

10 Things that Clog Your Lymph

HEAVY METALS

Heavy metal toxicity is the bioaccumulation of metals such as aluminum, lead, mercury, and cadmium inside our bones, heart, brain, nerves and inside our cells all over the body. You may brush this off as not applicable to you, but every person is affected by heavy metal exposure. Pollution, medicine, and even many foods contain these dangerous metals, and the toxins become concentrated enough to block lymph flow.

GLYPHOSATE

Glyphosate is the active ingredient in the herbicide Roundup, which is used to eliminate weeds at their roots. Thus, glyphosate infiltrates Roundup-ready crops, especially when used on wheat crops leads to food allergies. Glyphosate can be found in foods that are used as substitutes for common allergies when those crops are not grown organically. These are foods such as almonds, tea, coffee, and even oats. Glyphosate, as a toxin in your body, is detrimental to the lymph.

BIOTOXINS

Biotoxins such as mycotoxins and Lyme biotoxins are produced by living organisms. Biotoxins build up in the tissue and the extracellular space, overburdening already stressed systems. The lymph flow slows and becomes stagnant and toxins are not able to be removed from the body.

LYME/VIRUSES/PATHOGENS

Stealth pathogens such as Lyme, coinfections, viruses and parasitic infections are some of the worst causes of slow and congested lymph flow. These pathogens cause the lymph drainage system to slow down. When the body is focused on fighting biotoxins, it halts normal function of the lymphatic system and allows disease to build up in tissues.



Pictured: Scars can disrupt the pathways for lymph in the body.

SCARS

Scars can hold toxins, trauma, disrupt the fascia, lymphatic drainage, and circulation of the tissues surrounding the scar. Our intricate lymph system is spread all over the body and can intersect with scars in many ways. These scars can disrupt the pathways for lymph in the body.

LACK OF MOVEMENT

The lymph system, unlike the circulatory system, has no pump. Lymph flow does not happen automatically; for lymph to flow, it needs to be moved manually. This manual movement comes from any physical exercise. When your body moves, your lymph moves. A sedentary lifestyle is one of the biggest obstacles to proper lymph flow.

DENTAL

Teeth and areas throughout the mouth are at risk of being unknown sources of lymph congestion. Root canals, cavitations and amalgam fillings can all be hotbeds for infection and toxin buildup. These chronic infections and the mercury in the amalgam can affect Waldeyer's ring and be a constant source of stress from pathogens and toxins that can overwhelm the lymphatic system.

EMF

Electromagnetic Fields are invisible areas of energy that are all around us, disrupting our own inner energy flow. From WiFi to Bluetooth to cell phone towers, there is no way to block out EMF in the modern world entirely. This constant onslaught increases stress in our bodies and decreases the effectiveness of the glymphatic and lymphatic systems. The glymphatic system, a highly sophisticated system for clearing waste from the brain at night, is very sensitive to the decrease in melatonin production that results from EMF exposure. This leads to toxins building up in the system from sluggish lymph movement.

POOR SLEEP

Contrary to what one might think, the lymphatic system is highly active at night. In particular, the glymphatic system works at night to clear toxins from the brain. When you get inadequate sleep, this interaction cannot happen and this is another way the lymph system becomes congested with toxins, compromising your immune responses.

POOR HYDRATION

The lymphatic system is made of 96% water. If our bodies are not properly hydrated, the lymph flow becomes sluggish and can quickly become congested in areas of high toxicity. One of the best ways to increase hydration and a healthy lymphatic system is Exclusion Zone Water or EZ water. Water has three phases: solid, liquid, and gas, but it has been found that water actually has a fourth phase. This fourth phase is EZ water or H_3O_2 instead of H_2O . This water is more viscous and less fluid.

Exclusion zone water lives in cells and delivers energy to the mitochondria, which helps combat aging and stress. EZ water is found naturally in vegetable juices and fresh spring water, so a simple way to bring EZ water into your system is to drink a fresh green vegetable juice at least once a day. Sunlight is another excellent way to get EZ water in your cells. Sunlight is full spectrum light that has both UV and infrared light, which is used to treat normal water to make it EZ water. The H_3O_2 forms in your cells when you expose your skin to unfiltered sunlight for a few minutes every day.