sternum. Visualize the sound of the thumping down into your cells. This is where your T cell–maturing thymus is located, above your heart. The thymus stores immature white blood cells and gets them ready to become active T cells to mount an immune response that will help destroy infected and nefarious cells. As you tap your chest, imagine all the benefits of your thymus.

Step 12

Repeat Step 5: Massage the top of your breast.

Step 13

Gently knead your breast all around the circumference. Feel free to use your whole hand and the pads of your fingertips—whatever feels comfortable. Massage overlapping C-strokes to move fluid away from your nipple. Think of the sun's rays radiating from the nipple **outward**. Some of the fluid in your medial breast will drain into the lymph nodes along your sternum called the inter-



nal chain of mammary lymph nodes, while the fluid in the lateral aspect of your breast will drain into the axillary lymph nodes in your armpit. Do not massage fluid toward your nipple. Spend some time here getting to know your breast tissue. Some breasts are lumpier than others. Some are smaller than others. I want you to get to know yours. Become comfortable with how they feel. You will notice different things at different times of the month. Pay attention to the details and the sensation. If you are feeling tender or if you notice a small cyst, **do not** push on it; focus your thoughts and attention on softening the area surrounding it. Create a soft, nurturing environment here. Don't be shy! I encourage you to take as much time as you need to get comfortable. I often say that the more time you take to get to know your body, the more you are cultivating a new landscape.

NOTE: Make sure to consult your physician anytime you detect an abnormal lump.

Step 14

Repeat Step 9: Pump your rib cage.

Step 15

Repeat Step 7: Massage your breast under the bra line.

Step 16

Repeat Step 5: Massage the top of your breast.

Step 17

Repeat Step 2: Stimulate the axillary lymph nodes in your armpit.

Step 18

Repeat Step 3: Stimulate your shirt-collar lymphatic zone.

Step 19

Repeat Step 1: Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck.

Step 20

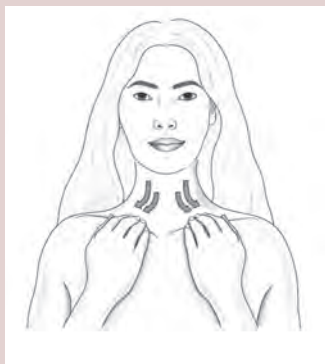
Repeat Steps 2 to 17 on your other breast.



Premenstrual Syndrome and Perimenopausal/ Menopausal Symptom Relief

Step 1

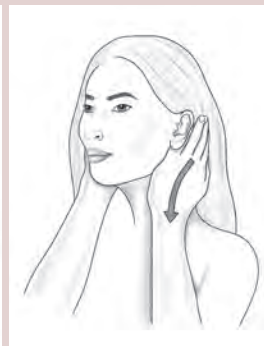
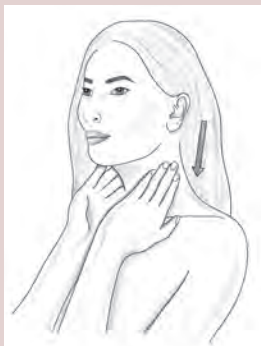
Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck just above your collarbone. Press your fingers **down** into the hollows of your collarbone. Make a **J** motion as you press **lightly down** and **out** toward your shoulders. Repeat ten times.



Step 2

Perform the “Neck” sequence. There are three steps:

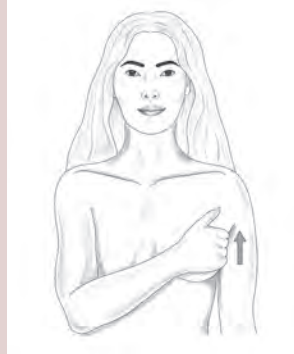
1. Place both your palms at the base of your neck. Pulse the skin gently as you stroke **downward** toward your collarbone. Repeat ten times.
2. Place your hands higher so your pinky fingers rest in the groove behind your ears, your fingertips pointing diagonally toward your ears. Use your palms to stretch the skin **downward** toward your neck. Repeat five times.
3. Make light brushstrokes from behind your ears all the way down your neck. Repeat five times. Swallow once.



Step 3

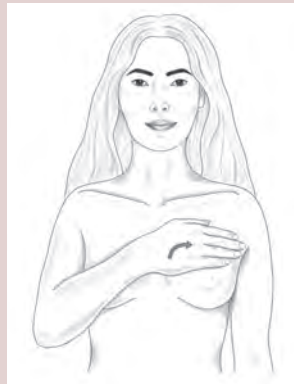
Stimulate the axillary lymph nodes in your armpits.

Place your hand inside your armpit, your index finger resting gently in the groove of your armpit. Pulse **upward** into your armpit. Repeat ten times.



Step 4

Massage the top of your breast: Place the palm of your hand above your breast, your fingertips facing your armpit. **Gently** massage C-strokes over the top of your breast toward your armpit. Repeat five times.

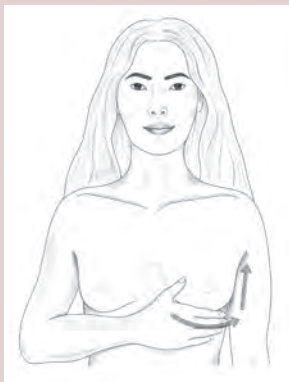


Step 5

Repeat Step 3: Stimulate the axillary lymph nodes in your armpits.

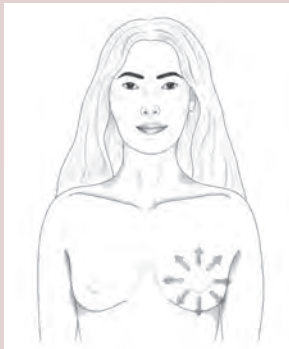
Step 6

Massage your breast under the bra line: Place your opposite palm underneath your breast, your fingertips pointing toward the side of your torso. **Gently**, like a wave, massage C-strokes toward the side of your torso. Continue massaging fluid **up** the side of your torso into your armpit. Repeat three times.



Step 7

Gently knead your breast all around the circumference, moving fluid away from the nipple, radiating outward like the sun's rays. Do not massage fluid toward your nipple. Spend some time here getting to know your breast tissue. Become comfortable with how it feels. You might be used to touching your breast to check for breast lumps, which can be frightening. But your breasts may feel different at certain times of the month. Pay attention to the details and changes that occur. Infuse your breasts with a loving, nourishing touch. If you are feeling tender or if you notice a small cyst, *do not* push on it; focus your thoughts and attention on softening the area surrounding it. Create a soft, nurturing environment here.

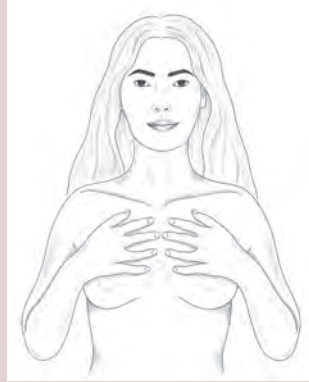


NOTE: Make sure to consult your physician anytime you detect an abnormal lump.

Step 8

Some of your lymphatic fluid drains to the mammary chain of lymph nodes along the intercostals in your sternum in your torso cavity. Stimulating the nodes at your sternum creates a vacuum effect. Place your hands in the intercostal spaces along your sternum. Feel the indents of your rib cage.

Very gently, press **in** and **out** along the grooves of your intercostals. Inhale and exhale deeply. This move helps pump air out of your lungs. You don't want to press deeply, as your skin is thin here and you are working only on the fluid layer. This is where your heart chakra lies; treat it with acceptance, self-love, and tenderness. Repeat ten times.



Step 9

Lightly tap your sternum. Visualize the sound of the thumping down into your cells. This is where your T cell-maturing thymus is located, above your heart. The thymus stores immature white blood cells and gets them ready to become active T cells to mount an immune response that will help destroy infected and nefarious cells. As you tap your chest, imagine all the benefits of your thymus.

Step 10

Stimulate your rib cage: Place your hand over your rib cage. This is easiest if you're lying down. Your fingers will rest in the grooves between the ribs. As you breathe in, expand the air into your ribs. As you exhale,



gently massage C-strokes **upward** into the soft spaces of your ribs. Pump your breast tissue **diagonally upward** toward your armpit. Avoid moving fluid into your nipple. Repeat ten times. Sometimes this area is tender. Spend a few extra moments cradling your ribs. You want to soften and melt the tension without using any force.

Step 11

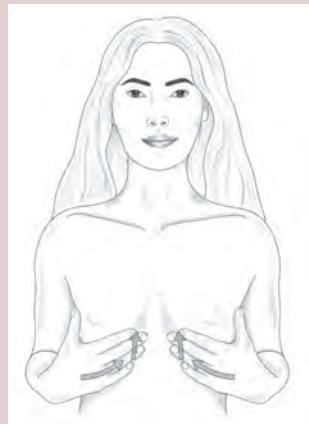
Repeat Step 3: Stimulate the axillary lymph nodes in your armpit.

Step 12

Repeat Steps 3–8 and Step 10 on the opposite breast.

Step 13

Place both your hands underneath your breasts, your fingers facing each other. You will be able to feel the spaces between your ribs. **Gently** pump your hands **upward** toward the center of your chest. Repeat ten times. This will also encourage lymph flow to the internal mammary chain of lymph nodes. Repeat ten times.



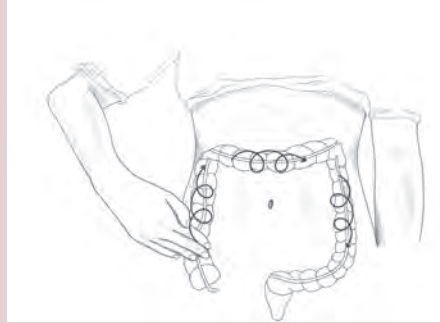
Step 14

Do deep diaphragmatic breathing: Lie down in a comfortable position. Place both hands on your abdomen. Take five deep breaths into your abdomen. Exhale slowly and deliberately. Feel your abdomen rise as you inhale and relax as you exhale. Imagine your thoracic duct bringing all your lymphatic fluid from your pelvis and lower half of your body up the center of your chest and releasing it *clean* and *fresh* back into your bloodstream.



Step 15

Massage your abdomen: Gently massage your abdomen clockwise in overlapping circles. Your colon is shaped like an upside-down C. Follow the lines of elimination; the ascending colon runs from your right hip up to your right ribs. Your transverse colon then crosses



above your navel from the right rib to the left rib. Your descending colon goes from your left rib down toward your left hip, where it meets the rectum. Make small circles all around your colon: up, across, and down. This is your sacral chakra, associated with sensitivity, creativity, intimacy, and self-expression.

