

7 Secrets to Release Puffiness, Aches, and Stagnation

Get Your Lymph and Digestion Flowing Again

READY TO FEEL LESS SLUGGISH?

As someone who used to have sludge instead of lymph fluid, this topic is near and dear to my heart! It took years of visiting various docs and alternative health practitioners before someone mentioned lymph flow to me, and I'm so very glad that I dug in and figured this out. I had done a lot of deep detox work for my digestive system, but I plateaued in reclaiming my health until I really prioritized the lymphatic system. I went from being puffy, in pain, stiff, sluggish, foggy, and overweight to feeling lighter, clearer, and more like myself again. I hope these tips help you too!

Xo,

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Watch this video to walk you through these helpful tips!

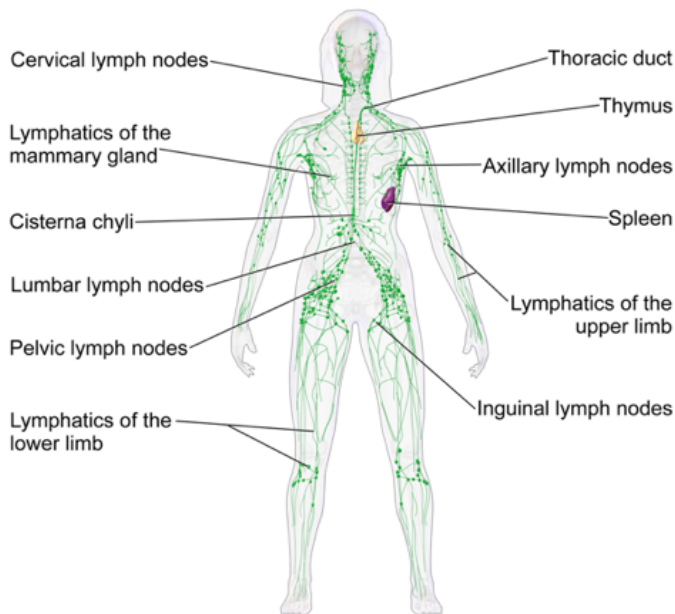


How are your lymph and bile related?

The Lymph-Digestion Connection

It's impossible to separate out lymph flow from digestive health, so **everything you do to love up your gut is helping to support your lymphatic system!**

It's estimated that your liver produces around 25-50% of your lymphatic fluid. That means **if your liver is stagnant, your lymph is going to be affected.** [1].



What does your lymphatic system do for you?

In a nutshell, **your lymphatic system is your waste removal system + immune system architecture.** It includes a vast network of 500-600 itty bitty lymph nodes, as well as tissues, organs and glands including your spleen, thymus, tonsils.

While often overlooked, your lymphatic system is a crucial component to your overall health and vitality, and it's deeply interconnected with your circulatory and digestive systems.

Your blood and lymph complement each other - **think about your circulatory system like the faucets in the house, and your lymphatic system like the drains.** You can't have one without the other, and both need to function well to avoid big messy problems.

Once plasma has been delivered via your circulatory system, your lymph fluid filters out and regulates waste, bacteria, and viruses throughout your entire body.

Lymphatic fluid is made up of white blood cells (especially lymphocytes), and fluid from your intestines called chyle [2]. Healthy lymph is a clear, watery fluid. Stagnant, dysregulated lymph can thicken to the consistency of *cottage cheese*. No bueno.

Slow-moving lymph can contribute to congestion, inflammation, infections, bacteria overgrowth, and dysregulation of health systems in the body.

Fast-moving lymph efficiently disposes of waste and performs crucial immune functions that protect your long term health.

The lymphatic system also aids in digestion and absorption of our nutrients, including our fats. It also talks to our fat cells! [3]

It can affect and be affected by a gut microbiome out of balance and stagnant digestion. It's easily stressed by our modern sedentary lifestyle, and our now ubiquitous exposure to toxins.

Toxins (heavy metals, pesticides, cleaning chemicals, etc) create additional work for the lymphatic system to process and flush out, and they also disrupt your digestion by piercing your gut lining and slowing down bile flow, which further backs up your lymph.

See the problem? Toxins are not just inflammatory agents that damage whatever cells they touch, they interrupt our various systems' ability to self-regulate, repair, and thrive.

This means that our lymph and digestive systems are going to need some extra support to thrive in our modern era of chemical exposure.

Know your body.

Learn the signs that you have sluggish lymph or bile, and how to support your body in the healing process.

