

LYMPHATIC LESSONS

7 Lymphatic Lessons to get into the **FLOW** of Life

Fascia **L**ymph **O**verall **W**ellness

Bringing the world into a higher vibration!

By : Kelly Kennedy

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Dedication

To Ian and Silas, I know the hours are long, my dedication is deep and time away from you both is the cost. There have been many changes in the last two years, this book is just one of them. With all of these changes you both accept and flow with them as you love and support all my ideas. You provide love and fun when I need a break. You provide guidance when I am stuck. You are both my rocks and where I love to come back to each and every time!

My gratitude for you both encouraging me to FLOW in my life, supporting everything I do, ups and downs, makes me only that much more devoted to our love and life.

In my heart, always!

Acknowledgements

I have been incredibly fortunate in my life to have amazing mentors, guides and influencers professionally and personally. This particular subject of the lymphatics, the FLOW of my life, my “vision” of NOTMEDS and the future of *true wellness* for all people (pun not intended, just goes to show you how smart my husband is whom named our center) would not be possible without two of the most important women in my life.

Affectionately I call Desiree DeSpong my sister, but she is also my lymphatic GODDESS mentor. With her 20 plus years of clinical experience and ability to teach her concept of the more progressive lymphatic therapy she has gifted the world with this wisdom that finally unlocks the key to so many cases. Desiree is tireless in her desire and devotion to help me develop (since the day I met her) as a skilled lymphatic therapist, and now evolved into a FLOW practitioner. Without you, Desiree, this book never would have happened, and certainly not with the depth of understanding and ease of solution that it now offers since your influence collided in my life so beautifully a decade ago now. Desiree is also the amazing mind behind the FLOWpresso which is the best solution to helping us all get into the FLOW that I have ever had the pleasure of experiencing.

Affectionately I call Kerry Hayes my wife, although our husbands might disagree. Nevertheless, over the last decade Kerry has been a client, a practitioner of lymphatics (trained also by Desiree), a yoga instructor and a marketing partner all at our center. Kerry has been a great friend, to the point that I call her “wife”, and through the pandemic has once again, jumped on my train to help organize and create NOTMEDS, 'The Beats' podcast, and the many projects that I start become what they are. She is an amazing confidant and I know this book would not have happened, particularly in the timing that it did happen, without her continued dedication to my “train”.

Thank you to the two women and the two men (Silas I am giving you that-- on this one, and you are not even 8 yet) that make my life so fun and so worthwhile. You are truly my family and I wouldn't have it any other way! Love you all so much and thank you for everything and in everyway you contributed to this booklet.

There are many other people to thank for all the years of support, love and loyalty to our mission. For now, please know I think of each and everyone and love you all! Thank you for being part of the journey!

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Preface

In order to truly get the lessons of lymphatics you must understand the paradigm of FLOW; Fascia Lymph Overall Wellness, as it applies to full-body wellness. Understanding the amazing network of ecosystems that we know as the HUMAN BEING requires deep understanding of the sciences including biology, chemistry, physics, quantum physics, microbiology, genetics, physiology of emotions, vibrational medicine, anatomy and physiology just to name a few! I think you'll be pleased to know that most of that goes beyond the scope of this book! My point here is to present the body in a wholeness that is both brief and complete which flows in such a way to be easily "digestible" even if you are new to wanting to understand how your body works.

The FLOW of life energy and the FLOW of healing have become the subject of my life studies for the past 23 years. When allopathic (aka "conventional") medicine and doctors were unable to help me in restoring my good health, that a car accident had taken from me, a friend pointed me in the direction of "alternative" healthcare. In a very short period of time, with the care and guidance in this new-to-me world of "alternative" care, my body rebounded and healed well beyond what I thought possible. (Note: my full story has been recorded in many places so no need to tell it here). When asked, my practitioner said "energy" is what healed my body. With a degree in Biological Science from Cornell University, I considered myself a bit of a scientist and this concept of self-healing and "energy" was completely foreign to me—I had to investigate.

My investigations led me into the world of BioRegulatory Medicine and became the starting point of my life's work as well as my passion. I consider myself an unlicensed practitioner and I've tagged myself with the title of Biological Investigator. The truth is I am a licensed massage therapist and hold many certificates of excellence in the field of biological health and medicine. And if there is one thing that I know for sure, it is something my first practitioner taught me: healing is accomplished through energy more technically known as the Autonomic Nervous System, the self-healing mechanism within the body.

The Autonomic Nervous System (ANS) has two components that are always working synergistically to make sure the body feels safe and therefore able to heal. The Sympathetic Nervous System (SNS), commonly referred to as fight or flight, is the state when the body is taking care of basic survival needs and burning energy.



The Parasympathetic Nervous System (PSNS), commonly referred to as digest and rest, is the only state in which the body is able to relax and heal itself.

Ideally, these two modes allow the body to compensate in any way that is needed, such as an immune response for viral or bacterial invasion, adrenaline to flee, and sleep to recover. Basically, anything to address any and all inputs to the system—appropriate responses to appropriate stimuli, at the appropriate time.

Ok, now let's break down that science. I am a Human Being. I have a life force in me allowing, even causing, me to breathe, to move...to maintain life and this exists within every living being on the planet. If I were to attempt to squish an ant—it would instinctively attempt to move out of the way of my finger moving toward it. Similarly, if I am walking down the street and see something falling toward me, I will instinctively get out of the way, so I don't get squished. I, nor the ant, are conscious of this decision at the moment—it is our instinct for survival, the sympathetic nervous system, which forces our organism to take action to get into a "safe" position, often without consciousness. This involuntary action is a pure reaction to input through the senses and a physiological response occurs as an appropriate response to the stimulus. The caveat being...if you have a well-regulated nervous system. More on this to come.

Once my body is and feels safe again the organism of our humanism regulates and therefore, switches right back into the ideally dominant parasympathetic mode. Once again allowing the body to mount appropriate immune responses and/or activate chemical and hormonal reactions to create regeneration and healing. When all of these processes are optimized, our bodies thrive.

Now with an understanding of the process, let's take a look at how this all happens. The Autonomic Nervous System fibers run in parallel lines all over the body. These fibers are embedded in the fascia of the body. The fascia is the skin under the skin that houses the fluid in the body. We have almost three times more lymphatic fluid than blood and this is all contained within the fascia. If the body's visible layers of skin were peeled back, we would see a thin casing of connective tissue that surrounds and holds every organ, blood vessel, bone, nerve fiber, and muscle in place, this is the fascia. It is thin, translucent, stringy and interwoven in multiple directions with mostly lymphatic fluid and some blood fluid allowing the structures contained within to safely float in relative stability.