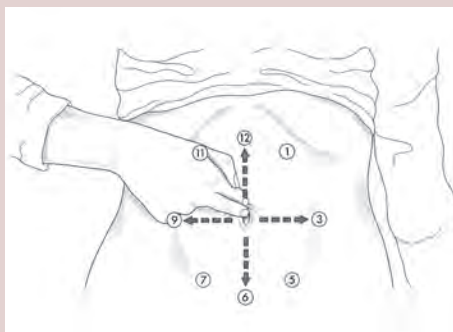
Step 16

Make small circles around the outside of your belly button as you breathe deeply. Repeat five times.



Step 17

Do navel pulls. This is wonderful to help alleviate small tensions and misalignments in the abdomen due to movement patterns that put strain on the muscles and organs. With the fingertips of one hand, **gently** pull the edges of your navel **outward**. Use



whichever fingertips are most comfortable for you. To begin, pull straight **upward** as though your navel is a clock and the time is 12:00 (this point corresponds to the heart). Stretch and hold the skin for at least one minute in each spot while you breathe in and out. Then move to 3:00 (the left kidney), 6:00 (the bladder and genital organs), 9:00 (the right kidney), and any other “time” that needs your attention; for instance, 1:00 (stomach and spleen), 5:00 (intestines), 7:00 (intestines), 11:00 (liver and gallbladder). You may feel a release in other parts of your stomach. I like to spend a lot of time in this area when I have the time. It’s one of my favorite steps in this sequence; it’s very effective in softening the entire abdomen, as it releases the tension and emotional energy that accumulate when the connective tissue surrounding the organs gets tight.

Step 18

Repeat Step 15: Massage your abdomen.

Step 19

Scoop from inside your hip bones toward your navel. Begin in front of your right hip bone. This is where your cecum, ilium, ileocecal valve, and the beginning of your ascending colon are located. It’s also the area where your

small intestine merges into your large intestine (colon). This can be tender or tight if you've had long-standing chronic constipation. Use the palm of your right hand to scoop from the front of your right hip toward your navel. Next, scoop from the front of your left hip bone toward your navel. This is the end of your



descending colon, where your sigmoid colon meets your rectum. This side can be tender if you've recently been constipated, so be gentle here. You don't want to stretch the skin—that can be painful! You can create slack in your skin by pushing toward your hip first, then massaging **down** into your belly, then toward your navel. Repeat five times on each side.

Step 20

Scoop underneath both sides of your rib cage toward your navel. Your liver and gallbladder are located under your right rib cage, close to where your ascending colon bends to become your transverse colon. **Gently** create slack in the skin first, then scoop **downward** and **outward** from your left rib cage and out, similarly to Step 19. Your stom-



ach and spleen are located under your left rib cage. This is near the splenic flexure or bend from the transverse colon to the descending colon. Contour your palm underneath your rib cage and pump **downward** and **outward** toward your navel. Repeat five times on each side.

Step 21

Repeat Steps 15 and 16: Massage your abdomen and your belly button. Visualize the perfect temperature in your abdomen; the sun is shining, there's a gentle breeze, and the environment is calm and serene. Finish with a few cleansing breaths.

Step 22

Place the palm of one hand above your pubic bone. Take a deep breath into your palm. Visualize a calm lake surrounded by lush trees in your pelvic cavity. Imagine that the sun is setting and there is a brilliant orange glow in the sky. Keep your palm here for a few breaths as you soften all the muscles in this area. Stay here until you feel the ripples of the lake becoming calm and serene.

Step 23

Stimulate your inguinal lymph nodes. Place your hand on top of your inner thigh. Massage C-strokes **upward** to the crease at the top of your thigh. Repeat five times. Repeat on your opposite thigh.



Step 24

Repeat Step 3: Stimulate the axillary lymph nodes of both armpits.

Step 25

Repeat Step 1: Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck.

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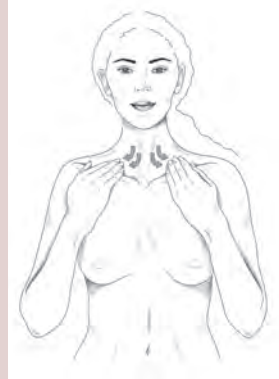


**RECOVERY FROM ATHLETIC INJURIES,
PRE- AND POSTOPERATIVE RECOVERY,
SCAR TISSUE, AND CHRONIC CONDITIONS**

Achy Limbs: Arms

Step 1

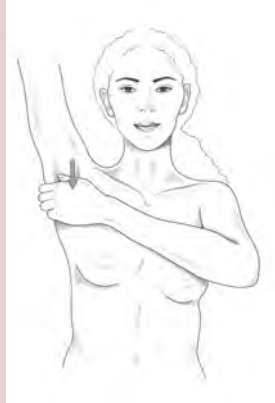
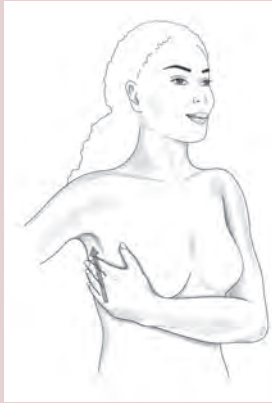
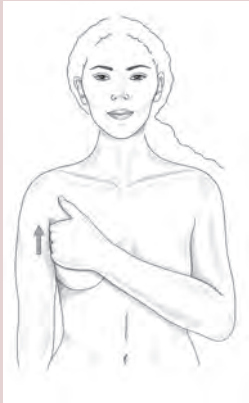
Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck just above your collarbone. Press your fingertips **down** into the hollows above your collarbone. Make a J motion as you press **lightly down** and **out** toward your shoulders. Repeat ten times.



Step 2

Stimulate the axillary lymph nodes in your armpit. There are three steps:

1. Place your hand inside your armpit, your index finger resting **gently** in the groove of your armpit. Pulse **upward** into your armpit. Repeat ten times.
2. Move your hand **down** the side of your torso. This region contains breast tissue, which is essential to drain. With the palm of your hand, make C-strokes **up** the side of your torso into your armpit. Repeat ten times.
3. Lift your arm and place your hand into your armpit. Pump **downward** over your armpit ten times. Release your arm.



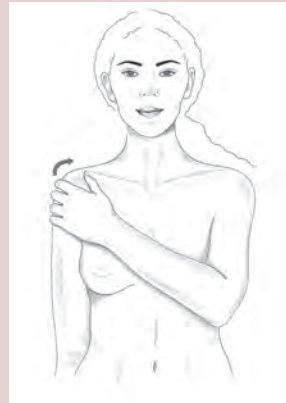
Step 3

Stimulate your shirt-collar lymphatic zone: Place your hands on top of your shoulders, your elbows pointing straight in front of you. Inhale, then drop your elbows as you exhale, keeping your fingertips on your shoulders. Repeat five times. This helps move lymphatic fluid from the back of your neck to the drains above your collarbone.



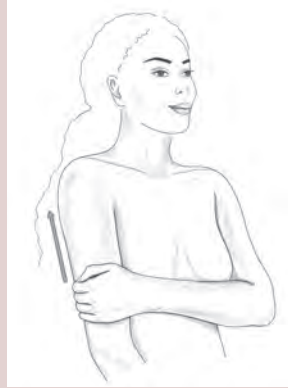
Step 4

Place your hand on top of your shoulder cap. Make C-strokes up and over your shoulder toward your neck. Repeat five times. The drainage pattern here is toward the supraclavicular lymph nodes in your collarbone.



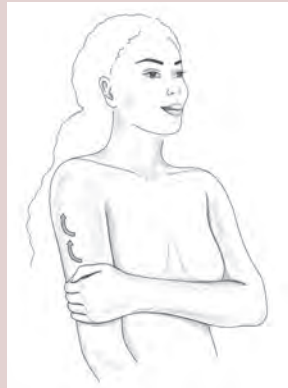
Step 5

Make light brushstrokes on the outside of your upper arm from your elbow to your shoulder cap. Repeat five times.



Step 6

Massage overlapping C-strokes along the outside of your upper arm, starting at your elbow and going over your triceps and your deltoid toward your shoulder. Create a wavelike pattern with your strokes. Repeat five times.



Step 7

Repeat Step 4: Massage your shoulder cap.

Step 8

Make light brushstrokes along the inside of your upper arm from your elbow into your armpit. Repeat five times.

Step 9

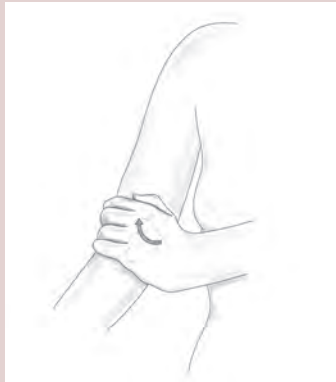
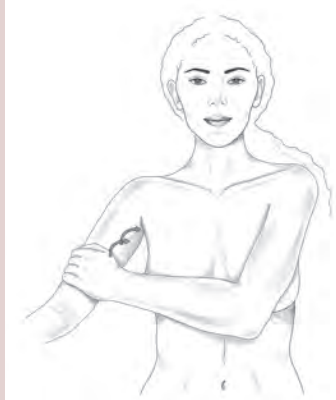
Massage overlapping C-strokes along the inside of your upper arm from your elbow crease to your axillary lymph nodes. Repeat five times.

Step 10

Repeat Step 2: Stimulate the axillary lymph nodes in your armpit.

Step 11

Massage your elbow crease, the cubital fossa. Drape your palm over your inner elbow and make stationary C-strokes upward. There are lymph nodes in the elbow crease that receive fluid from your lower arm and hand, so it's important to stimulate this area before you massage your lower arm. Repeat ten times.



Step 12

Make light brushstrokes from your wrist to your elbow crease. Repeat five times.

Step 13

Use the pump stroke to massage the top of your forearm from your wrist to your elbow crease. Repeat three times.



Step 14

Massage underneath your forearm from your wrist to your elbow crease. Repeat three times.



Step 15

Repeat Step 11: With your hand, massage your elbow crease. Repeat five times.

Step 16

Massage C-strokes over the top and bottom of your wrist. With your palm draped over your wrist, massage C-strokes over your wrist. This is a stationary stroke; your hand will remain in one place. If your hand is puffy, you might feel some fluid draining from your hand during this stroke. That's okay; it means you are clearing out stagnation. This area tends to become inflamed due to our constant overuse of phones and computer keyboards, as well as repetitive strain injuries (RSIs). Repeat five times.



Step 17

Massage C-strokes on your palm toward your wrists. Repeat five times.

Step 18

Raise your arm in the air, over your head if possible. Circle it around clockwise a few times, then counterclockwise. You can start with small circles, then make them bigger and bigger if you feel comfortable.

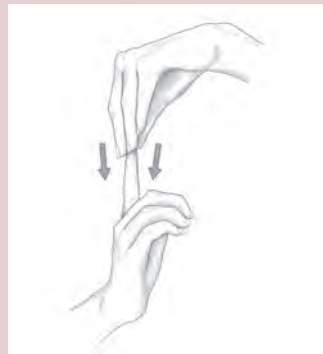
Step 19

Weave the fingers of your right hand through the fingers of your left hand. Massage the insides of your fingers down to the base. Repeat five times.



