

Dr Perry Nichelsten DC - Sept 9, 2024
with Joseph Mercola on the Dr Mercola Podcast

The Big 6 - Lymphatic moving routine

Use pressure, rubbing, circular motions - spirals, slow and fast.
You can also use an electric massage tool

#1 - massage in circles above and below the collar bone - 20 seconds is a good target

When you open up the first it becomes clear so all the other lymph can drain into it unobstructed

#2 - move up the neck massaging up to the angle of the jaw

#3 - massage the shoulder joint and arm pit area

#4 - the entire abdomen from the sternum to the navel - the midline is the most important but all of it

#5 - Massage the crease in the groin (inguinal area where the legs connect to the torso) the crease between the leg and lower body

#6 - Behind the knee

Diaphragmatic breathing - deep slow full breaths into the lower abdomen.

Walking with the arms moving in rhythm - don't hold a cell phone walk naturally arms swinging

Rebounder - trampolines are great for the lymphatic system - the lymphatic system is pumped by moving and exercising

Hanging from something like a chin- up bar opens up the back and the ribs and moves the lymph along the spine