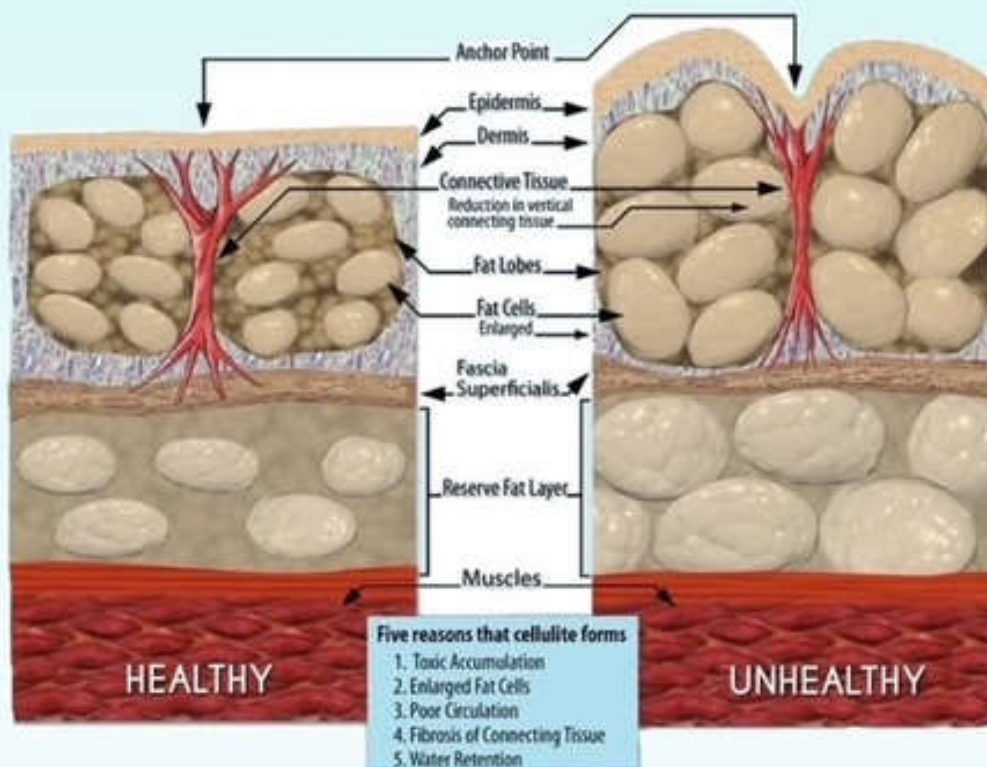


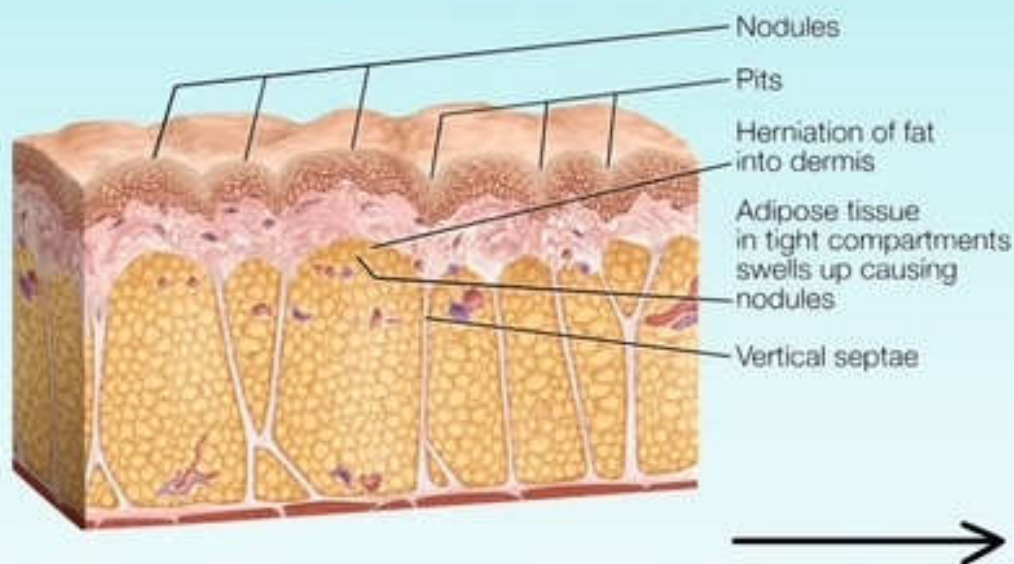
CELLULITE IS A SIGN OF CLOGGED LYMPH



Cellulite is a direct sign of clogged lymph

Unlike your circulatory system, the lymphatic system doesn't have a pump, it relies on movement to keep things flowing.

When your lymphatic system is backed up, waste and fluid get trapped between your skin and muscle. This causes fat cells to swell and inflammation to rise, while tight connective tissue pulls down on the skin. The result? That dimpled, uneven look we call cellulite.