Step 20

Massage each finger separately: Make a cap with the fingers of your hand and massage each finger from the tip of the nail bed down to the finger webbing. Repeat ten times.



Step 21

Repeat Step 17: Massage your palm.

Step 22

Repeat Step 16: Massage your wrist.

Step 23

Repeat Step 13: Massage your forearm from your wrist to your elbow crease.

Step 24

Repeat Step 11: Massage your elbow crease.

Step 25

Repeat Step 9: Massage overlapping C-strokes along the inside of your upper arm.

Step 26

Repeat Step 2: Stimulate the axillary lymph nodes in your armpit.

Step 27

Repeat Step 3: Stimulate your shirt-collar lymphatic zone.

Step 28

Repeat Step 1: Stimulate the supraclavicular right and left lymphatic nodes in your neck.

Step 29

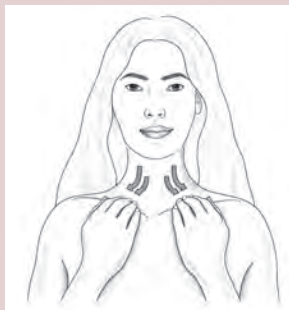
Repeat Steps 1 to 28 with your other arm, as necessary.



Achy Limbs: Legs

Step 1

Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck just above your collarbone. Press your fingertips **down** into the hollows above your collarbone. Make a **J** motion as you press **lightly down** and **out** toward your shoulders. Repeat ten times.



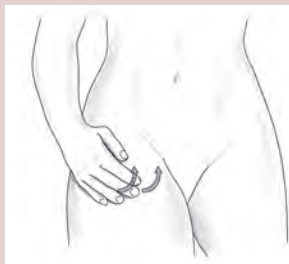
Step 2

Place your left hand inside your armpit, your index finger resting **gently** in the groove of your armpit. Pulse **upward** into your armpit. Repeat ten times.

Step 3

Stimulate your inguinal lymph nodes. There are two steps:

1. Place your hand on top of your inner thigh. Massage C-strokes **upward** to the crease at the top of your thigh. Repeat ten times. Repeat on your opposite thigh.
2. Place your hand on top of your outer thigh. Massage C-strokes **upward** to the crease at the top of your thigh. Repeat ten times. Repeat on your other thigh.



Step 4

Lift each leg six times. This movement stimulates your inguinal lymph nodes.

Step 5

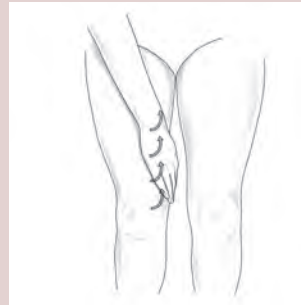
Do abdominal breathing: Begin this sequence with a few deep breaths to create a vacuum suction effect for your lower limbs. Place your hands on your abdomen. Take a deep breath into your abdomen. As you inhale, expand your abdomen into your hands like a balloon. As you exhale, let your abdomen relax. Repeat ten times.

Step 6

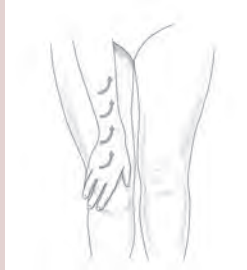
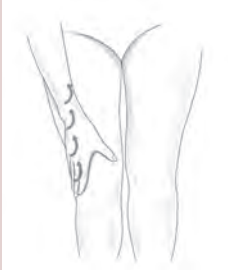
Once you have “cleared the drain,” you can work on your legs, knees (over your kneecap and behind), lower legs, ankles, and feet. If you’d like to use a little lotion or oil, that’s fine.

Massage your upper thigh. You can use one or both hands. There are four steps:

1. Inner thigh: Massage overlapping C-strokes from the inside of your knee **upward** to the top of your inner thigh. Repeat five times.
2. Outer thigh: Massage overlapping C-strokes from the outside of your knee **upward** toward the inguinal lymph nodes along the outer side of your thigh. Repeat five times.
3. Center thigh: Massage overlapping C-strokes from the center of your knee **up** the middle of your leg to your inguinal lymph nodes. Repeat five times.



4. Back of the thigh: Bend your leg so you can reach underneath your thigh. With both hands, sweep the fluid from your hamstrings to the front of your leg into your inguinal lymph nodes. Repeat ten times. Pump your inguinal lymph nodes again three times.



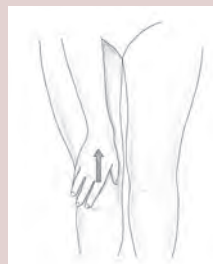
Step 7

Massage your knee. There are three steps:

1. Place your hand under your knee. Pump directly into the lymph nodes into the back of your knee (the popliteal fossa). Repeat ten times.
2. Place both hands on each side of your kneecap. Grab the skin on both sides of your knee, and massage C-strokes **upward**. Repeat ten times.



3. Place your hand on top of your kneecap.
Stroke your skin **upward** and over your knee.
Repeat ten times.



Step 8

Massage your lower leg. There are four steps:

1. Outside of the lower leg: Using both hands, massage the outside of your leg from your ankle to your knee using the pump stroke and overlapping C-strokes. Repeat five times.
2. Inside of the lower leg: Using both hands, massage the inside of your leg from your ankle to your knee using the pump stroke and overlapping C-strokes. Repeat five times.
3. Middle of the lower leg: Using both hands, massage the center of your leg from your ankle to your knee using the pump stroke and overlapping C-strokes. Repeat five times.



4. Back of the lower leg: Using both hands, massage your calf up into the back of your knee. Pump the back of your kneecap to stimulate the popliteal fossa lymph nodes. Repeat five times.



Step 9

Massage around your ankle bones. This area gets congested easily, so feel free to spend extra time here to move out any excess fluid. There are three steps:

1. Place both hands on the outside of your ankle. Massage overlapping C-strokes **upward**. Repeat five times.



2. Place both hands on the inside of your ankle. Massage overlapping C-strokes **upward**. Repeat five times.



3. Place one hand on the inside and one hand on the outside of your ankle. Simultaneously massage both sides **upward**. Repeat five times.



Step 10

Massage your foot: Place your palm on top of your foot. Massage C-strokes **upward** toward your ankle bones. Repeat ten times.

Step 11

Press the pads of the fingertips into the groove on top of your foot between your big toe and second toe. This is a good reflexology point for lymph. Press down onto the grooves between all five of your toes. Repeat five times.

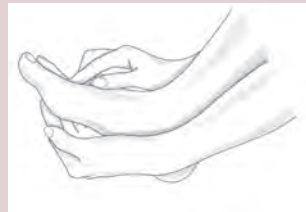


Step 12

Repeat Step 10: Massage your foot.

Step 13

Place one hand under your foot in the pad at the base of your toes and your other hand on the top of your foot. Massage with both hands simultaneously twenty times.



Step 14

Repeat Steps 6 to 10 in reverse order: Massage your leg from your foot up your leg and into the inguinal lymph nodes.

Step 15

Repeat Step 3: Stimulate your inguinal lymph nodes.

Step 16

Repeat Step 1: Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck.

Step 17

Repeat Steps 1 to 15 on your opposite leg.



Athletic Injuries, Pre- and Postoperative Recovery, and Scar Tissue

Step 1

Locate the lymph nodes that will receive the fluid from the region where your scar is located. For instance, if your scar is on your foot, the inguinal lymph nodes at the top of your thigh and the popliteal nodes behind your knee are the main drains to stimulate. If you've had surgery on your hand, you will want to stimulate the lymph nodes in your elbow crease and the axillary lymph nodes in your armpit. If you are treating a scar resulting from breast surgery, as the sequence on the opposite page depicts, I would suggest you also refer to "Breast Sequence for Lymphedema".

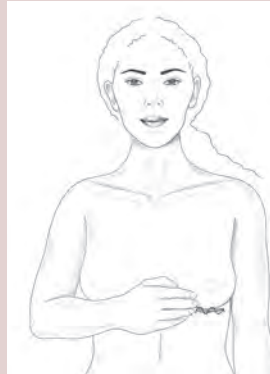
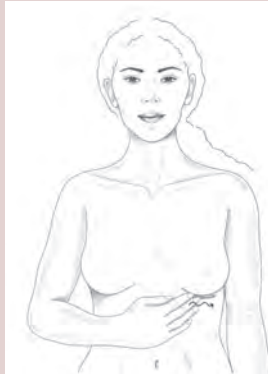
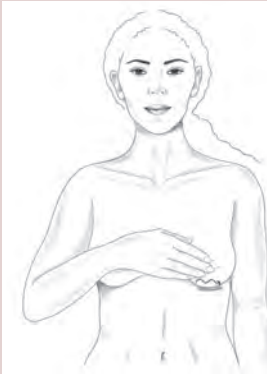
Step 2

Gently massage the area around, above, and below your scar toward the lymph node clusters.

Step 3

Massage the scar itself. This technique uses slightly more pressure than other lymphatic self-massage sequences do. It's okay to use a little oil if you like. Depending on how long you've had the scar, you might feel some hard, fibrotic tissue underneath the surface of your skin. Over time, you can alleviate the scar tissue buildup by massaging it. There are five steps:

1. Above the incision: With your fingertips, massage a zigzag pattern above the scar toward the ends of the incision. Repeat using overlapping C-strokes.
2. Below the incision: With your fingertips, massage a zigzag pattern below the scar toward the ends of the incision. Repeat using overlapping C-strokes.
3. Directly over the incision: With your fingertips, massage a cross-fiber pattern directly on top of the scar toward the ends of the incision.
4. Massage both ends of the incision. Excess fluid and fibrotic tissue tend to accumulate here.
5. Repeat Step 3: Massage directly over the incision.

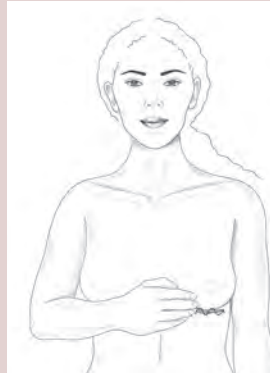
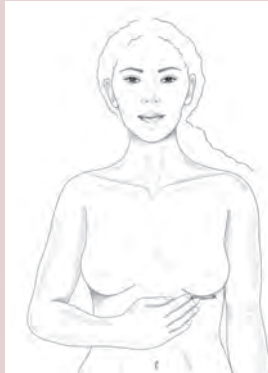


Step 4

Repeat Step 2: Massage the area around, above, and below your scar.