Fascial tissue is also known as secondary nervous system tissue and known to house the emotions and traumas of the body. Physical scarring, injuries, or any kind of stagnancy in the body damages the fascia.

Since fascia is considered secondary nervous system tissue you may be wondering how it relates to the Autonomic Nervous System as discussed in previous pages. In the scope of this book, we are going to concern ourselves with one primary aspect which is the symbiotic relationship of the Parasympathetic (PSNS) and the lymphatic system. When one of these systems is engaged the other is automatically engaged, a relationship we can capitalize upon in order to access the body's self-healing abilities.

The lymph system can be characterized as the 'waste dump' of the body. Despite being the most abundant fluid within the body the lymphatic fluid does not have a singular pump as the cardiovascular system has the heart. Therefore, only when the fascia moves, is the lymphatic fluid pumped by each and every muscle in the body. As it travels around the organs, muscles, nerves, nodes and blood vessels, the fluid collects cellular waste and toxins that need to be eliminated from the body. The body eliminates waste through the bowels, urine, breath, blood (menstruating women) and sweat. Moving our bodies expands and contracts our muscles pumping lymphatic fluid throughout the fascia; this flow collects cellular waste and toxins allowing for proper elimination through stools, urine, breathe, sweat and for some blood. This means the body must move to stay healthy. This could be an entire book all by itself! Until I write that book, please watch the amazing video called the "FUZZ SPEECH" by Gil Hedley on YouTube and you will see the fascia in a more complete way than my words can do justice to this incredible subject.

Back in the example of a person's and an ant's drive to survive I mentioned a "well-regulated" nervous system; let's now take a deeper dive into that concept of regulation. When I began studying the European Biological Approach to medicine, I was surprised to learn this approach is highly focused on the lymphatic system. Remember, I hold an ivy league college degree in biology and very little, if anything, was taught about the lymphatic system in the curriculum. I was familiar with it because of my father's history with cancer, another story for a longer book.



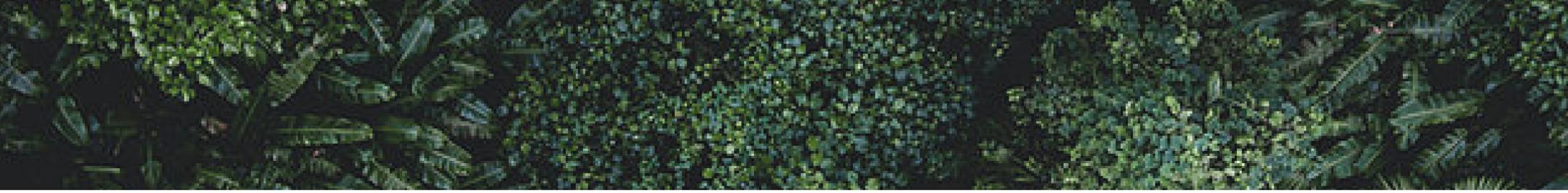
European Biological Medicine is based on a foundation of the science of regulation. The science of regulation and its primary concept of compensation/adaptation is based on the lymphatic system, the ground substance, the extracellular matrix, the interstitial space, all somewhat interchangeable words.

What is the science of regulation? In the biological approach, it is first understood that the innate intelligence of the body, the self-regulating system, is a whole-body approach to survival, allowing the body as a whole to constantly compensate or adapt and adjust to all the factors that it is affected by—everything. All of our senses are filters of sorts. They pick up the external world and take in what is needed or wanted and filters out what isn't needed, wanted or worse yet, toxic to "the organism" we call our body. It is always to be remembered that this system cannot be compartmentalized. Our body is an orchestra of mechanisms constantly moving and fluctuating based on the internal and external environment as well as sensory input into this ecosystem. As long as the body compensates, there will be NO signs of trouble, no symptoms of dis-ease, because there is still compensation or regulation.

Alternatively, a human ecosystem already carrying a higher burden of waste and/or toxicity will no longer be able to compensate for this input and a symptom(s) will occur.

The body's job, if you will, is to create homeostasis or balance. This homeostasis is often tested in allopathic medicine through blood tests. ONLY when the body is no longer creating homeostasis do we see it in serum blood as lacking ideal levels in the blood. When test results show levels outside the ideal range it is a sure bet this lack of homeostasis didn't happen overnight. The years, months, weeks, days leading up to that homeostasis "gap" are the adjustments done to compensate for the flooding of environmental and sensory input; this is the regulatory capacity of the body. This adaptability capacity is the innate intelligence that is wholly functioning and compensating to keep the body in a state of health. Once the body reaches a point that it can no longer compensate for negative factors, we see symptoms.

Unfortunately, whatever symptom(s) surfaces is often where people start to investigate how their body "failed" them.



European Biological Medicine focuses on the lymphatic system because the science of regulation shows that the health of lymph fluid within the body will indicate irregularities long before those irregularities manifest into symptoms. Symptoms are complex and multi-causational. For instance, hormone imbalance (symptom) in 10 different bodies can have its roots in many, perhaps even hundreds of different sources and medicating the symptom the same in all of those bodies can be very ineffective. Chasing after symptoms is the basis of our modern health system and does not help people to truly understand how their bodies work-- a big mistake in my opinion. However, if we take a step back from symptoms to investigate irregularities of the body's regulation ability, the number of causation variants decreases, treatments are typically less invasive and results more effective. It is complex...yet simple when we set out to investigate.

The tricky part is to not get lost in what caused a response/reaction or symptom in the body. It is never one thing that causes one thing, it is always multi-causational. Studies have shown that 90% of all illness is emotional. We do not have time to get into this subject here fully, and I highly recommend reading "Who Switched Off My Brain" by Dr. Carolyn Leaf.

Draining the toxins and pathogens at a pace faster or more efficiently than the exposure to or uptake of said toxins and pathogens is the key to wellness and FLOW! How to achieve FLOW can be simple, might take some unwinding, and the results are always worth it! Enjoy the magic carpet ride that is the FLOW of LIFE!

Welcome to the red pill....(and if you don't know the reference here watch the 1999 film The Matrix).

