



THE 5 STEP LYMPHATIC FREEDOM SYSTEM

Love Your Lymph

*Bring your health
back to basics and
live pain-free*

THE LYMPHATIC SYSTEM

The Lymphatic system is one of the most misunderstood enigmas the medical world has ever dealt with. Many professionals do not know enough about it in Modern Western Medicine and in Complimentary medicine alike.

Many people say “oh, I have a crappy immune system” or I get these crazy things happening like (insert multiple symptoms here) and I have no idea what is going on”. Chances are there is one system of the body that is feeling unheard and has ben whispering to you for so long that it feels it’s time to start screaming. No, it’s not the immune system alone but it is likely to be the most misunderstood- The LYMPHATIC System.

The Lymphatic system is a vast network of lymphatic vessels, lymph ducts, lymph nodes, lymph fluid and lymphatic organs. The lymphatic organs include the spleen, the tonsils, the adenoids, the appendix, the liver and the thymus.

Now, some of those organs might sound familiar? Often, the lymphatic organs are seen as superfluous orans but they are actually vital organs for your lymphatic and immune system to use for communication between these two systems.

Whilst the liver isn’t technically a lymphatic organ, it does work directly with it and as one of the most important organs in the body and definitely the hardest working organ in the body, it should be included as an integral part of the lymphatic landscape.

HOW DO YOU GET YOUR LYMPH TO SHOW YOU SOME LOVE?

To receive the benefits from a happy lymphatic system, you have to nurture it and show it respect. The 5 Step Lymphatic Freedom System is easy to follow and will give you a template to let your lymph know you love it.

STEP 1: Identify if you have a sluggish lymphatic system.

Symptoms come and go. Normally a lymphatic expert will not treat the symptoms but instead will treat the system, but it can be challenging to get your head around what sort of practitioner you may need.

Do you ever experience any of the following symptoms?

- Puffiness in the face or around the eyes
- Swelling in the fingers
- Carpal tunnel
- Water retention
- Headaches
- Sinus infections
- Blocked sinuses or runny nose
- Dry or itchy skin
- Spider veins or varicose veins
- Constipation
- Bloating
- Weight gain that won’t shift (especially around the belly)
- Breast tenderness or swelling
- A sense of fogginess in the brain
- Allergies, Food sensitivities

- Frequent colds or flu
- Fatigue
- Swollen glands
- Swelling in the ankles
- Pain or nerve pain
- Chronic Fatigue
- Fibromyalgia

If you said yes' to any of the above symptoms, you may be experiencing a sluggish lymphatic system.

STEP 2: Identify if other systems of the body need treatment to support your lymphatic freedom.

The lymphatic system is one of the most important body systems and it works closely with your digestive, immune, neural and circulatory systems.

If you answered yes to more than 3 symptoms above, you are likely to need a Full Spectrum Functional Health Solutions Analysis.

STEP 3: Consider the outcome if you do nothing to support your lymphatic system.

Maybe the symptoms you experience are mild, maybe they are more debilitating? In any case, your lymphatic system is calling out for help. Ignoring the call could lead to lifelong conditions such as lymphoedema, lip lymphoedema or even worse, stagnant lymph can greatly increase your risk of cancer.

In a world with sky-rocketing cancer rates, it is imperative that your lymphatic system be drained through annual lymphatic drainage. The importance of this is being more researched now than ever.

Manual lymphatic drainage is a feather light touch that covers the lymph nodes in a particular order for correct drainage. It is not intrusive, does not hurt and is very relaxing, but it is not classed as a massage.

STEP 4: Identify your immune system type.

Working out what your immune system type is can be very useful. The two systems go hand in hand to support you and protect you.

There are 4 known immune types to date. Each present very differently and your FHS Practitioner will be well trained on how to identify these for you.

Some of the everyday foods and drinks we consume can be detrimental if you are one particular immune type or another.

This analysis is quick, pain free and will help you to no end.

STEP 5: Reduce your stress.

Stress is the cause of most disease. Each system of your body is affected by it. Reducing your exposure to stress that can be environmental, physical, emotional, incessant, acute or chronic will help you love your lymph. It will also support the other 10 body systems.

Many studies are underway in regards to the part stress plays in illness of all grades and exposures. We all hear so much about toxicity but did you know that they are talking about stress?

“What if I go after my symptoms, wont I feel better?” Well, yes, you will feel better for a short time. Sadly, you won't be addressing root cause. Any long-term health gains need to come from treating the systems of the body. Without treating the systems in an appropriate and non-toxic manner, you will find yourself on an expensive treatment hamster wheel. A Groundhog Day of treatments.

TREATMENT

Seeking the correct practitioner is as simple as contacting a Functional Health Solutions practitioner in your area. FHS practitioners are a close network of 220 professionals who are committed to helping people from around the world to heal ethically and sustainably.

Wholistic Natural Health Australia can help you with your Functional Health Solutions analysis and treatment or refer you to a practitioner in your area.

Simply follow the link below at the bottom of the page and take the first step to lymphatic freedom.

ABOUT US

Wholistic Natural Health Australia is a small group of Practitioners who work through various Natural Health modalities from around the globe. All of our practitioners have battled or are now conquering major health issues that include cancer, lymphoedema, hypoxia, stenosis and diabetes. They not only 'walk the walk' and 'talk the talk' but they are passionately invested in helping others create a life of abundant energy, sustainable health and an environmental and community connection that will help many who find they are currently struggling.

OUR PRACTITIONERS INCLUDE;

- Best-selling authors
- Integrative pathology experts
- Practitioners of lymphoedema
- Functional Health Solutions Practitioners
- Weight loss mentors.

THEY HAVE BEEN FEATURED IN;

- The Daily Mail UK
- News.com.au
- Channel 9
- NZ Fitness
- Queensland Times
- Plus, many more media publications and outlets.

OUR MISSION

Wholistic Natural Health's mission is to empower people to take the charge of their health and experience true health, happiness and community.

We help anyone who is sick of being sick, tired of being tired and who wants to experience a new level of sustainable health.

Being well does not mean missing out, restricting or deriving yourself.

The team at Wholistic Natural Health can teach you how to take control back of your health while building a supportive community and a connection to the people, places and things that you are passionate about.

Make the first step in restoring your health by booking your free health strategy session with us today!

Bookings can be made at <https://wholisticnaturalhealth.gettimely.com/book>