Step 5

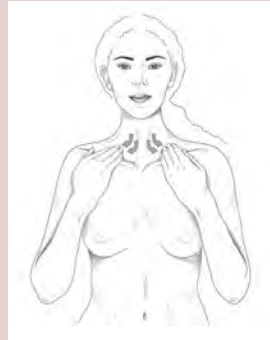
Repeat Step 1: Stimulate the appropriate lymph nodes.



Arm Sequence for Lymphedema

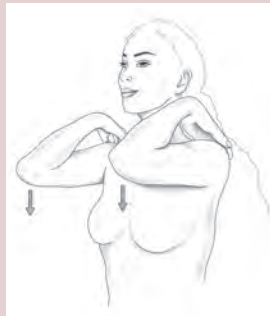
Step 1

Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck just above your collarbone. Press your fingers **down** into the hollows of your collarbone. Make a J motion as you press **lightly down** and **out** toward your shoulders. Repeat ten times.



Step 2

Stimulate your shirt-collar lymphatic zone: Place your hands on top of your shoulders, your elbows pointing straight in front of you. Inhale, then drop your elbows as you exhale, keeping your fingertips on your shoulders. Repeat five times. This helps move lymphatic fluid from the back of your neck to the drains at the base of your neck above your collarbone.



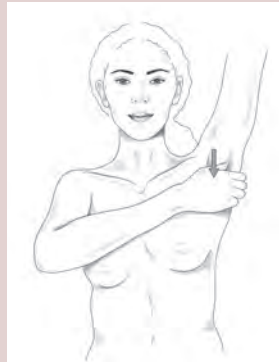
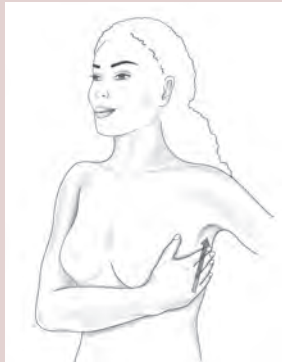
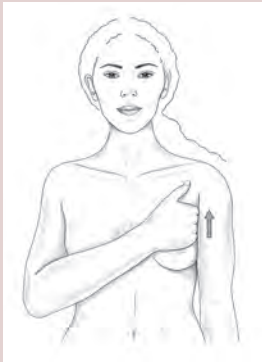
Step 3

Stimulate the axillary lymph nodes in your armpit on the **unaffected** side, the opposite side from the one on which you had cancer or lymphedema; if you had breast cancer on the right side, your left side is your unaffected side. If you had breast cancer in both breasts, you will stimulate both armpits and both inguinal lymph nodes. You will also reroute fluid to both sides of your inguinal lymph nodes at the top of your thighs. There are three steps:

1. Place the palm of your hand inside your **unaffected** armpit, your index finger resting *gently* in the groove of your armpit. Pulse **lightly upward** into the armpit. Repeat ten times.
2. Move your palm **down** the side of your torso. This region contains

breast tissue, which is essential to drain. With the palm of your hand, pulse the side breast tissue **upward** into your armpit. Repeat five times.

3. Lift your arm and place your hand into your armpit. Pump **downward** over your armpit five times. Release your arm.

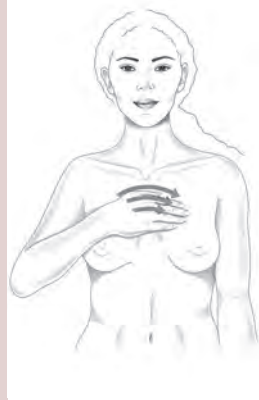
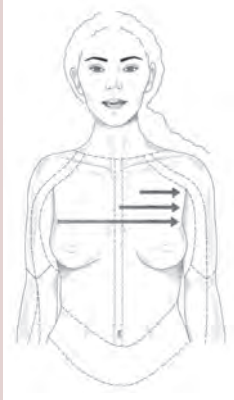


Step 4

Clear the axillary-axillary anastomosis across your chest. Some of your breast fluid drains into the mammary chain of lymph nodes in the middle of your chest, so they will be stimulated in this step also. There are three steps:

1. Place the palm of your hand above your **unaffected** breast, your fingertips facing your unaffected armpit. **Gently** massage C-strokes or rainbows over the top of your breast toward your **unaffected** armpit. Repeat five times.
2. Place your hand on the center of your chest, your fingertips facing your **unaffected** armpit. **Gently** massage rainbows across your chest toward your **unaffected** armpit. Repeat five times.

3. Place your hand above your **affected** breast (the side that had cancer), your fingertips facing your **unaffected** armpit. Gently massage rainbows across your chest from your **affected** side toward the **unaffected** armpit. Repeat five times.



Step 5

Repeat Step 3: Stimulate the axillary lymph nodes in your **unaffected** armpit.

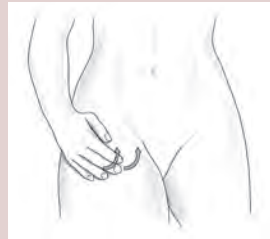
Step 6

Now stimulate the armpit on the **affected** side, the one on which you had cancer or lymphedema: Place your hand inside your **affected** armpit, your index finger resting **gently** in the groove of your armpit. Pulse **lightly up-ward** into the axillary lymph nodes. Repeat ten times.

Step 7

Stimulate the inguinal lymph nodes at the top of your thigh on your **affected** side to prepare them to receive fluid from your torso. There are two steps:

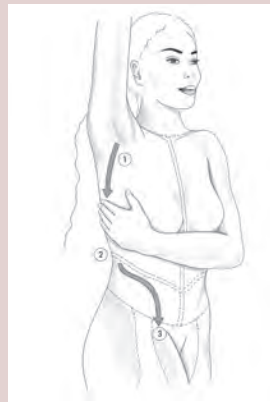
1. Place the hand on your **affected** side on top of your inner thigh. Massage C-strokes **upward** into the crease at the top of your thigh. Repeat ten times.
2. Place your hand on top of your outer thigh. Massage stationary C-strokes **upward** into the crease of your thigh. Repeat ten times.



Step 8

Clear the axillary-inguinal, or “Niagara Falls,” anastomosis on your **affected** side: **Lightly** brush from your **affected** armpit **down** to your inguinal lymph nodes. Massage from your armpit **down** the side of your torso to your inguinal lymph nodes. There are three steps:

1. Place the palm of your hand directly under your **affected** armpit. Massage C-strokes from your armpit to your waist. Repeat five times.
2. Place your hand on your waist. Massage C-strokes from your waist toward the inguinal lymph nodes at the top of your thigh. Repeat five times.

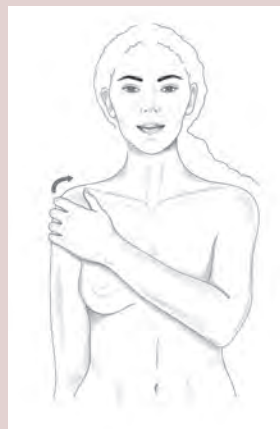


3. Place your hand on your lower abdomen above your hip bone. Massage C-strokes like a waterfall from your hip to your inguinal lymph nodes at the top of your thigh. Repeat five times.

Now that you've cleared the pathway to the unaffected lymph nodes, you are ready to reroute fluid from your arm by performing the arm sequence on your at-risk limb.

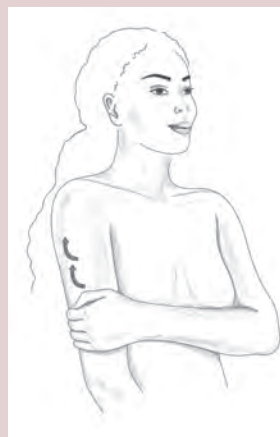
Step 9

Place your hand on top of the shoulder cap on your **affected** side. Massage C-strokes up and over your shoulder toward your neck. Repeat five times. Remember, the drainage pattern is toward the lymph nodes in your collarbone. Do not direct the fluid down your arm; all your strokes are geared toward moving fluid up and out of your arm.



Step 10

With your hand, make brushstrokes on the outside of your upper arm **upward** toward the shoulder cap on your **affected** side. Repeat five times. Then massage overlapping C-strokes along the outside of your upper arm, starting at your elbow and going over your triceps and your deltoid toward your shoulder. Create a wavelike pattern with your strokes. Repeat five times.

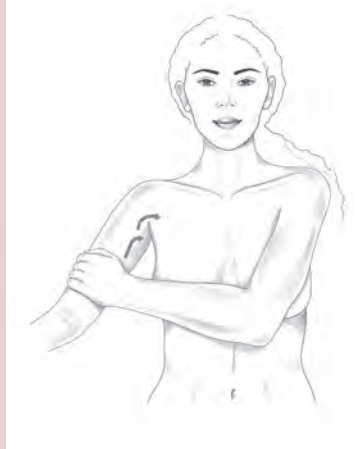


Step 11

Repeat Step 9: Massage C-strokes over the top of your shoulder cap.

Step 12

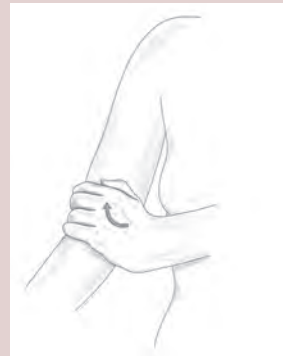
With your hand, make light brush-strokes **upward** along the inside of the upper arm on your **affected** side. Repeat five times. Then massage overlapping C-strokes **upward** along your inner arm, starting at your elbow crease and massaging over your biceps to your outer arm and the top of your shoulder. Repeat five times. Pump your armpit five times. Some of the fluid from your arm will naturally go into your armpit because even if some lymph nodes have



been removed, lymphatic fluid will still drain into the remaining nodes. In order not to overwhelm the armpit, massage from the inner arm to the outer arm and **upward** toward the collarbone.

Step 13

With your hand, massage the elbow crease, the cubital fossa, on your **affected** side: Drape your palm over your inner elbow and make stationary C-strokes upward. There are lymph nodes in the elbow crease that receive fluid from your lower arm and hand, so it's important to stimulate this area before you massage your lower arm. Repeat ten times.



Step 14

Make light brushstrokes from your wrist up the lower forearm on your **affected** side. Repeat five times. Then massage overlapping C-strokes up your outer and inner forearm. Drape your hand at your wrist so it contours your skin. You might feel a swath of fluid under your skin. Remember, less is more. Be gentle. Stop at the elbow crease. Repeat five times.



Step 15

Repeat Step 13: Massage your elbow crease. Repeat five times.

Step 16

Drape your palm over the wrist on your **affected** side and massage C-strokes over the top and bottom of your wrist. This is a stationary stroke; your hand will remain in one place. If your hand is puffy, you might feel some fluid draining from your hand during this stroke. That's okay; it means you are clearing out stagnation. This area tends to become inflamed due to our constant overuse of phones and computer keyboards, as well as repetitive strain injuries (RSIs). Repeat five times.



Step 17

Massage C-strokes on the palm on your **affected** side, moving toward your wrists. Repeat five times.

