

SUPPORT FOR HEALTHY LYMPHATIC FUNCTION

HT WELLNESS EDUCATIONAL SERIES

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The lymphatic system supports fluid balance, immune surveillance, detoxification, and waste removal.

Supportive Lifestyle Practices

Diaphragmatic Breathing: Deep breathing stimulates lymphatic circulation through pressure changes in the thoracic cavity.

Regular Movement: Walking, stretching, and light exercise encourage lymphatic flow.

Manual Lymphatic Support: Techniques such as dry brushing or manual lymphatic massage may support lymph movement.

Hydration: Adequate hydration supports fluid balance and lymphatic transport.

Whole Food Nutritional Support

Adequate protein, Vitamin A foods, Vitamin C foods, Anti-inflammatory whole foods.

Consistent daily habits support lymphatic resilience.

Small, consistent lifestyle and nutritional choices create long-term impact.

Supplement Brands Mentioned

Standard Process

- Spleen PMG
- AC Carbamide
- Cataplex ACP

MediHerb

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Premier Research Labs

- pH Minerals

Fullscript

- Klaire Labs Magnesium Glycinate