Foundation of Wellness, the Lymphatic System

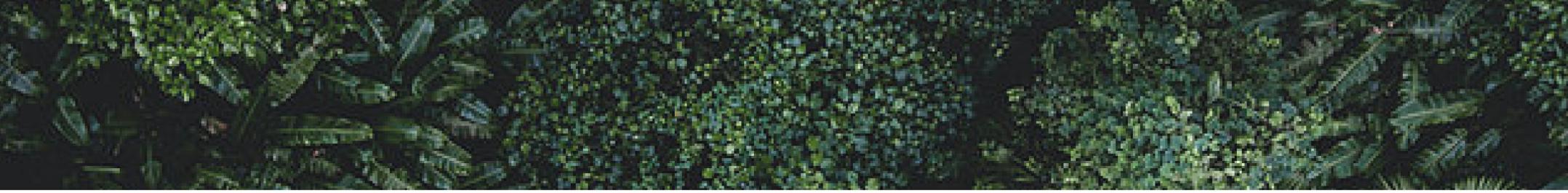
To recap, the lymphatic system is the body's filter that is instrumental in its ability to compensate or regulate. Like your car's oil filter, if it hasn't been changed or cleaned recently — it will get clogged, lessening the efficiency of potentially every system in the body.

That said, every single body on the planet is challenged with keeping their lymphatic filter clean; no easy job considering the quality of the food we ingest, the air we breathe and the toxicity of products under the sink, in the laundry room, in our hygiene routines, and in our medicine cabinets. The most basic question I learned to ask and answer in all cases is: Can the body drain waste and toxins faster than creation of and exposure to such factors? Asking this question of each body I work with is how I eventually became known as the Lymph Queen. Not because I loved the lymph system so much, and not that I don't, it is just that every case my colleagues and I see in the center, and every time we ask that most basic question, we must consider the lymph in order to find the answers. We haven't yet found a case, not even my own, where the answer was a resounding yes, the body is draining fully and efficiently.

Follow up questions moving along the path when there is no drainage or limited drainage are:

- *Is there a structural blockage?*
- *Are their scars on the fascia?*
- *Are their adhesions in the fascia limiting the lymphatic flow?*
- *How can we get that drainage system to work better?*

Following this line of thought, implementing appropriate therapies and completing appropriate assessments, the positive results and the personal triumph stories started piling up. At the epicenter of appropriate therapies were various techniques and devices designed for enhancing the lymphatic system. Once my colleagues and I began collaborating and incorporating what we knew about the lymphatic system; suddenly clients whose cases were previously unresolvable, were beginning to see improvements. They were able to tolerate therapies and supplements while experiencing fewer symptoms. As an investigator of the biological system—I needed to know more.



The first thing to understand when looking at this amazing system is that the terrain or the environment of the blood is what we are talking about. The fluid around the cell and where the lymphatic system is located, is responsible for draining up to 85% of this fluid. This is the different paradigm that must be understood to begin to understand the lymphatic system.

This booklet is not meant to be a comprehensive understanding of your lymphatics, on the contrary, it is a broad understanding of the most underrated, most crucial part of our immune response. I know that once it is truly understood, engaged and properly addressed, you too will begin to understand your body, how it works and really begin to FLOW in your life and FLOW in your wellness! You will begin to trust and have faith in your body and its inner wisdom allowing your true healing to begin.

Lymph Lesson #1: Everything in life Vibrates and has a unique Frequency

Nikola Tesla is known as one of our most incredible innovators and one of the most brilliant minds that allowed us to transform our everyday world, even still today in 2021 well over 100 years after his death! One of things he is most quoted as saying is:

“If you want to find the secret of the universe, think in terms of energy, frequency and vibration”.

All things in our universe are constantly in motion, vibrating. Even objects that appear to be stationary are in fact vibrating, oscillating, resonating, at various frequencies. The human body has a measurable energy field around it approximately 2.5-3 feet in diameter. Our vibration is unique to us and changes as we continue to change throughout our life.

Resonance is a type of motion, characterized by oscillation between two states. Resonance occurs with many types of vibrations in all kinds of media. Tissues, for example, have mechanical, acoustical, electrical and magnetic resonances to name a few. On a very basic level, when vibrations harmonize the body is able to be parasympathetic, regenerating and healing. When frequencies attempt to join together and instead become chaotic, the body will see the source of that incoming frequency as an “invader”. Cellular waste and debris in the body from multiple causes such as, chemical exposure and physical or emotional stress can all be seen as invaders and therefore activate an immune response.

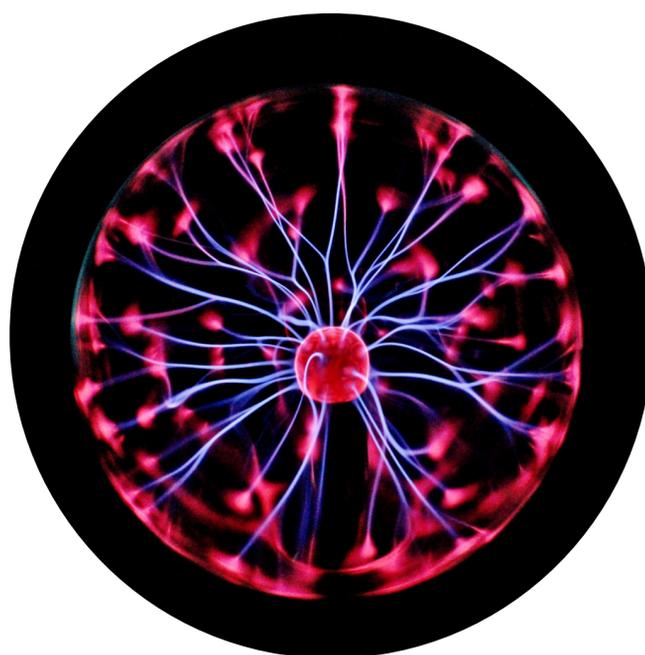
The lymph system and the skin work in combination receiving input of everything we are “exposed” to as a level of vibration and frequency. The lymphatic system and the skin have receptors that “feel” these frequencies and then properly account for that information: is this a stress, a nutrient, a toxicant, a useful gas, etc....?. The body is then to properly excrete what is not needed, circulate what is needed to the proper areas and proper functions pursue. That is, if all bodily systems are working well. These are not conscious activities and yet your body is doing it all day long, all night long, every day of your life. As this occurs, you are well and thereon thrive. When the body can no longer properly compensate, that is when we get signs and symptoms of illness. The longer this goes on, without proper compensation, the easier it is for dis-ease to set into the body.