Step 18

Raise the arm on your **affected** side in the air, over your head if possible. Circle it around clockwise a few times, then counterclockwise. You can start with small circles, then get bigger and bigger if you feel comfortable.

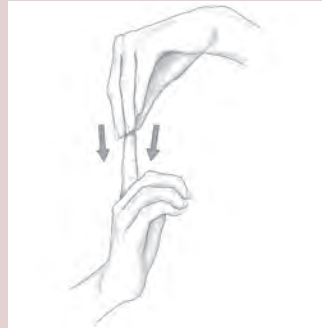
Step 19

Weave the fingers of your hands together. Starting at your fingertips, massage the sides of your fingers by moving your hands back and forth as you go, down to the finger webbing. Repeat five times.



Step 20

Massage each finger separately: Make a cap with the fingers of the hand on your **unaffected** side and massage each finger of the hand on your **affected** side from the tip of the nail down to the finger webbing. Repeat ten times.



Step 21

Repeat Step 17: Massage C-strokes on your palm.

Step 22

Repeat Step 16: Massage your wrist.

Step 23

Repeat Step 14: Massage up your forearm.

Step 24

Repeat Step 13: Massage your elbow crease.

Step 25

Repeat Step 12: Massage your upper arm.

Step 26

Repeat Step 6: Stimulate the axillary lymph nodes in your **affected** armpit.

Step 27

Repeat Step 8: Clear the axillary-inguinal anastomosis.

Step 28

Repeat Step 4: Clear the axillary-axillary anastomosis across your chest.

Step 29

Repeat Step 1: Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck.

Step 30

Do deep diaphragmatic breathing: Take any comfortable position. Place both hands on your abdomen. Take ten deep breaths into your abdomen, expanding your abdomen into your hands. Exhale, letting your abdomen relax. This will help pump the fluid that you will be rerouting to your inguinal lymph nodes at the top of your thigh.

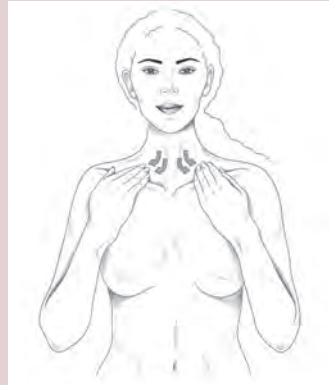
NOTE: If you have lymphedema, please consult a Certified Lymphedema Therapist before beginning a new exercise regimen.



Breast Sequence for Lymphedema

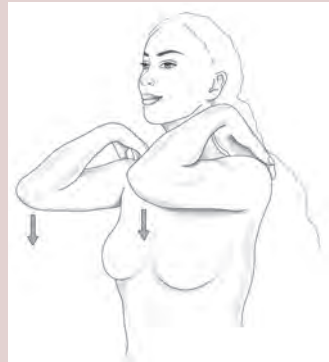
Step 1

Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck just above your collarbone: Press your fingertips **down** into the hollows above your collarbone. Make a **J** motion as you press **lightly down** and **out** toward your shoulders. Repeat ten times.



Step 2

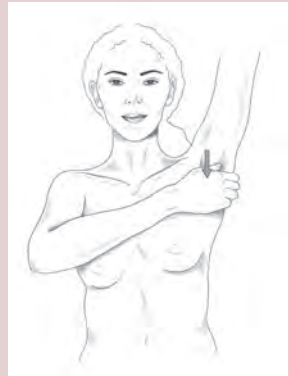
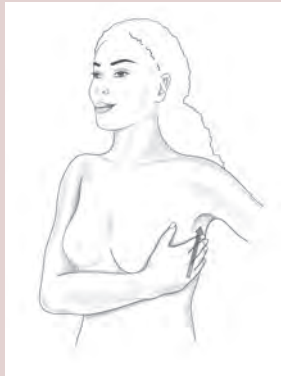
Stimulate your shirt-collar lymphatic zone: Place your hands on top of your shoulders, your elbows pointing straight in front of you. Inhale, then drop your elbows as you exhale, keeping your fingertips on your shoulders. Repeat five times. This helps move lymphatic fluid from the back of your neck to the drains above your collarbone.



Step 3

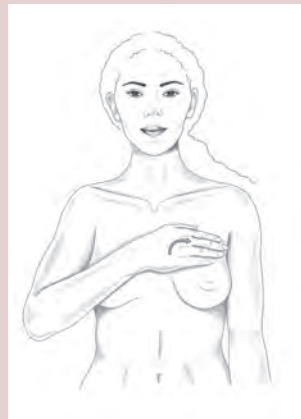
Stimulate the axillary lymph nodes in the armpit on your **unaffected** side, the opposite side from the one on which you had cancer or lymphedema. That is, if you had breast cancer on the right side, your left side is your unaffected side. If you had cancer in both breasts, you will stimulate the lymph nodes in both armpits and the inguinals on each side, first on one side, then on the other. You will also reroute fluid to both sides of your inguinal lymph nodes at the top of your thighs. There are three steps:

1. Place the palm of your hand inside your **unaffected** armpit, your index finger resting gently in the groove of your armpit. Pulse **lightly upward** into your armpit. Repeat ten times.
2. Move your hand **down** the side of your torso. This region contains breast tissue, which is essential to drain. With the palm of your hand, pulse the side breast tissue **up** into your armpit. Repeat five times. This clears the side of your torso.
3. Lift your arm and place the palm of your hand into your armpit. Pump **downward** over your armpit five times. Release your arm.



Step 4

Massage your **unaffected** breast first. That is, if you had cancer in your right breast, massage your left breast first or vice versa. It's important to massage both of your breasts to clear as much lymph and inflammation from your chest as possible. This will create the vacuum effect of moving lymph. Place the palm of your other hand above your breast, your fingertips facing your armpit. **Gently**



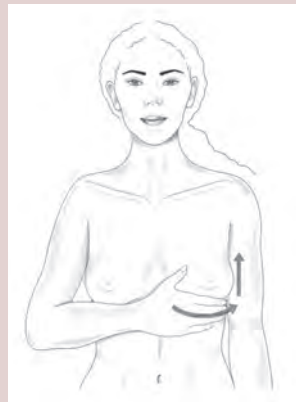
massage C-strokes over the top of your breast, toward your armpit. Repeat five times.

Step 5

Repeat Step 3: Stimulate the axillary lymph nodes in your **unaffected** armpit. Repeat three times.

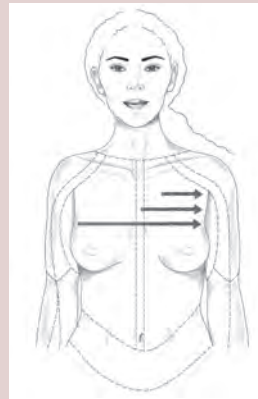
Step 6

Massage your **unaffected** breast under the bra line: Place the palm of your other hand underneath your breast, your fingertips pointing toward the side of your torso. **Gently**, like a wave, massage C-strokes **up** the side of your torso into your armpit. Repeat three times.



Step 7

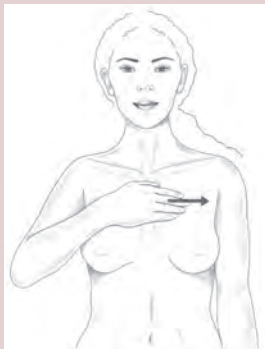
Repeat Step 3: Stimulate the axillary lymph nodes in your **unaffected** armpit. Repeat three times.



Step 8

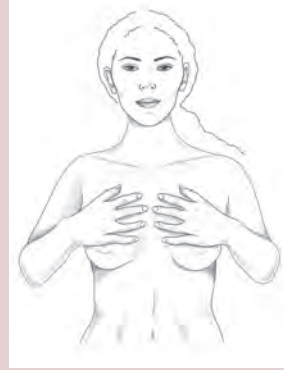
Clear the axillary-axillary anastomosis across your chest. Some of your breast fluid drains into the mammary chain of lymph nodes in the middle of your chest, so they will be stimulated in this step also. There are three steps:

1. Place the palm of your hand above your **unaffected** breast, your fingertips facing your unaffected armpit. **Gently** massage C-strokes over the top of your breast toward your **unaffected** armpit. Repeat five times.
2. Place your hand on the center of your chest, your fingertips facing your **unaffected** armpit. **Gently** massage across your chest toward the **unaffected** armpit. Repeat five times.
3. Place your hand above your **affected** breast, your fingertips facing your **unaffected** armpit. **Gently** massage all the way across your chest from your **affected** side toward the **unaffected** armpit. Repeat five times.



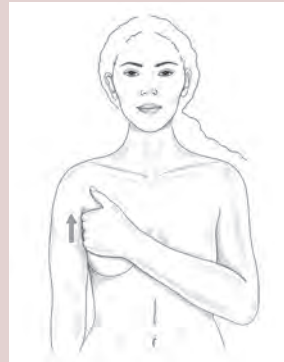
Step 9

Place your fingertips in the intercostal spaces along your sternum. **Very gently**, press in and out along the grooves of your intercostals. Inhale and exhale deeply. This move helps pump air out of your lungs and stimulates the mammary nodes. You don't want to press deeply, as your skin is thin here and you are working only on the fluid layer. This is where your heart chakra lies; treat it with acceptance, self-love, and tenderness. Repeat ten times.

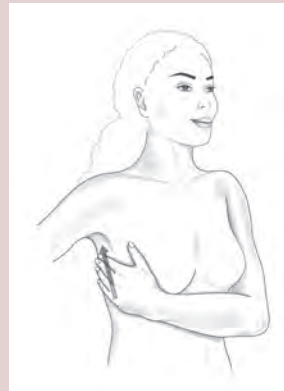


Step 10

Now stimulate the axillary lymph nodes in the armpit on your **affected** side, the one on which you had cancer or lymphedema. If you had lymph nodes removed or radiation, you might still be sore or numb and have some swelling. Please be **extra gentle** and loving. There are three hand positions.

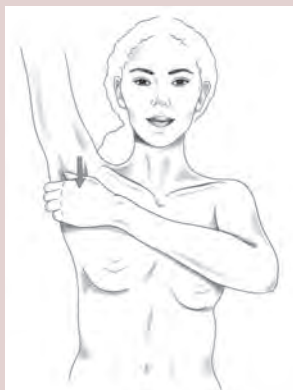


1. Place the palm of your hand inside your **affected** armpit, your index finger resting **gently** in the groove of your armpit. Pulse **lightly upward** into your armpit. Repeat ten times.
2. Move your hand **down** the side of your torso. This region contains breast tissue, which is essential to drain. With the palm of your hand, pulse the side breast tissue



upward into your armpit. Repeat five times. This clears the side of your torso.

