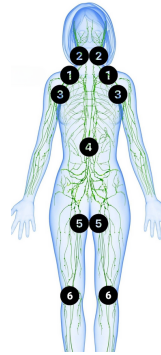


Self Care Descriptions

The Big 6

Rub, Tap & Stroke

1. Above and below the clavicle
2. Jawline
3. Chest
4. Abdomen
5. Groin
6. Behind the Knee



Legs Up The Wall & Deep Breathing - use gravity

Move your blood & lymph out of the lower body and diaphragm to get that fluid back to the heart

Rebounding/Heel Drops - muscles move lymph

Bounce on a mini trampoline or come onto the balls of your feet and release heels down to the floor so you gently bounce up and down.

Gua Sha/Cupping - increases flow

Targets finelines and wrinkles and also improves how well your brain drains which can help prevent neurodegenerative diseases such as Parkinsons and MS.

Gratitude Journaling - a game and brain changer

Scientifically proven to dilate your blood & Lymph vessels and shift your nervous system into parasympathetic which is where we heal.

Take a Walk/Exercise/Grounding/Sunshine

Full body movement helps propel lymph through the one way channels. The earth delivers energy to our bodies that recharges us and sunshine is a vital nutrient. Nature is medicine so get out in it whenever you can.

Dry Brushing - increases blood and lymph circulation

Great for the nervous system and helps remove dead cells from our largest detox organ, the skin to keep drainage pathways open.

Epsom Salt Baths - an essential mineral for our lymphatic health

Magnesium sulfate soothes muscles, reduces inflammation and replenishes magnesium levels through skin absorption.

Self Lymph Drainage

Of course I would love to see you more often in my office, but when that isn't an option, I have resources to teach you how to do this at home. Ask me !



PICK THREE DAILY
TO SUPPORT
YOUR
LYMPHATIC
HEALTH



Quick Picks ~ 5 min or less	S	M	T	W	T	F	S
*The Big 6							
Legs up the wall							
*Rebounding or Heel Drops							
Gua Sha or Cupping							
Moderate Picks ~ 8-15 min	S	M	T	W	T	F	S
Gratitude Journaling							
*Take a Walk							
*Grounding, Sunshine, Nature							
Dry Brush your body							
Treat Yourself Picks ~ 20+ Min	S	M	T	W	T	F	S
Epsom Salt Bath							
*Physical Activity, Exercise							
Self Lymphatic Drainage							

***Recommended for daily use**