Just remember that everything vibrates, even if we can't see it. There are invisible threats all around us--sounds we can't hear from lighting that is not natural for instance, and to our bodies it sounds like severe white noise like from your radio on the wrong station. Yet unless we have a particular piece of equipment to detect this frequency and convert it into an octave our human ears can hear, we wouldn't know that that body is under that stress. Knowledge is power, when applied properly. My intention in providing this booklet is teaching you a deeper understanding of the buzz word "detoxification" AND encouraging you to apply what you learn here!

The 5G and the WiFi signals are all strong enough frequencies to bring live streaming video into my home —truly amazing. While the research is still being conducted, it is not conclusive enough to determine if these EMF radiation frequencies are detrimental or not, however do we really need to see the research? Or can we extrapolate the potential dangers since it is already established that everything vibrates and the more vibrations flying around the body, minimally, creates more opportunity for frequencies to be chaotic or out of harmony, essentially distracting and stressing the body? We need to understand the body a bit more to make the proper decision for limiting our exposure to such stressors.

There is an undulation in the body all the time, a FLOW. We are not stagnant beings. We are more like a river of FLOW. Now you know that the lymph system is the filter picking up every frequency and vibration all day and night long, all of our life. Flowing with those vibrations is health, having resistance to those vibrations is illness.



Lymph Lesson #2: Anatomy of the Lymphatics

The lymphatic system is typically neglected in text books and even massage schools. Often Physical Therapists, Plastic Surgeons or Oncologists, in allopathic medicine, are the only subspecialties that really consider this amazing network present throughout the entire physical body. The lymph system is part of the circulatory and immune systems. The lymphatic system comprised of specialized vessels and organs whose main function is to return lymph fluid from tissues back into the bloodstream.

While the lymphatic system is part of the circulatory system it does not have a pumping mechanism. It only moves when we move, particular skeletal system and muscular system movement allow the lymph to flow. One of the main functions of the system is to regulate the fluids and filter pathogens from the blood.

The lymphatic fluid, ideally much like water in its consistency, is white (ish) and is a result of the filtration of the plasma. The plasma from the blood diffuses through the porous capillary wall into the tissues to deliver nutrients. If everything works ideally, after feeding all the cells, the majority of the fluid gets reabsorbed into the blood vessels. Approximately 10% of that fluid remains residual in the interstitial space (narrow space between tissues) — which gets collected by the lymph capillaries and becomes the lymph fluid.

Vessels

The main “highway” of the lymphatic system is the vessel network. This should not be confused with the cardiovascular vessels. The lymphatic system is a one-way street (blind ended, like a cul-de-sac) that opens into the tissues to collect the liquid and then opens/dumps into the cardiovascular system at the other end. Blood vessels, on the contrary, are connected by a network of capillaries allowing blood to flow in circles as it circulates around the body. The flow of this circulation is controlled by your pumping heart and is called your heart rate and blood pressure. As we’ve already learned, the lymphatics, in contrast, do not have a regulating pump to assist the flow with pressure, instead this pressure is created mostly by our skeletal system moving and the pulsations from the cardiovascular arteries flowing. The lymphatic vessels do not allow back flow —the fluid only moves in one direction.



The lymphatic vessels are divided into superficial and deep lymphatic vessels. The superficial vessels are located just below the skin layer where they collect from the superficial structures of the body. The deeper lymphatic vessels carry lymph from internal organs, assisted by their partners the arteries, lending to the pressure of the lymphatics to allow lymphatic flow to occur.

Organs

Spleen (*the largest organ of the lymphatic system*): contains lymphocytes and other white blood cells that protect the body by clearing out worn out red blood cells and other foreign bodies from the bloodstream.

Tonsils: the gatekeepers to the lymphatics; they filter bacteria and viruses while also producing antibodies and white blood cells

Abdominal appendix (veriform): contains a particular tissue associated with the lymphatic tissue., which carries white blood cells to sites of infections. It encourages the growth of beneficial gut bacteria that plays an important role in digestion and immunity

Bone Marrow: white blood cells, red blood cells and platelets are produced here. Also the site of B- lymphocyte maturation

Thymus: the location of T-lymphocyte (fighter cells) maturation

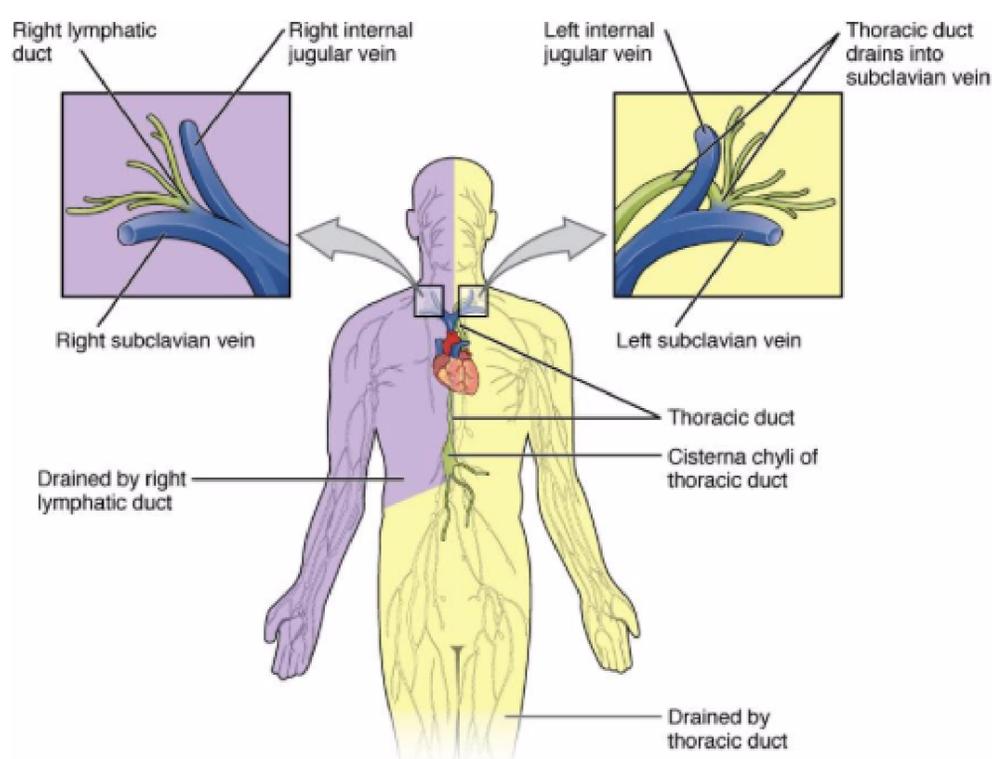
Peyer's patches: small masses of lymphatic tissue in the mucous membrane that lines your small intestine. These lymphoid cells monitor and destroy bacteria in the intestines