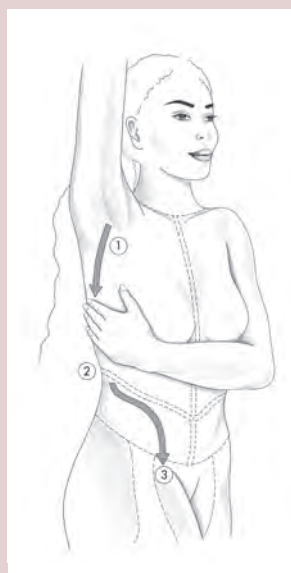
3. Lift your arm and place your hand into your armpit. Pump **downward** over your armpit five times. Release your arm.



Step 11

Clear the axillary-inguinal, or “Niagara Falls,” anastomosis on your **affected** side from your **affected** armpit down the torso of your body toward the inguinal nodes at the top of your thigh on the same side. There are three steps:

1. Place the palm of your hand directly under your **affected** armpit. **Lightly** massage C-strokes **down** from your armpit to your waist. Repeat five times.
2. Place your hand on your waist. **Lightly** massage C-strokes from your waist **down** toward your inguinal lymph nodes at the top of your thigh. Repeat five times.
3. Place your hand on your lower abdomen above your hip bone. **Lightly** massage C-strokes like a waterfall from your hip toward the inguinal lymph nodes. Repeat five times.



Step 12

Stimulate the inguinal lymph nodes at the top of your thigh on your **affected** side to prepare them to receive fluid from your torso: Place the palm of the same-side hand on the top of your thigh. Massage C-strokes **upward** on your thigh. Repeat ten times.

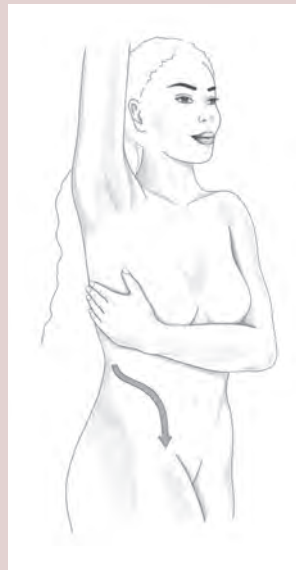


Step 13

Now that you've cleared the pathways (anastomoses), you are ready to massage the breast on your **affected** side, the one on which you had cancer or lymphedema. Place the palm of your hand above your breast, your fingertips facing your armpit. **Gently** massage C-strokes over the top of the breast toward your unaffected armpit. Repeat five times.

Step 14

Massage your **affected** breast under the bra line: Place the palm of your other hand underneath your breast, your fingertips pointing toward the side of your torso. **Gently**, like a wave, massage C-strokes toward the side of your torso. Continue massaging fluid **down** the side of your torso to the inguinal lymph nodes at the top of your thigh. Repeat three times.

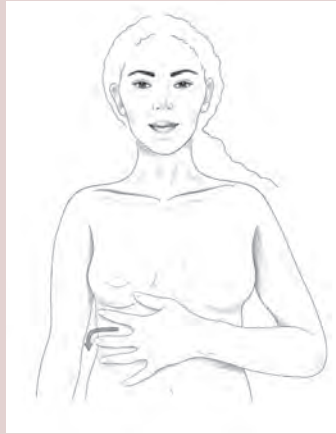


Step 15

Stimulate the axillary lymph nodes in your armpit in your **affected** armpit as in Step 10.

Step 16

Place your same-side hand over your rib cage on your **affected** side, your fingers resting in the grooves between the ribs. As you inhale, expand the air into your ribs. As you exhale, **gently** massage C-strokes with your hands into the soft spaces between your ribs. Sometimes this area is tender. Spend a few extra moments on this step. It's a powerful protective area that shields your vital organs. You want to soften and melt the tension without using any force. This step is most comfortably done in a reclined position. Repeat five times.

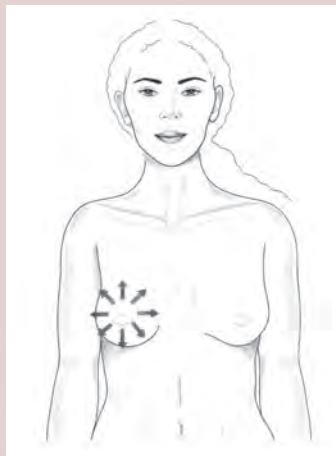


Step 17

Repeat Step 13: Massage over the top of your **affected** breast toward your opposite armpit.

Step 18

With your hand, **gently** knead your **affected** breast all around the circumference, moving fluid away from your nipple, radiating outward like the sun's rays. Some of the fluid from the medial aspect of your breast will drain into the lymph nodes along your sternum, while the fluid from the lateral aspect of your breast is redirected through the anastomoses down to your inguinal lymph nodes. Spend some



time here getting to know your breast tissue. If you are feeling swollen or tender or if you notice a small cyst, **do not** push on it; focus your thoughts and attention on softening the area surrounding it. Create a soft, nurturing environment here. Imagine a beautiful field of lavender or poppies on a sunny day with a light breeze. You don't want to poke the flowers; instead, relax into the hilly dimension and allow your breast to relax with your delicate, nurturing touch.

NOTE: Make sure to consult your physician anytime you detect an abnormal lump.

Step 19

Repeat Step 13: Massage over the top of your **affected** breast toward the opposite armpit.

Step 20

Repeat Step 14: Massage your **affected** breast under the bra line down to the inguinal nodes at the top of your thigh.

Step 21

Repeat Step 10: Stimulate the axillary lymph nodes in your **affected** armpit. Repeat five times.

Step 22

Lightly tap your sternum at the intercostal nodes. This is where the internal mammary chain of lymph nodes is located, as well as your thymus, which matures T cells that fight cancer. As you tap your chest, imagine your thymus as a blossoming rose.

Step 23

Repeat Step 11: Clear the axillary-inguinal, or “Niagara Falls,” anastomosis.

Step 24

Repeat Step 8: Clear the axillary-axillary anastomosis across your chest.

Step 25

Repeat Step 3: Stimulate the axillary lymph nodes in your **unaffected** armpit.

Step 26

Repeat Step 2: Stimulate your shirt-collar lymphatic zone.

Step 27

Repeat Step 1: Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck.

NOTE: If you have lymphedema, please consult a Certified Lymphedema Therapist before beginning a new exercise regimen.



Leg Sequence for Lymphedema

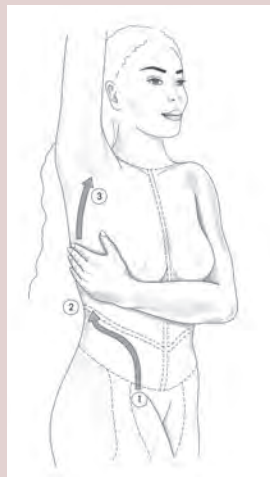
How to Reroute the Two Anastomoses

Inguinal-axillary: Massage from the inguinal lymph nodes at the top of the thigh of your **affected** leg up your hip and the side of your torso into the axillary lymph nodes in the same-side armpit. For example, if your right leg is swollen, massage from your right inguinal lymph nodes up your waist on your right side into your right armpit and stimulate the axillary lymph nodes in that armpit.

Inguinal-inguinal: Massage from the inguinal lymph nodes on your **affected** side to the inguinal lymph nodes on your **unaffected** side. For instance, if your right leg is swollen, massage from your right thigh crease over your abdomen to your left thigh crease. Then stimulate the inguinal lymph nodes on the **unaffected** side.

Once you have opened the drains on the **unaffected** side and cleared a path to receive excess fluid, perform the “Achy Limbs: Legs” sequence.

NOTE: If you have lymphedema, please consult a Certified Lymphedema Therapist before beginning a new exercise regimen.



Part III

LYMPHATIC HOLISTIC REMEDIES

Chapter 5

SELF-CARE ROUTINES TO BOOST LYMPH FLOW

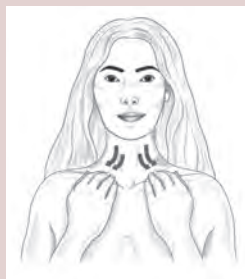
Dry Brushing

How to Dry-Brush Your Body

It's a good general rule to brush toward your heart, but here's how you can dry-brush more specifically to stimulate your lymphatic system by massaging the lymph nodes and brushing toward them. Work proximally to distally.

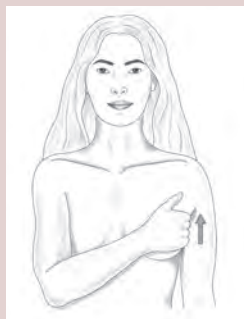
Step 1

Stimulate the right and left supraclavicular lymphatic nodes at the base of your neck just above your collarbone. Press your fingertips **down** into the hollows of your collarbone. Massage in a *J* motion, pressing *lightly down* and **out** toward your shoulders. Repeat ten times.



Step 2

Stimulate the axillary lymph nodes in your armpit: Place your hand in your armpit, your index finger resting *gently* in the groove of your armpit. Pulse **upward** into your armpit. Repeat ten times.

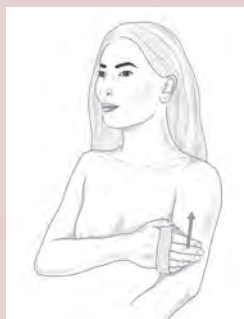


Step 3

Repeat Step 2 on your opposite armpit.

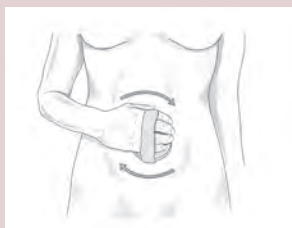
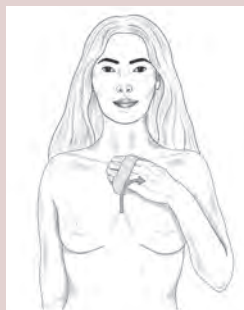
Step 4

Dry-brush from your hand up your inner and outer arm to the axillary lymph nodes in your armpit. Repeat on your opposite side.



Step 5

Dry-brush your right breast into your right armpit and dry-brush your left breast into your left armpit. Then dry-brush from your sternum and middle of your chest toward your heart.



Step 6

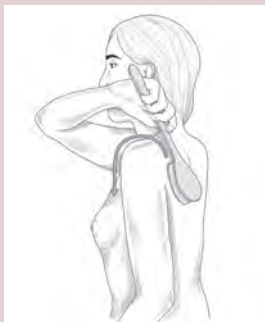
Dry-brush your abdomen in clockwise circles; this is the direction your colon runs in and will help stimulate your digestion.

Step 7

Dry-brush your lower back and love handles toward your abdomen.

Step 8

If you have a long-handled brush with which you can reach the back of your body, brush your posterior torso and upper back toward the front of your body. The lymphatic fluid from the back of your body drains toward the front into your heart area.



