

DR. CHRISTOPHER'S
Herbal Legacy Newsletter

The Lymphatic System

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The lymphatic system is one of the most overlooked systems when it comes to our health, but one of the most important systems of the body. Unlike the cardiovascular system which has a pump to circulate it through the body, the lymph fluid relies on our own movement or massage for circulation. Let's look at what the Lymphatic system does.

The lymphatic system is filled with millions of one-way valves, which allows the lymph fluid to flow in only one direction. It is the "garbage collector", taking up metabolic garbage, and toxins from the extracellular fluid of every organ. If this flow is impaired, the fluid becomes thick and toxic. The cells which rely on the lymphatic system for elimination become less efficient and sluggish as they fill with their own waste. The lymphatic system - which in a healthy person is a life-sustaining system - now becomes a breeding ground for infection. When the fluid enters the bloodstream, which is part of the normal process, infection can now spread to any organ in the body. Many viruses, bacteria and parasites stay locked within the lymphatic system when it is in a sluggish state. The result: degenerative disease and an increase in the rate of aging.

The lymphatic system is made up of lymph nodes, lymph veins, tonsils, adenoids, appendix and the spleen. Doctors remove some of these when there is a sign of infection. Some signs of congested lymphatics are: allergies, prostatitis, chronic sinusitis, heart disease, eczema and other skin conditions, chronic fatigue, multiple sclerosis, parasites, viral and bacterial infections, headaches, obesity, and the list goes on.

Rebound exercise is one of the best ways to get the lymph flowing through the body. As you bounce, the lymph moves in a rhythmic motion through the one way valves as they open and close. At the bottom of the bounce there is an increased gravitational force and at the top of the bounce there is a moment of weightlessness causing a sloshing effect of the lymph. You don't even have to come off the mat, and it only takes a few minutes a day.

Kevin Trudeau, author of *Natural Cures*, says this about rebounding. "At this time there is only one form of exercise that actually affects, in a positive way, every cell in the body simultaneously. Jumping on a mini-trampoline, also known as a rebounder, has been shown to stimulate and strengthen every cell in the body. This unique form of exercise dramatically increases the movement through the lymph system, stimulates every cell's elimination of toxins, and increases the strength and vitality of every cell in the body."

To learn more about David Hall's Cellerciser, the best rebounder on the market, and a special discount available, read the News section below.

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Herbal aids to help the lymphatic system are: Dr Christopher's Glandular formula containing mullein and lobelia, and his Lymphatic formula. Eating a wholesome diet of fresh fruits and vegetables, whole grains, nuts and seeds will help eliminate toxins and feed the body the good nutrition it needs to maintain a healthy immune system.

If you are looking for Dr. Christopher's Herbal Combinations, visit <http://www.christopherwebsites.com>.