Nodes

Lymph vessels always drain into a node at some point in their journey. Nodes are primarily located deeply in the joints of the body: under-side of the shoulder joint, aka the armpit; anterior of the hips, aka inguinal or groin; back of knee; ankle, wrist and the base of the neck. Just think about where your bodies bend and you will find lymph nodes. The nodes house the lymphocytes or other immune cells. There are many types of immune cells and each is created by the body as a response to the exposure it is identifying as a result of the lymphatic flow.

The lymph capillaries collect the excess fluid in the tissue of the body. This fluid is moved throughout the vessels, by literal movement of the body, to the nodes where it is presented to the immune system. In an instance of an invader present in the fluid, when filtered through the lymph nodes the proper white blood cells (macrophage, plasma B cells, eosinophils, basophils etc.) are activated and distributed.

Major Trunks and Ducts of the Lymphatic System: The thoracic duct, located on the left side of the body at the base of the neck, drains a much larger portion of the body than does the lymphatic duct on the right side.





One of the ways I like to describe the lymphatic system is by using an analogy of a highway with tolls and traffic lined up to get through the toll booth. The traffic is our lymph fluid, it is designed to move, or FLOW, all the time. Unfortunately, just like our daily commute, this FLOW is often stagnant in places. In this analogy, picture the toll booth as the end point of this highway. The lymphatic flow ends or drains into the cardiovascular system from the thoracic area- those ending ducts equate to our toll booths. The ducts, as illustrated above, are located above the collarbone or clavicle at the base of the neck. These are called the Right Lymphatic Duct and the Left Thoracic Duct. The concept is this: assume your lymph is clogged, your highway is congested with 50 cars lined up behind the toll booth signifying lymph fluid is stagnant. In order to ensure lymphatic flow the toll must first be opened allowing the first car to get through, then the second car and so forth. Efficiency of drainage begins when we start at the primary drainage point, essentially we need to start at the end. Once those two ducts are open, from there the FLOW can begin.

The lymphatic system is a complex network of vessels and nodes that literally reaches from your head to your toes. There is superficial lymphatic fluid, deep lymphatic nodes and the fascia which holds all that liquid together and allows it to move throughout the network, as long as there are no “snags” in the fascia.

Function

There are really three functions of the lymphatic system. The first function is to maintain the body’s fluid balance. The second function is to conduct surveillance for the immune system by filtering and identifying all pathogens and toxicants. The last primary function is to transport large molecules like proteins and fats.

Definition	The lymphatic system is a network of vessels and organs that regulates the amount of fluid in the human body and defends it against infections.
Structure	Lymphatic capillaries; lymphatic vessels, ducts and tracts; lymph organs,
Function	Fluid regulation; immune surveillance; transport of large molecules

Lymph Lesson #3: Men and Woman have a Lymphatic System

This may sound obvious however, many people think of the lymphatic system only as it pertains to women's breast and breast cancer more specifically. I'd also like to point out here that all humans and animals have lymphatic systems working around the clock to assist the body with filtering out waste. Every single body can recognize improved health by addressing their lymphatic system.

Lymph Lesson #4: Outdated Solutions for our Lymphatic System

Early lessons in lymph enhancement techniques taught that the movement of lymph fluid was to be done with a very light touch akin to being brushed by fluttering butterfly wings. Other advice included bouncing on a rebounder and dry brushing from toe to head (remember the traffic analogy? Do you want the car at the head of a line of traffic to move first or the last one to push its way through the line?). Twenty years ago when this information was circulating among generally healthy people who wanted to feel more energetic and improve the glow of their skin these methods were effective for some of the people, some of the time. Today, the overwhelming assault on the lymphatic system, human and animal, is a major factor and we must intentionally address our lymphatic FLOW to ensure our wellness. Our bodies need more manual stimulation and deep compression as well as fascial adhesions released in order to make the "needle move" in the lymphatic health of the general public in today's environment. When it comes to the large population of the chronically ill, it becomes necessary to go even more in depth.

I think we can all agree that our bodies are exposed to "environmental impurities" through the food we eat, the water we drink, as well as the air that we breathe on a daily basis and the impact of that, to our biological systems, looks like chronic stress. Of course the list of negative daily inputs also extends to EMFs, WiFi as well as our daily work, family and emotional stressors, all adding to the burden on the body. Chronic stress keeps the body in sympathetic dominance. When studied in mice, chronic stress has shown to actually remodel the lymphatic vasculature.



Getting the body into the parasympathetic tone is priority number one. When the body is in the parasympathetic/healing mode, the body can do its primary jobs of resting and recovering. Let me be clear, being in a parasympathetic tone does not mean laying on the sofa all day. We can move around, even be at work, and be in the parasympathetic mode. That said, give me cozy couch time...any time!

Compared to 50-60 years ago, our lymphatic systems are working overtime and we must work more diligently to assist them. Manual/Fascial releasing of the nodes is often needed even for functionally ill clients, as well as practitioner assisted manual stimulation techniques, wellness devices, vibration platforms and more. If you are dealing with a chronic illness, NOW is the time when you need to take action for your lymphatics to begin to make the changes you are seeking.

We must make a diligent effort to live a lifestyle that is conducive in assisting our lymph instead of asking our lymph to work harder due to some modern conveniences that are actually detrimental to our biology.

Top 10 Things To Consider to keep your Lymph Fluid FLOWing

1. Drink More Water

Well hydrated cells are necessary in order for the lymph to take out the "trash". Of course, always provide the body only the purest water you are able as it is counterproductive for water to add to the trash we are asking it to help take out with the lymphatics.

Quality is the first consideration with water; pure, live water is the ideal. The body is estimated to be over 80% water when taking into account intracellular fluid as well. It is paramount to assure the water we drink and cook with as well as bathe and swim in is all consumed with reverence.