Step 9

Stimulate the inguinal lymph nodes at the top of your thigh: Place your hand on the top of your inner thigh. Massage C-strokes **upward** into the crease of your thigh. Repeat five times. Repeat on your opposite thigh.



Step 10

Dry-brush from your right knee to the inguinal lymph nodes at the top of your thigh. Dry-brush above, over, and underneath your knee and up to your thigh crease. Brush your lower leg up to your thigh. Brush the back of your calves toward the front of your leg. Brush from your foot to your knee. Repeat on your left leg.



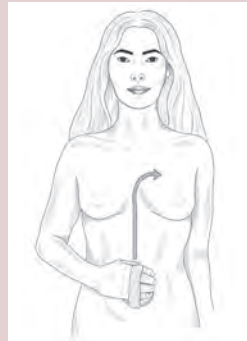
Step 11

Repeat Step 6: Dry-brush your abdomen in clockwise circles.



Step 12

Repeat Step 5: Dry-brush up the center of your chest.



Step 13

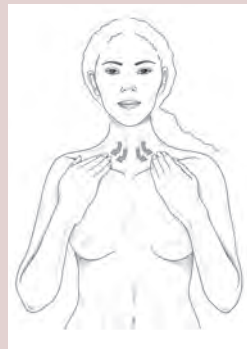
Dry-brush your abdomen again and brush all the way up the midline of your body to your heart.

How to Dry-Brush Your Face

I recommend using a separate, softer brush for your face.

Step 1

Stimulate the lymph nodes at the base of your neck with your fingertips.



Step 2

Dry-brush from your ears down your neck to the lymph nodes at your collarbone on both sides. Repeat ten times.



Step 3

Dry-brush your face from your chin to your ears. Repeat ten times.

Step 4

Dry-brush from your cheeks to your ears. Repeat ten times.

Step 5

Dry-brush up from the bridge of your nose to your forehead, then from your forehead to your temples. Repeat ten times.

Step 6

Dry-brush over your ears and down your neck. Repeat ten times.

Step 7

Repeat Step 1: Stimulate the lymph nodes at the base of your neck with your fingertips.

NOTE: Do not brush over open wounds or irritated skin.

Lymphatic Cupping

How to Do Lymphatic Cupping

Step 1

With your hands, stimulate the lymph nodes that drain the region you will be working on. For instance, if you are cupping your legs, massage the inguinal lymph nodes in the thigh crease at the top of your thigh; if you are cupping your face, stimulate the lymph nodes near your collarbones. I also suggest doing deep diaphragmatic breathing to stimulate lymph flow from your lower extremities.

Step 2

Apply some oil or lotion to your skin.

Step 3

If you have a rubber suction cup, first squeeze the cup; this pulls the air out of the cup before you put it on your skin. Once the cup is on your skin, release it. The cup will gently pull the skin, creating a lifting or suction feeling. Hold the cup there for two seconds, then glide it in a straight line toward the nearest lymph nodes. Repeat ten times per line.

Step 4

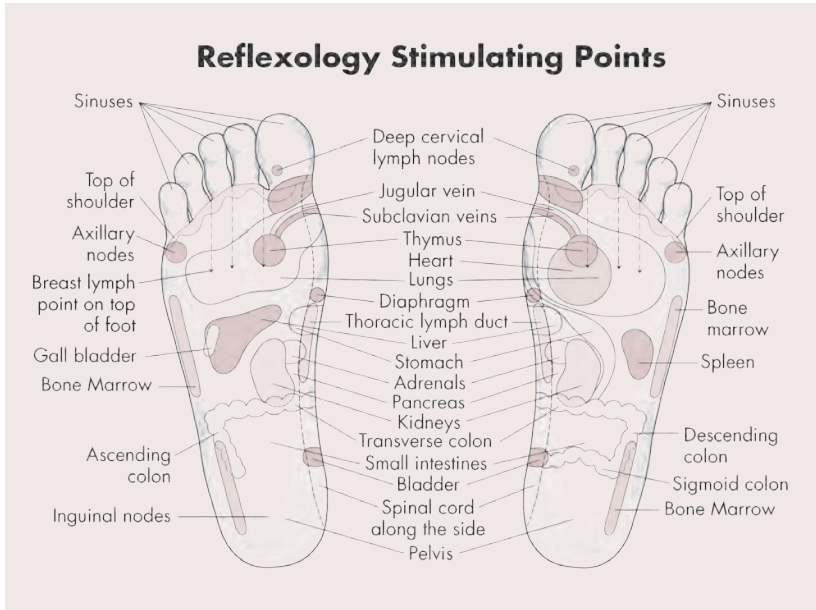
Work in zones. For example, cup your leg up the inside of your thigh ten times, then cup the middle of your leg ten times, then the outer thigh. Move the cup in long, fluid strokes, pulling the skin upward carefully as you go. Make sure you squeeze the cup each time before you put it on your skin; this is how to get the optimal stretch of skin and avoid gliding. Work from proximal to distal; that is, work on your upper thigh before working on your lower leg. If you want to concentrate on a particular area (one that has cellulite, for example) feel free to spend a few more minutes there using shorter, smaller movements.

If you are using a cup on your face, work in lines from your chin to your ear, your cheeks to your ears, your forehead to your ears, and from your ears down your neck to the right and left lymphatic nodes at the base of your neck near your collarbone.

Step 5

To finish, stimulate your lymph nodes with your hands again.

Reflexology



How to Do Reflexology

Once you understand the reflexology map, you're ready to begin.

Step 1

Make sure your hands and feet are thoroughly clean.

Step 2

I recommend sitting comfortably. With your right hand, brush the top of your right foot from the base of your toes toward the top of your ankle. These are reflex zones for lymph. Repeat ten times.

Step 3

Place the palms of both hands on either side of your right ankle. Flex and point your foot while massaging the fluid from your ankle up toward your leg. This is the reflex point for the genital areas. It is often the first area to get swollen when you fly. *Gently* massage C-strokes over the built-up fluid as you flex and point your foot. Repeat ten times.

Step 4

Place the palm of your hand under the instep of your foot. Rotate your foot in both directions while massaging the center of the bottom of your foot. This warms up your digestion organ reflex points. Repeat ten times.

Step 5

The top of the foot between the big toe and second toe is a wonderful lymphatic reflex point for your breasts. With your fingers, massage from the webbing of your big toe to the top of your ankle, slowly pressing **in** and **up**. Notice if you have any soreness or tension here. Spend some time delicately massaging C-strokes until the pain has subsided. Repeat at least ten times. Then massage the top of your foot from the webbing to the ankle. Repeat ten times.

Step 6

Referring to the reflexology map, massage the remaining points on your foot to circulate lymph.

- Massage the colon point on both feet to stimulate digestion; the ascending, transverse, descending, sigmoid colon, and small intestine points to promote elimination. This will stimulate the cisterna chyli and thoracic duct.

- Massage the spleen and kidney points.
- Massage the diaphragm points to open your lungs.
- Massage along the insides of your feet; those are the points for your spinal cord, which will help to melt tension and induce the rest-and-digest parasympathetic nervous system response.
- Massage the arm, axillary nodes, and breast points again.

Step 7

Repeat on the opposite foot.

NOTE: If you're pregnant, do not press on the ovary point or thumb web. Check with your practitioner prior to doing any reflexology self-treatments. If you have lymphedema, work *very lightly*.

Castor Oil Packs

How to Make a Castor Oil Pack

You will need a folded-up yard of cotton or wool flannel (preferably undyed and unbleached), a sheet of plastic cut slightly larger than the flannel to catch any drips, castor oil, a heating pad or hot water bottle, and a container to store everything in after use.

Step 1

Preheat the heating pad or hot water bottle. Place the flannel over the plastic sheet in a sink in your bathroom or kitchen (in case the oil drips) and saturate the flannel in castor oil.

Step 2

Lie down somewhere comfortable and place the castor oil pack on top of the warm heating pad or hot water bottle. Apply it to your skin with the cloth side down onto your abdomen, over your liver, gallbladder, or chest.

Step 3

Leave the pack on for forty-five minutes to one hour.



Step 4

Clean your skin with warm water in which you have dissolved a few teaspoons of baking soda (its alkalinity will neutralize the acidic toxins that have been pulled out of your body). Turn off the heating pad or empty the hot water bottle and store your castor oil pack in a container in the fridge.

You can try using castor oil packs three times a week for three weeks, followed by one week off. Other recommendations include three days on, three days off. Replace the pack if you've been sick or after a few months of regular use.

NOTE: For topical application only. Do not ingest. Some health food stores sell castor oil packs, and you can even find a castor oil pack holder that comes with two Velcro strips that secure the flannel over your abdomen, along with a pouch to hold your heating pad in place so you don't have to use plastic.

MEDITATION: A THROUGH LINE OF EVERY PILLAR

How to Do a Simple Meditation/Creative Visualization

Step 1

Begin by sitting or lying down comfortably.

Step 2

Close your eyes.

Step 3

Take a few deep breaths in and out.

Step 4

Relax the muscles of your face, jaw, and throat.

Step 5

Start counting backward from ten. When you get to nine, say to yourself, “Going deeper and deeper, into a healthier level of mind.” Eight, seven, “Deeper and deeper.” Six, five, “Going deeper and deeper into a healthier level of mind.” Four, three, “Deeper and deeper.” Two, one.

Step 6

At one, imagine you are standing at the top of a steep staircase. The staircase can be anywhere you want—a field of lavender, a snow-covered mountain peak, a sand dune leading to a soft beach. You get my point. Take the steps downward saying to yourself, “I am in a deeper, healthier state of mind.”

Step 7

Visualize your ideal healing space, the sanctuary of your dreams. Walk into

it. . . . What colors do you see? What sounds do you hear? What images appear? Are there windows looking onto a rain forest or at mountains? . . . Are you in a desert with blooming cacti? . . . Are there paintings on the wall . . . pictures of loved ones? . . . Are the walls arched like an adobe in New Mexico? . . . Is the ceiling an A-frame like a modern farmhouse? . . . Is it a log cabin or a glass house over the ocean? Maybe the sun is shining and there's a slight breeze in the air. Maybe you see rain pattering down or a fresh snowfall, a full moon, and a sea of stars across the sky.

Fill in the details that surround you with happy feelings. Spend some time on those details and create your magical dream office. Maybe it's your own backyard, or a resort you've seen in a magazine that's your dream vacation spot. Take time with the details. This is going to be your spot forever, so make it magnificent. How do you enter your office? Through a secret garden, a waterslide, a carousel, a zip line?

Step 8

Once you arrive in your healing sanctuary, imagine yourself—or someone you want to send healing energy to. When I was younger, I used to visualize the healthy cells in my mother's body multiplying and destroying the cancer cells. Later, when I found myself in a hospital with a dangerous dog bite, I envisioned my incision healing from the inside out and that the medication I was given was protecting me from any possible systemic infection. I've also sent healing to my uncle when he was in his last stages of life, so that he might have an easy, pain-free crossing over. Whether you are looking for some calm before a public speaking event or desiring to spread light and prayers to a loved one, your healing sanctuary is a safe, supportive place to visualize your dreams.