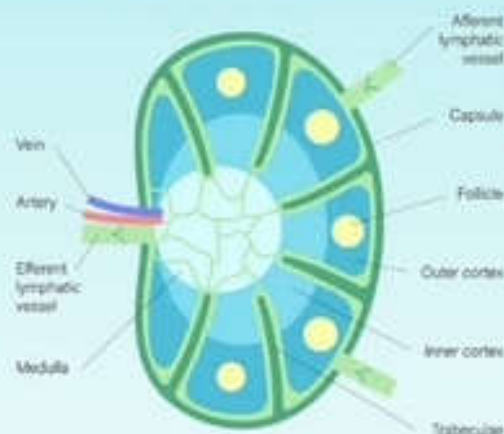


Flowing lymph leads to smooth skin

Since the lymphatic system helps clear waste, when it gets backed up, those toxins and fluids don't leave your body, they get stuck under the skin.

That leads to swelling, inflammation, and fat cells that expand under pressure.
Clogged lymph = stagnant tissue

Because when your internal drainage is off, your skin becomes the dumping ground.

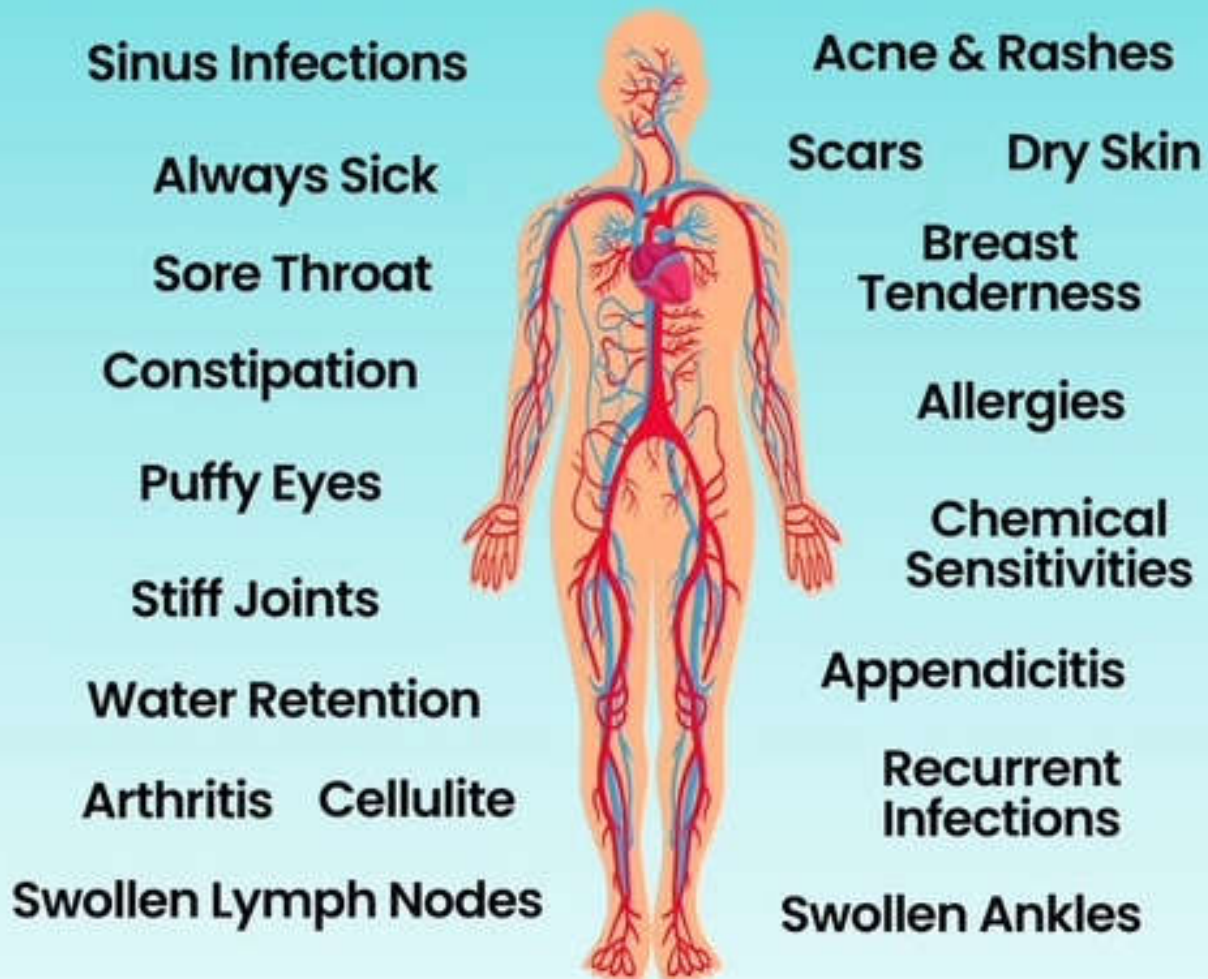


What leads to a toxic lymphatic system?

- Chronic Stress
- Environmental Toxins
- Hormonal Imbalances
- Poor Sleep
- Infections
- Obesity
- Alcohol and Drugs
- Chronic Medication Use
- Lack of Movement
- Too Much Caffeine
- Poor Digestive Health
- Genetic Predisposition
- Poor Diet and Dehydration
- Improper Breathing Techniques
- Heavy Metal Exposure



SIGNS OF LYMPH STAGNATION



Lymph Foods



Lemon



Ginger



Cucumber



Celery

Lymph Support



Liver Support



Herbs



Stretching



Hydration

Lymph Therapies



Massage



Dry Brush



Sauna



Rebounding