If unfiltered tap water is the best you can provide your body you can improve it with your consciousness toward it. Masaru Emoto made this his life's work and documented his findings in many best selling books, starting with 'The Hidden Messages in Water'.



Live water is active and can be made structured in many ways. Using frequency generators or other bio-resonance devices can achieve amazing, live high quality water that is ready for information and to replicate purity and beauty. In his book, 'The Fourth Phase of Water', Gerald H. Pollack examines this science in depth.

If you are in a place where none of this seems feasible, simply add a pinch of sea salt to each glass of water to make it more bio available, more ionically charged and therefore, more hydrating to the cells.

2. Limit Electronic Smog, Wireless Radiation

Limiting exposure to electronic smog and wireless radiation created by our cell phones, computers, Bluetooth technologies, WiFi etc, as much as possible is the goal. Turn off your cell phone when outside in nature, better yet don't even take it. Turn your WiFi off at night for sleeping hours. Wear clothes or make organic shields out of copper and silver for the house. There is even certain jewelry that has been documented to help improve live blood while wearing during exposure to WiFi radiation. Shuzi is the company that I recommend. More can be learned at www.notmedsglobal.com.

Again, there is not yet hard evidence that all this exposure to invisible codes flying through the airways is detrimental. However, we do know that this smog keeps the body in an active brain wave state, and therefore, in more of a sympathetic dominant tone which in and of itself limits the lymphatic flow.

3. Avoid Cow Dairy

The huge conglomerates of dairy farmers, milk producers and our government along with well-known celebrities and personalities will have you believe milk is a health food. Please educate yourself on the whole truth through the myriad of studies and books authored with evidence much to the contrary. You can also access www.notmilk.com if you need further evidence.

As it relates to the lymphatic system, cow dairy causes excess mucus in the body, excess proteins and excess acids. All of this thickens lymph fluid changing its viscosity from water-like to more of a thick sludge and clogs the lymphatic system.



4. Add more comfortable and loose-fitting clothes to your closet

Like a dam for a river, clothing can unknowingly become a dam for your lymph fluid. Anytime you remove clothing and find an indentation on the skin that is the dam which impeded or did not allow the small lymphatic vessels to freely move just below the skin while wearing that garment. This can result in a number of symptoms from restless leg syndrome, to digestive issues, headaches, armpits can fill-in and become arm “puffs”, localized swelling, general feeling of malaise and lethargy. Tight fitting clothes somewhat “strangle” the lymphatic tissue, not allowing the fluid within to flow which causes a backup of the toxins that were headed for downstream elimination. This now adds to the burden of the body and could lead to disease of the body the longer this continues.

5. Food: Improve the Quality, Reduce the Quantity, Limit the Processing

“Let food be thy medicine, and medicine be thy food.” A familiar quote, from Hippocrates, the father of medicine.

When food is removed from the land, denatured through modern processing, enhanced, preserved, packaged and shipped around the world how much nutrition and live enzymatic properties of the food still remain? Even when we shop the perimeter as we’ve been taught, are we buying produce and meat shipped from far away lands or are we buying local foods grown, harvested and eaten during the appropriate season? Once the food is home, how is it being cooked? What cooking methods preserve nutritional value and which ones minimize it? Remember that everything vibrates and carries a frequency which harmonizes or creates chaos within our human ecosystem. Chaos is of course going to cause more “traffic” in the lymphatic highway and congest or slow the flow.

Then it's on to digesting the food you’ve just eaten. In order to properly digest your food you must be in the parasympathetic mode and to properly absorb your food the lymphatics must be flowing.

Insidious use of pesticides, fungicides and other agrochemicals have unfortunately been used now for many years by industrial farmers worldwide. Even the most organic, local, heritage farmed food will still contain traces of many of these agrochemicals from cross contamination.



All chemicals, metals, unrecognizable molecules of processed food will be identified by the lymphatics and often will leave debris, clogging up the lymphatic system.

The small intestines have fingerlike projections called villi. The villi are a combination of specialized lymph capillaries or lacteals that absorb fats and fat soluble vitamins; and blood capillaries that absorb the other soluble particles. If the lymph isn't flowing, we aren't receiving all the benefits of the foods eaten and perhaps, therefore not excreting as efficiently either. Among many undesirables, the model of industrialized farming has also created a huge lack of diversity within our food supply. To learn more about those on the front line of creating change in this arena search CropShare and Food Forever.

Commit to doing your best (whatever that looks like) -- to eat variety, local, seasonal, organic and ENJOY it! There are no rules with food, except make it help you live and FLOW! You literally become what you eat.

6. Process Emotions

Entire books, in fact, multiple books have been published on each one of these Top Ten items so I am doing my best to be brief. I hope it is not too obvious when my passion on certain subjects leads me astray. The subject of emotions is multiple books and infinite courses taught and to be taught. To avoid this item being a book, I'm jumping right into the deep end of the pool. If you are at a different place of understanding please seek out some the books referenced throughout this book.

Emotions are physiological and housed in the organs as neuropeptides (proteins).

- Negative emotions cause acids and other stagnancy of the lymphatics that must be considered
- Stress, positive or negative stress, certainly takes us out of the parasympathetic mode and away from healing
- The chronicity of stress is what plagues the lymphatics
- The body's biological systems do NOT differentiate between the proverbial tiger jumping out of the bushes and a tense scene during your average dramatic TV series -- either way the sympathetic system is engaged and creating the chemical reactions necessary for fight or flight.
- Even self-talk in your head increases cortisol, stress hormone levels in the body and increases inflammation, thus creating a thickening of the lymph fluid.



Learning to BE, without DOING, just BEING and relaxing into just being a HUMAN BEING is a major key. The more connected we are to self, the more relaxed we are, the more parasympathetic we are. So the key is relaxing and BEING more hours than you are DOING.

Of course there are still plenty of times we have to DO things, living in a meditative way, BEING, is much the same as living parasympathetically. Living now in the present moment and NOT giving thought to the future or to the past. Future and past thoughts are nothing more than imagination or memory, purely the drama of the mammalian brain. To allow yourself to “LET GO” of all of it and just BE there, is the gift of the present. And being PRESENT is a real GIFT to your health.

Stuck life equals stuck lymph.

Lymph is very much where we let go of our emotions. This is best evidenced by doing manual lymphatic stimulation work, whether on yourself or administered by a professional or often with our FLOWpresso wellness device, the person often reports feeling “lighter” emotionally. Often there is an emotional release on the massage table when a client is really “full” of toxins; as they are released, the valve is relieved and tears or laughter are often shed! Moving the emotions, moves our lymph. WE MOVE, OUR LYMPH MOVES.