Step 9

When you're ready to come out of your office, count from one to three, saying "One—when I wake up, I will feel better than before. Two—I will be wide awake, in perfect health, feeling better than before. Three—better and better."

RESOURCES

HOW TO FIND A LYMPHATIC DRAINAGE TREATMENT TO SUIT YOUR GOALS

If you have lymphedema due to genetics or a secondary cause such as cancer treatment, surgery, or another condition that puts you at risk of developing lymphatic disease, you'll want to work with a Certified Lymphedema Therapist.

- Look for someone who uses the acronyms CLT (Certified Lymphedema Therapist) and CDT (Complete Decongestive Therapy). CDT is the gold standard for people with lymphedema.
- Only therapists with an MLD (Manual Lymphatic Drainage) certification can use this acronym.
- Lymphedema surgeons: The area of surgery for lymphedema patients has blossomed in the past decade. Most surgeons work with lymphedema therapists and are a good resource to help you navigate your options. You can search for one through the LE&RN website listed below.

THESE NONPROFITS LIST MLD AND CDT THERAPIST REFERRALS ON THEIR WEBSITES

International Lymphoedema
Framework
<https://www.lympho.org>
Lymphatic Education & Resource
Network (LE&RN)
<https://lymphaticnetwork.org>

Lymphology Association of North
America (LANA)
<https://www.clt-lana.org>
National Lymphedema Network
(NLN)
<https://lymphnet.org>

THESE SCHOOLS CERTIFY IN LYMPHEDEMA THERAPY AND HAVE THERAPIST REFERRAL NETWORKS

Academy of Lymphatic Studies
<https://www.acols.com>
Casley-Smith International (C-SI)
<http://www.casleymithinternational.org/>
Chikly Health Institute
<https://chiklyinstitute.com>
Dr. Vodder School International

<https://vodderschool.com>
Foeldi College
<https://www.foeldicollege.com>
Klose Training & Consulting
<https://klosetraining.com>
Norton School of Lymphatic Therapy
<https://www.nortonschool.com>

HOW TO FIND A COMPRESSION FITTER

If you're in need of medical-grade compression garments, bandages, or a pneumatic pump, you will want to work with a Certified Lymphedema Therapist or Certified Garment Fitter. Most schools listed above that certify lymphedema therapists have resources to help you find compression garments and fitters.

Some companies have off-the-shelf garments available to purchase online without a fitter. Or you can order a custom-fit garment if your limb or body part doesn't fit into an off-the-shelf garment. Your lymphedema therapist can help you obtain one specifically tailored to your needs.

NOTE: An improperly fitted sleeve or glove can make lymphedema worse by placing too much or too little pressure on certain areas of your limb, causing fluid to back up and worsen your condition. In addition to therapists, some medical supply companies have certified fitters who will take measurements of your arm, hand, legs, or other areas to select the best garment for you.

These companies provide medical-grade compression garments:

Amoena
<https://www.amoena.com/us-en>
JoviPak
<https://jovipak.com/upper-body/bellisse.htm>
Jobst USA
<https://www.jobst-usa.com>

Juzo
<http://www.juzousa.com>
LymphedIVAs
<https://lymphedivas.com>
Medi USA
<https://www.mediusa.com>
Solaris
<http://solarismed.com>

GLOSSARY OF LYMPH TERMS

ANASTOMOSIS: The connection between the lymphatic vessels used in lymphatic massage to move fluid from a congested body part to a healthier-functioning region. For example, the interaxillary anastomosis moves fluid across the chest.

ATLAS OF LYMPH: A drainage map of the lymphatic system of the body.

AXILLARY LYMPH NODES: The lymph nodes in the armpits that drain a majority of the arm, breast, and upper torso.

CHYLE: Liquid fat products characterized by a cloudy, milky white color that are created after you digest dietary fat. Chyle is absorbed into the lymphatic vessels in the small intestine. It is characterized by a cloudy, milky white color.

CISTERNA CHYLI: A sac that absorbs fat from the small intestines that gives lymph its milky white color. The beginning of the thoracic duct.

COMPLETE DECONGESTIVE THERAPY (CDT): The medically approved treatment for lymphedema developed by Drs. Michael and Ethel Földi. Treatment includes manual lymphatic drainage (MLD), compression bandaging and garments, exercise, skin and nail care, and self-care.

COMPRESSION GARMENTS: Garments for limbs and other body parts that use gradient pressure to reduce swelling and encourage lymph flow.

CUBITAL LYMPH NODES: Also called the epitrochlear lymph nodes; located in the elbow crease that drains some of the lymphatic fluid from the lower arm, hand, and fingers.

DEEPER LYMPHATIC NETWORK: Deeper regions of your body such as trunks and ducts that are responsible for returning filtered lymph to your blood circulation at the junction of the internal jugular vein and subclavian vein.

EDEMA: Swelling categorized by low protein levels in fluid.

FUNCTIONAL RESERVE: The relationship between the lymph load and transport capacity that enables the lymphatic system to respond to an increase in lymph volume by increasing the lymph transport ability.

GLYMPHATIC SYSTEM: The network of lymphatic vessels in the brain that eliminate waste using cerebrospinal fluid.

GUT-ASSOCIATED LYMPHOID TISSUE (GALT): Consists of Peyer's patches, isolated lymphoid follicles, and mesenteric lymph nodes.

INGUINAL LYMPH NODES: The cluster of lymph nodes at the top of the thigh in the thigh crease that drains lymphatic fluid from the legs, superficial areas of the lower abdomen, and pelvic cavity.

INTERSTITIAL FLUID: The fluid space between your cells.

LACTEALS: Lacteals merge to form larger lymphatic vessels which transport chyle to the thoracic duct where it then joins the bloodstream.

LIPDEMA: A genetic condition caused by irregular deposits of fat in the body, which can block lymphatic vessels.

LUMBAR LYMPH NODES: Located between the diaphragm and the pelvis, these lymph nodes drain the pelvic organs and abdominal wall.

LYMPH/LYMPHATIC FLUID: Water, white blood cells, cellular waste, excess protein, pathogens, and fat that the lymphatic system absorbs from the interstitial space.

LYMPH LOAD: Substances in the lymph that are removed by the lymphatic system, such as metabolic waste, cellular debris, proteins, hormones, fat-soluble vitamins, and immune cells

LYMPH NODES: Filtering stations in the body that store white blood cells and filter impurities and pathogens from the interstitial fluid.

LYMPH TIME VOLUME: The amount of lymph that can be transported in a unit of time. It's lower when the body is at rest and higher during activity (it's equal to the transport capacity, which is typically 10 percent of the maximum amount possible).

LYMPHADENOPATHY: Any disease of the lymph nodes.

LYMPHANGIONS: The one-way lymphatic vessel collector that lies between two heart-shaped valves.

LYMPHATIC AFFERENT VESSELS: Vessels that bring fluid into lymph nodes that contain antigen-presenting cells; antigen, effector, and memory T cells; and regulatory T cells.

LYMPHATIC CAPILLARIES: Overlapping endothelial cells; they are similar to blood capillaries except that they are permeable, allowing lymphatic fluid to enter.

LYMPHATIC COLLECTORS: Also known as lymphatic vessels, they collect and transport lymph.

LYMPHATIC DRAINAGE: A manual technique of soft tissue massage focused on moving lymphatic fluid through the lymphatic system.

LYMPHATIC DRAINS: Another name for lymph nodes.

LYMPHATIC EDUCATION & RESEARCH NETWORK (LE&RN): A lymphatic non-profit with an excellent online source for information about lymphedema and other lymph-related conditions.

LYMPHATIC EFFERENT VESSELS: Vessels that bring fluid out of lymph nodes once it has been filtered/cleaned.

LYMPHATIC HEALTH CONTINUUM: Refers to a method by which to gauge your lymphatic health using the symptoms of lymph congestion and other comorbidities that play a role in how the lymphatic system functions and influences disease.

LYMPHATIC PRECOLLECTORS: Move lymph into larger lymphatic vessels. They are oriented to absorb fluid. They contain smooth muscle cells and valves to absorb and regulate lymph flow in one direction.

LYMPHATIC TRUNKS: Deeper regions of the lymph network that receive lymphatic fluid from organs, limbs, and areas that act as the final connection between regional lymph nodes and the thoracic duct.

LYMPHEDEMA: A condition in which an accumulation of protein-rich lymphatic fluid builds up in your tissues, causing chronic swelling.

LYMPHOCYTES: White blood cells made in the lymphoid organs that fight off infections, bacteria, and pathogens.

LYMPHOID ORGANS: Small masses of lymph tissue that contain white blood cells to defend against disease in areas where bacteria tends to accumulate, including bone marrow, tonsils and adenoids, thymus, MALT, GALT, spleen, appendix, Peyer's patches, and urinary tract.

LYMPHOTOMES: The areas of the body that drain lymphatic fluid toward regional lymph nodes.

MACROPHAGES: White blood cells that fight off infections and pathogens.

MAMMARY LYMPH NODES: The chain of internal lymph nodes near the sternum and intercostals (rib muscles) that drains a portion of the breasts.

MESENTERIC LYMPH NODES: Lymph nodes in the abdomen that drain the gastrointestinal tract. Part of GALT.

MUCOSA-ASSOCIATED LYMPHOID TISSUE (MALT): Includes the mucous membranes of the skin, eyes, nose, and mouth, nasopharynx, tonsils, salivary glands, thyroid, breast, lungs, respiratory, and urinary and gastrointestinal tracts.

POPLITEAL LYMPH NODES: Lymph nodes located behind the knees.

SAFETY FACTOR: The safety function that responds to an increase in lymph load by increasing its ability to transport lymph.

SUBCLAVIAN VEINS: The right and left lymphatic nodes at the base of the neck that form the juncture with the internal jugular vein to return lymph to the venous system.

SUPERFICIAL LYMPHATIC LAYER: The initial layer of lymph vasculature underneath the skin that carries lymph from the interstitium before it goes to the deeper layers of trunks in the body.

SUPRACLAVICULAR LYMPH NODES: The lymph nodes at the base of the neck above of the clavicle.

THORACIC DUCT: The body's largest lymphatic vessel; it begins in the abdomen and runs up the center of the body, returning lymphatic fluid to the bloodstream near the neck at the left subclavian vein.

TRANSPORT CAPACITY: The maximum amount of lymph that the lymphatic system can handle and transport in a period of time, determined by the capacity of the lymphangions to fill with fluid and their frequency of contractions to propel lymph. In a healthy system it exceeds the lymph load by approximately ten times.

WATERSHEDS: The boundaries separating lymphatic regions/lymphotomes.