



5 Reasons Why Your Lymphatic System is Stagnant



Exposure to Antibiotics

The immune system in your gut, also known as the "second brain", is fighting off virus, infections, and disease around the clock! Sadly, most of us have been overexposed to antibiotics that have wiped out the good and bad bacteria from our gut. It takes 2 years to rebuild the healthy flora of the gut once antibiotics have been taken! You need a strong, healthy gut for your immune system to thrive properly. Did you know that your body doesn't always process out all of the antibiotics that you use? Once antibiotics or even morphine from previous surgeries are taken, it creates a toxic load on the body since it holds onto those extra inflammatory toxins.

Rid your body of toxicity by increasing your lymphatic flow and function through ELT therapies.

Age & Inflammation

Cells do not reproduce as quickly or efficiently the older we get. As a result, the lymph system becomes more sluggish as we age.

Inflammation plays a key role in how quickly a person's lymph system can function. The immune system and the lymph system piggy back off of each other, so if the immune system is overwhelmed with chronic inflammation (think anyone with an autoimmune disease, chronic pain, or cancers) then the lymphatic system is weary with the overload of toxins and disease.

This is why it's essential to increase circulation and attend to the needs of your lymphatic system through therapies.



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Tight Undergarments

Sounds comedic, but it's true. Any clothing item that makes an imprint 20 minutes after removing the article of clothing is too tight and affecting lymphatic flow. This is extremely important for women when wearing restrictive bras all day every day. Lymph from the organs have to flow through the breast tissue or it will be stagnant causing disease and inflammation to set in.

Consider the clothes you live in as they do have an effect on your lymph health!

Stress

Stress can increase your cortisol levels and lead to high blood pressure which ends in heart disease. So how does stress play a role in lymph stagnation? Stress causes the body to be in fight or flight mode and being in this state for too long will take a toll on slowing down digestion and circulation. When circulation is slowed down then so is the lymphatic system. They need one another to be functioning properly and movement is key to lymph health!

Both ELT and Massage therapy increase lymph flow and circulation in the body to help alleviate stress build up.

Lack of Exercise

Our culture encourages technological advancements that mean we don't have to move as much, let alone workout as much as we should. On average, we spend only two hours per week being physically active, according a recent Penn State analysis of data from the US Census Bureau. That's just half of the four hours a week of physical activity recommended by the Centers for Disease Control and Prevention! When we work out, our muscles squeeze the lymph vessels and help in the removal of the toxins found in our lymph. This coupled with more water during our workout or sauna sessions aid in flushing out the lymph system.

Take care of your Soma by increasing your exercise and water intake. Start by booking a therapy that will help kick start your lymph system.