In the Louise Hay book, 'You Can Heal Your Life' under the header of Lymphatics it asks “What are you holding on to?”. When Annette Noontil writes in her book, 'The Body is the Barometer of the Soul', on the subject of lymphatics she mentions “holding onto negative thoughts creates disharmony. Harmony is gained from learning from your anxieties and bringing balance into the physical and spiritual”.

A number of published research studies have identified that mental health and emotional traumas affect immunity thus affecting your lymphatics. Also with the recent scientific breakthrough identifying that there is a lymphatic system in the brain called “glymphatics” it is now known that draining the brain is key to your mental health. They have identified lying on your left side at night helps accomplish this as does 6-8 hours of quality sleep to complete this brain drain process.

7. Reduce Chemical Load on the Body

Chemicals in and on the body (the skin is a sponge!) are foreign material and must be presented to and identified by the immune system and, as we learned earlier, this happens at the level of the lymphatic nodes. When this happens very infrequently with minute doses, the body does its job and the lymphatic system continues to flow appropriately doing its job removing waste. When we know that the lymph system can easily be overburdened in today's world, would it not make more sense to protect our human ecosystem and clean up our lifestyle?

- Just say NO to chemicals in food, deodorant, fragrances, make up, skin care, hair care, cleaning products, furniture, building materials, clothes, synthetic cookware, industrialized agriculture, etc.
- Let's make changes with our buying dollars and demand our manufacturers offer better quality products. VOTE with your WALLET

8. Reduce Exposure to Heavy Metals

Metals in and on the body are not good and are foreign material and must be identified to the immune system and as we learned earlier this happens at the level of the lymphatic nodes. Dental metal amalgam fillings, root canal material, titanium implants, metal fused crowns all create not just an issue for the lymphatic system, but actually create a foci or blockade to the autonomic nervous system. There are two blockades that don't allow the ANS to work properly, these are dental blockages as previously mentioned and scars.

- Chemical and metal burdens keep us in the "fight or flight" chronic stress mode

9. Scars on the Physical Body

Scars on the physical body create a detour, or blockage of the fascia thus creating a communication issue for this nervous system. The scar tissue further creates dams, or detours, for the lymphatics through the chain of vessels and nodes. A scar on the physical skin can often damage lymphatics and cause swelling, edema that can either be acute or chronic.



Caring for all fascial torques and/or adhesions will encourage all FLOW to occur as the lymph will be able to access all tissue.

Minimizing the influence of scars on the lymphatic and energetic systems of the body typically requires yearly treatment. The first year the scars are usually treated consistently with a variety of therapies and until the electrical charge in the fascia is reduced and allows the greatest flow of the lymphatic fluid.

10. Immune Challenges

Our immune system is designed to deal with pathogenic bacteria, virus, fungus, and molds. If systematic FLOW is assured then when these pathogens enter into a well functioning, regulating, regenerating nervous system housed in a human being, the invaders are properly taken care of in the lymphatic nodes. This is only possible once the collector capillaries open up into the tissue of the body (such as the nasal sinus) to collect the pathogen, and the body moves - assisting the pumping of the lymphatic vessels so it could get it to a node.

THIS is why we say the old “butterfly kiss” technique with the lymphatics is insufficient. We now offer more of a progressive therapeutic lymphatic approach to your care known as FLOW, Fascia Lymph Overall Wellness. In FLOW the first and most effective step is to get the body relaxed and into a dominant parasympathetic mode. This can be accomplished in a myriad of ways:

- environment
- self-care techniques
- manual techniques
- wellness devices
- foods
- supplements; herbal and homeopathic

These therapies assist the natural mechanism of the lymphatics to enhance its ability. The body often responds immediately, people can feel the tissue change and/or see the results often with noticeable drainage of excess fluid. Almost always the person feels more relaxed once the lymph is moving. Part of the reason for this is that you are vibrationally different and now your body can more readily make other shifts in your vibration affecting small and enormous changes.

Lymph Lesson #5: Drainage must be Assured BEFORE Detox can restart!

Your body is designed to detoxify and drain. However the drainage of the lymphatic has become an increasing challenge for numerous reasons for most of the human species and some domesticated animals, see lesson #4. So here I think of a roof and the gutters. If the roof is full of debris with leaves, twigs, sticks etc., this is like the cells that are full of toxicants and pathogens. You can not get the roof cleaned off until the gutters are first cleaned out. The gutters are the collector pipes (lymphatic vessels) that surround the surface of the roof (the blood cells). Then the roof can easily detox (intracellular detoxification of the cells) and everything will drain out. The gutters (lymphatics) surround the entire roof and nothing can get out/off the roof without traveling down the side gutters to the eventual downspout and out onto land. This is just like the lymphatic vessels that are collecting around the entire body and drain out through elimination of urine, sweat, bowel, breath and menstrual blood.

An ecosystem doesn't get sick overnight nor for a single reason. Likewise, it will not heal overnight with one therapy/remedy/supplement/medication. First we have to regulate and often that has to be done by assuring drainage. As the pipes are opened and begin to drain the toxins, the burden is lessened. This is under the assumption that the lifestyle has changed to make sure that the input of toxins is reduced greatly. As the burden and the leak are lessened the autonomic nervous system is better equipped to deal with the rest of the burden leading to a reduction of symptoms. The rate of change happens at the pace in which it is stimulated for drainage. Once drainage has reached a certain level, the proper functions of the body will resume. Detoxification, including three pathways of the liver, will be engaged once there is room in the river of lymphatic FLOW. If the lymph system is full of trash, there is no more room for more toxins to be released from the cells. If the lymph (space between cells) is overwhelmed then it might not see all the pathogens, surveillance will be breached and now infection can add to the equation.

The lymph and the liver are intimately related in many ways, however; considering anywhere from 25-50% of lymph fluid is created in the liver, the detoxification and the lymphatics work synergistically in ridding the body of it's garbage. If you want to extend the time, and quality of your life, get your drainage assured! Allow detoxification to occur or reconvene after the lymphatic FLOW has been reestablished and watch your body regenerate and continue to heal.

Get in the FLOW to then GO!

Lymph Lesson #6: How Do I know if my Lymph is moving?

