

DIY instructions for full body lymphatic drainage

Before I start showing you the actual lymphatic system drainage points, let's take a look at what the lymphatic system movement and drainage is. This is a super simplified description and is meant for the 90+% of humanity that does not have a medical understanding of the Lymphatic System.

The lymphatic system was thought to be a mobile garbage truck that went around to various points in the body and collected everything that was not fresh and of use. This included white blood cells, toxins, viruses and other undesirables. Up until only five years ago no one could be convinced that the lymphatic system actually existed in the brain, but it does. As a matter of fact it is a very important part of how your body functions. Basically, it is a closed system that helps filter your blood of impurities and acts as a transportation system for white blood cells whenever they are called on. It also plays a big role in absorbing and getting rid of fat during digestion.

Up until you reach a certain age, the left and right lobe of your brain are naturally separated by a canal which has the cerebral spinal fluid flowing through it. We now know that it also has lymphatic fluid running through it. This is very important because the sympathetic and parasympathetic nervous systems are directly affected by this movement of lymphatic system fluids. By that I mean, how you feel and how you react to things, depends in part on how easily the lymphatic system fluid runs through the canal between the left and right lobes of your brain. I won't try to define this any further for this document. Do your own research.

It is important to remember that the lymphatic system is in every single part of your body including your organs, muscles, skeletal system, and even surrounds each and every one of your cells. Whenever you have the slightest bruise or constriction, even from constipation, it is the lymphatic system which comes to the rescue. Every single imbalance of energy in your body, mind, and spirit can be made to achieve homeostasis if, and only if, the lymphatic system is unblocked and free to do what it was intended, which is, keeping your entire physiological being in homeostasis.

Now that you know how important the lymphatic system is, you understand that it is important to keep it in top notch, fully flowing, condition.

Every time you get into a shower, do this for your health. If you can't take a shower for physical reasons, then you can do most of these movements while you are sitting up, lying down or you can have someone do it for you. If you are not in the shower, then use a small amount of peanut oil to assist with the gliding of your fingers and hands.

Your body loves to be loved. Treat it kindly and it will last and be your faithful companion during your journey of life. Every thing that you do to your body must be done with intention of showing it love and appreciation. It is not separate from you and senses when you are being difficult or even harmful, and will react to survive in the best way it can.

INSTRUCTIONS FOR UNBLOCKING YOUR LYMPHATIC SYSTEM FROM THE BOTTOM – UP:

Starting with your left side. WHY? Because it is closest to your heart and you want to use that pump to help in the process.

Bend down and rub from the top of your foot across your toes

Turn your foot up so you can get under it. If you are not standing, do not cross your legs but reach under the foot.

Run your fingers or open hands from the toes to the heel

Use both of your hands beginning at the ankle and lightly, with a pressure roughly equal to the weight of a nickel, massage your ankle on both sides. You are only moving the epidermis of your skin. Raise your hands in a caressing way up to behind your knee. This is the *POPLITEAL* valve location. This area should be rubbed several times again in a caressing fashion. You are only opening a pathway for the lymphatic system to move. You are not forcing it to move in any particular direction. The system actually moves not by a pump like your blood circulatory system

which uses your heart, but by the movement of your skin. The lymphatic system that we are speaking of now, is just below your skin or superficial. The *POPLITEAL* area is your first large filtration location and has many lymphatic nodes surrounding it.

If you have issues with your knees this is quality time you can spend with your knees. Let them know how much you love them and that you are doing the lymphatic movement and drainage to help them. Most knees get a bum rap. They are often blamed for your having to use canes, crutches or even wheelchairs. This is simply not their fault. The knee joint has to support a massive load on and in it every day, and it's not easy getting twisted or bounced on while still maintaining correct balance and recovering from being abused. Even bone on bone can be cured with love and a little correct massage. Hint - massage your knee every day using a circular motion to the outside of the leg. While massaging it tell it that you love it and that you appreciate everything it does for you.

From the back of the knee continue up your leg with both hands along the front and back of your upper leg and thigh until you come to the fold of where your leg and pubic area connect. Turn your left hand so fingers are pointed across your left thigh and your right hand is on your left, directing the movement to the inside of your upper thigh at the pubic area. This is the next large location for filtration of the lymphatic system. It is the *INGUINAL or crotch location*.

Reverse the hand movement for the right foot, leg and thigh.

Next, bring both hands up to your stomach, and (lightly) do a little dance that will resemble the hokey-pokey using your hands instead feet. The goal is to awaken (innervate) and help the directional movement of your digestive organs, namely, pancreas, gall bladder, liver and spleen. All of which are filters in their own right and have lymphatic nodes surrounding them and help the peristalsis (muscle movement) of your large intestine.

Do the *PeriFiltration Hokey-Pokey*

Prepare – start exhaling with short breaths ha, ha, ha. Your stomach will naturally be pushed out. Every time you move positions, use the ha, ha, ha, simultaneous to the steady, light pressure. Got it?? It's not a race, take your time. You want your entire digestive system to look forward to you coming back, not feeling like you just had to get it over with. The pressure of your hands is like a soft hug and the exhale is no stronger than the breath necessary to blow away a dandelion seed.