Signs of Lymphatic System Distress

- Fatigue
- Bloating
- Water retention
- Stiffness, especially in the morning
- Brain fog
- Itchy and dry skin
- Cellulite
- Stubborn weight gain
- Night sweats
- Chronic sinusitis, colds, ear issues, frequent infections
- Sore throats, tonsillitis
- Breast swelling with the menstrual cycle
- Swollen lymph nodes (most common in the groin, armpit, and neck)
- Cold hands and feet

Signs of Sluggish Bile

- Nausea, heartburn, burping, gas, bloating, or other digestive symptoms
- Diarrhea
- SIBO
- Feeling full for hours after eating
- Autoimmune disease - Hashimoto's, rheumatoid arthritis, colitis, MS, Fibromyalgia
- Pain and inflammation
- Light colored stool
- Constipation
- Intestinal discomfort after eating fatty foods
- Fatigue even after sleep
- Problems detoxing
- Stubborn weight gain
- Metabolism seems to have slowed in the last several years
- Type 2 diabetes
- Insulin resistance
- Hungry often
- Irritable between meals
- Waking the middle of the night
- History of gallstones or gallbladder surgery
- Headaches, migraines
- Skin issues: rosacea, psoriasis, eczema
- Hair loss
- Chemical sensitivity - don't like chemical smells, rashy if you wear new clothes, etc



Checklist

7 Ways to Release Puffiness, Aches, and Stagnation Get Your Lymph and Digestion Flowing Again

Find a few things from this list that you can fold into your day to increase your resilience and support your health goals. Your body will thank you!

1. Stop eating bile-reducers.

These foods are the top offenders for creating further bile stagnation. Cutting them out of your diet for a period of time can provide some relief to help your digestive system get back into a state of flow.



- Rancid oils (Vegetable oil, Canola oil, Palm oil, etc.)
- Processed foods
- Eggs
- Pork
- Onions

Use bitters, flush, and clear.

Click each image to see our favorite supplements to support digestive flow.

2.

Use **bitters** 15-30 minutes before meals to support digestion (make sure they're organic!)



3.

Supplement with **Tudca** to build new bile and help flush out old sluggish toxic bile.



4.

Clear out your colon of backed up material with a gentle product like **OxyPowder**.





5. Eat only healthy fats.

Don't be afraid of fat! The right fats are deeply healing. Healthy fats are crucial to supporting your body, and will help your body to detox old rancid fats that are currently in use.

- Avocado
- Butter (grassfed cow or goat)
- Coconut oil
- Coconut milk and cream
- Flax seed oil (we recommend Andreas flax oil)
- Ghee (grass fed cow or goat)
- Olive oil (only EV, first pressed, cold pressed, do not heat about 120 degrees)
- Olives
- Pumpkin seed oil (we recommend Andreas)

6. Eat bile-boosting foods

Eat bile-boosting foods to get digestive juices flowing and relieve stagnation in your gut.

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HERBAL BITTERS

		
Basil	Chamomile	Garlic
		
Ginger	Cinnamon	Turmeric

VEGETABLE BITTERS

		
Broccoli	Artichoke	Asparagus
		
Ginger	Cabbage	Cauliflower

OTHER BITTERS

		
Coffee	Grapefruit	Aloe
		
Lemon	Chocolate	Vinegar

7. Get your lymph moving!

Disregulated, stagnant lymph needs a helping hand.



Hydrate with pure water.

Most water (tap, “filtered,” and bottled) still contains toxins such as fluoride, microplastics, pesticide and herbicide residue, and antibiotic waste. While you may feel virtuous drinking water, if it’s not pure, you’re putting pressure on your lymphatic system with additional toxins. Drink and cook with distilled or spring water to play it safe.



Rebound 10 minutes a day minimum.

“Rebounding” is the adult word for jumping on a mini trampoline. This is my personal favorite! For a low-impact approach, use a vibrating plate. To get the same benefits with no equipment, do jumping jacks or dance like no one’s watching. Really go for it! If you have limited mobility, you can safely modify this by bouncing gently without a full jump, and gently swinging your arms to stimulate a little lymph flush. Every movement counts, especially in our modern stagnant lifestyle.



Use hot and cold water showers.

By alternating between hot and cold water, you encourage your blood vessels to dilate and then contract. This stimulates your circulation, which in turn stimulates lymphatic flow. Start with 30 seconds of luke warm water, then move to hot. You can work your way to colder temps as you get used to the practice! This is a great therapy to use if you have limited mobility, and are unable to start rebounding yet.



Start dry brushing.

Use a natural bristle brush like [this one](#) to gently brush up from your feet and hands towards your heart, for 5 minutes before hopping in the shower. Use light strokes! This encourages stagnant fluid under the skin to start moving again.

A moving stream runs clean.

Supporting your lymph and digestion comes down to the decisions you make on the daily.

Start small if you need to, and build on your momentum!

The best thing about supporting your lymphatic and digestive systems? You can notice the results fairly quickly.

If you commit to just a few of these steps, you can soon be feeling less puffy, foggy, sluggish, sensitive, and achey, more energized, clear headed, with happier skin. So worth it.

With all our love,

Sinclair + Michael

[Learn more at detoxrejuvenation.com](https://detoxrejuvenation.com)



This material is for educational purposes only. Please check with your health care provider before making any changes to your healthcare routine.

References cited:

1. Chung, Chuhan, and Yasuko Iwakiri. "The lymphatic vascular system in liver diseases: its role in ascites formation." *Clinical and molecular hepatology* 19.2 (2013): 99.
2. <https://medlineplus.gov/ency/article/002247.ht>
3. <https://pubmed.ncbi.nlm.nih.gov/28844882/>