To properly assess the function of the lymphatics you must look to the overall regulation of the body. Symptoms of lack of regulation and lymphatic sluggishness/stagnancy are often duplicated. The following is again not at all a comprehensive list and not intended to diagnose any issue. However, if you have any of these symptoms you should prioritize enhancement and regulation of your lymphatic flow.

- headache
- constipation
- sinus congestion
- sleep disorders
- menstrual issues, cramps,
- irregular cycle, PMS
- digestive issues, bloating, gas.
- arm "puffs" versus armpits
- swollen lymph nodes
- fatigue
- shortness of breath
- slow healing

Lymph Lesson #7: How can I achieve FLOW?

1. Move. If we don't move, our lymph doesn't move.

2. Relax...Get Parasympathetic. If we don't engage our parasympathetic system more frequently the toxic load will overcome us. We must allow the body to recover, regenerate and drain to enhance our FLOW. Again allowing the body to BE is one very important practice. This is a learned practice for most of us. There are many ways to assist the body to do this -- breath practice, the science of yoga (which is really about structural alignment and breath), manual relaxation like massage or manual FLOW, acupuncture, walks in the woods, the ocean, so many other ways to engage that parasympathetic. I hate to be so repetitive and again this could be a course, not just a book.

3. Dry Brushing. Please watch our video on this at notmedsglobal.com for proper sequence to get the most effective technique for best results.

4. castor oil packs
5. manual stimulation drainage therapy
6. vibration platforms
7. breathe practice and yoga
8. inversions
9. ionic foot cleanses
10. epsom salt baths
11. walks on the beach
12. time in nature without cell phone
13. salt rooms
14. salt chambers
15. PEMF mats
16. saunas

This is a short list of fun things to explore as there are so many ways to enhance your flow. For the average well person, these are effective enough to engage the system and enhance the FLOW. These are all things that can be added to your lifestyle; practices that open the fascia, stimulate the lymphatics and/or increase the parasympathetic tone.

17. We must take action. If someone has a more symptomatic situation than it often takes a bit more to mobilize and unclog the drainage. If the person is well and wants to move faster or more efficiently, there are plenty of practitioners and devices to assist the body to get in it's lymphatic FLOW.

18. FLOWpresso is a unique device that allows the body to simply get into the relaxation state through sequential compressions that feel like hugs. Further, the device offers infrared heat allowing the fascial tissue to soften and additionally, PEMF technology is applied, allowing energetic shifts in the thoracic area to stimulate circulation which in turn will increase drainage and FLOW of the body. The real magic, if you will, of the "suit" as we affectionately call it, is that the person remains clothed and alone in the treatment room for 90% of the time. These have become key factors during this pandemic! In our centers, we also cover the eyes, add an essential oil and some affirmations or frequency sounds to enhance the experience, allowing a client to transcend into a deep state of relaxation.

In this parasympathetic state there is deep relaxation accompanied by awareness similar to a meditative state. Upon exiting the "suit", clients truly feel like they are walking on a cloud. In this world of stress and constant stimulation, it is nice to take a 40 minute "unplug" and self-care check-in to put us back into the FLOW.



FLOWpresso is a wellness device that allows us to destress simply and effectively. There are two programs on the unit, one is more for recovery mode and has a different pattern of hugs to the other mode which delivers a full body hug then release affect. This is a newer technology from New Zealand (just released in February of 2020). The FLOWpresso has had great results for the following so far. These results were evidenced not only clinically by the clients overall feelings of improvement, but also in the heart rate variability test and contact thermoregulation test that were performed in the timeframe of partaking in FLOWpresso sessions:

- preparatory and recovery work to any dental work
- preparatory and recovery from any surgery
- recovery from sport
- recovery from physical trauma
- recovery from emotional trauma
- recovery from immune system trauma

19. Raise your vibration by listening to music, and allow your body to move. Feel the vibration sing, and dance it out!

20. And Now, FLOWpresso! Again and again and enjoy! As one of a very few distributors worldwide I honestly and humbly really do believe that FLOWpresso offers such a unique experience and once we have received the needed, desired outcome we will want to go back for more. And why shouldn't we? We deserve to take care of ourselves, connect with our inner wisdom, relax and take some time to breath, unplug and just BE in the FLOW.

Your Lymph Journey Doesn't End Here...

Join us every Sunday for New Episodes of 'The Beats Podcast with Kelly Kennedy'. Each week she will introduce you to a different element of bioregulatory medicine, joined by friends and colleagues from around the world.

The podcast can be found on Apple, Spotify, Google, YouTube, as well as our home, www.NOTMEDSglobal.com



Over the years Kelly has also created a number of videos providing information on how to support your lymphatic system, which can be found at YouTube channels **NOTMEDS Global & The True Wellness Center**. Also on our Youtube channel you can find The FLOW SHOW, where the lymph queen (Kelly Kennedy) teams up with the lymph guru (Michele Nelson) to provide visual and auditory information of many of the topics that you have uncovered in this booklet. These videos will effectively reinforce the lymph lessons.

In regards to *educational courses* for the lymphatic system, Kelly recommends:

- Beyond Biological Medicine Speaker Series, hosted by Dr. Christine Shaffner
- 21 Day Live Lung Detox, hosted by Dr. Christine Shaffner
- Lymphatic Detox - 21 Days, hosted by Dr. Christine Shaffner
- Eat4Earth hosted by Brendan Moorehead
- The Lymphatic Summit hosted by Shivan Sarna

Tools & technology that effectively enhance lymphatic flow:

- FLOWpresso found on NOTMEDSglobal.com
- Rebounder
- Rapid Release Technology
- Manual Lymphatic Pumping Technique FREE PDF
- available when you subscribe to notmedsglobal.com

Toxins play a huge role in our lymphatics ability to function properly. To ensure your body is not bombarded by toxins use the *resources* of EWG.org & [Think Dirty Shop Clean](http://ThinkDirtyShopClean) to find products for the home and body that you can use confidently, knowing that they are not going to burden your lymphatics and thus the rest of your body.

Practitioner-handled products that Kelly recommends to support lymphatic drainage:

- Macrophages (FLOW Cream)
- Itires from Pekana

Keep it FLOWing!

Nothing in this book is to be used as medical advice or to take the place of a consult with a certified practitioner. This paradigm is of the expressed opinion of the author and meant to serve as a resource for the lymphatic systems inter-workings as perhaps a new road for the reader to embark on through their journey of thriving as a human being.

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