P=position and sequence.

P1 - Start with both hands in a resting posture across your belly button area. Press with both hands lightly for a count of 3 one short exhale "ha" per count. This enervates the duodenum and jejunum

P2 - Move to the area of the spleen just under the ribcage to your left, press and "ha" for the count of 3.

P3 - Move down to the left top of your hip and press for the count of 3. This innervates the descending colon, sigmoid and rectum (poop shoot).

P4 - Move to the area of the spleen just under the ribcage to your left, press lightly for the count of 3. Remember to exhale -ha-.

P5 – Back to the belly button area. Press with both hands for the count of 3. Yes, again.

P6 – Move to the right just under your rib cage, innervate the liver, gall bladder and transverse colon, press lightly for a count of 3 and don't forget your "ha"

P7 – Right side, top of hip, ascending and transverse colon, press with simultaneous exhale 1,2,3.

P8 – Raise hands back under your right rib cage 1,2,3 good for the liver, gall bladder and transverse colon.

P9 – Final position back to center, over the belly button, promise last time.

CONGRATULATIONS – You just gave your digestive system a tune-up.

Now do the upper quadrant – Fingers, arms and shoulders. Do this every day with peanut oil and you will become free of any form of arthritic issues to the fingers or hands. Yes, I can prove it to you.

Starting on the left side and using your right hand, pinky first massage (cork screw) in both directions your fingers by holding each fingertip individually. Be gentle. Hold the thumb where it connects to your hand. Rotate the entire section in both directions by holding the bone that connects to the hand. Fingers, thumb and manipulation at this location of filtration nodes is known as the *CARPAL* location, and is responsible for carpal tunnel syndrome as well as most stages of arthritic fingers and hands. Even if you have had arthritis for years, this will help tremendously. Remember to keep your intent of love and appreciation. Fingers and hands are next in line for being abused mercilessly.

Next, lightly go up your arm first from the front, then the back side and to the elbow. Lightly massage the elbow toward the interior side. This lymphatic filtration location is called the *CUBITAL*.

Next glide your hand on the upper arms over the shoulder to the middle of the shoulder blade. This location is called *the POSTEROIR SUPRACLAVICULAR* and sets up the lymphatic movement towards the blood circulatory system.

Now, complete the upper quadrant by massaging the armpit. This is done by raising the opposite arm to either a 45- or 90-degree angle, depending on if your standing or sitting. Using a light circular motion, massage inside and toward your breast. Both men and women have breasts, so I guess it's OK to say it. This area is called the *AXILLARY* node location, and is where unknowing doctors, mistakenly extract the lymph nodes thinking that they will spread cancer of the breasts and arms. This is not so. The lymph nodes simply need to be properly drained in order to continue doing their job. They are blocked with dead white cells and toxins, and can no longer function properly.

You have reached the head and neck. You may have felt a tingling or even an unblocking or dripping-like sensation while performing previous movements. Where you were working, however, did not necessarily correspond to where this was felt.

HEAD and NECK

Before going to the top of your head, start the process of lymphatic drainage by placing your thumbs, centered under the front your chin. With a little pressure "milk" back under the neck to the bottom of the jaw bone. Do this slowly, 5 to 7 times. Those of you with TMJ or sinusitis will feel the difference immediately.

To drain the upper lymphatic locations, start at the top and work down - Bring your two hands to the top of your head with your pinkies touching in the center. Remember we discussed the cranial canal separating the left and right lobe? That's where your little fingers should be.

P1 – Top of your head, push down with little pressure. Pull across your head so that your hands are resting on the tops of your ears. Turn your fingers inward and down so that they are holding the base of your skull in the back.

P2 - Cup your hands at the base of your skull so that your fingertips are touching.

Pull your fingers to sides until they touch either side of your cervical spinal cord.

P3 - Bring your elbows up and your head forward. Using your fingertips, massage using circular motion to the outside of spinal cord. You should be just where the skull meets the neck. Do (9) rotations in each direction.

P4 – Pull your fingertips down until they are on the top of your shoulder blades. Slowly stretch your neck backwards and hold for a slow count of 5, then release, exhaling and slowly bringing your head back to normal position.

P5 – Bring your elbows down and your fingers up to where they are resting just on your jawbone, below your earlobe. With enough pressure to feel it, draw your fingers down and in until your fingers are resting on the center of your collarbone. Do this, 5 times.

P6 – Lastly, put your thumbs on top and each side of your collarbone and do a slow and soft pumping action in and out, for a minimum of 20 seconds. This pumping action will help drain the remainder of your entire head and neck including your sinuses.

All done. You have essentially given your body what it needs to be perfectly happy if it is loved and treated with respect, and you have provided it with the right nutrition.

To your health and longevity through
the Body~Mind~Spirit Connection

I leave you in the Love and the Light that is the One Infinite Creator

Larry K Fisher