

The Benefits of Lymphatic Drainage

The lymphatic system is very important, and helps our body circulate and fight off things our body does not like, or need. Lymph fluid contains white blood cells that fight off infections, and also helps rid our system of toxins. It also brings fluid back to the heart, which is also extremely important for our bodies.

When lymph fluid is not drained, it blocks up and then you are left with a buildup of toxins in your body. It is important to drain your lymph fluid from time to time.

Reasons lymphatic fluid builds up:

- Surgical Damage
- An infection involving the lymphatic vessels
- Cancer
- Radiation therapy for cancer
- At birth
- After birth, but before age 36

Ways to improve circulation of lymph fluid:

- Receive a massage and request lymphatic drainage
- Perform self-massage
- Anything that prevents inflammation

If you aren't already, consider trying to start taking care of lymphatic drainage in the new year. Please contact us with any questions and for more information.

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