

Lymphatic system self "massage" / RESET

Summary by Dr Adele Pelteret - Naturopath | SOURCE: Perry Nickelston

Lymphatic system is OVERLOADED by STRESS – so must be in relaxed state – don't overthink it!

Brain wants VARIETY – so try different methods and techniques - BUT must NOT hurt.

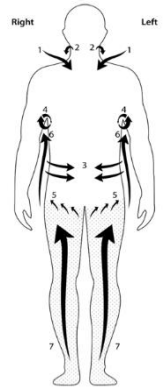
EG: Rubbing back and forth – cross-friction and tapping or slapping or pinching etc.

MUST be done in a particular order – that's the key!!

Do this first thing in the morning

Tightness and stiffness on walking = tell-tale sign of stagnant lymph

Brain drains toxins at night while sleeping – so help to drain that away with this 2-3 minute lymphatic stimulation reset!



1) **COLLARBONE** – above, below and on it

- LEFT then RIGHT side
- rub and tap (flat hand - on skin or over clothes)



2) **Behind the lobe of the ear** (top of the neck)



- LEFT then RIGHT side
- rub and tap (flat hand (on skin or over clothes)

Use few fingers (flat pads) – pull down and towards the collarbone several times and then TAP the area

3) **Shoulder joint and PEC muscle** (front)

- LEFT then RIGHT side
- rub and tap (flat hand (on skin or over clothes)



4) **Abdominal area OVER the belly button**

– 2 hands – one above the other

Rub in any direction and then pat with a flat hand



5) **GROIN** – inguinal ligamental area

Rubbing, slapping and patting (carefully esp. for men 😊)



5) **KNEE** – behind above and below – rub vigorously and then slap / pat with a flat hand



6) **Sternum region** – rub vigorously and then slap / pat with a flat hand or use a fist to "beat your chest" gently (can add a vocal "aaahh" as you do it for vagal support)



7) **FINISH** - Stand on balls of feet

Lift heels up and down while on your toes - to pump the calf muscles - like on a rebounder / mini-trampoline for about 10-30 seconds.