



THE 5 STEP LYMPHATIC FREEDOM SYSTEM

Love Your Lymph

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

INTRODUCTION TO OUR FREE 5-STEP LYMPHATIC GUIDE

The lymphatic system remains one of the most misunderstood and overlooked components of the human body. Both modern Western and complementary medicine often fall short of comprehending its significance. Many people experience mysterious symptoms and think, "I have a weak immune system," or "These strange things keep happening to me, and I have no idea why." In reality, there's a good chance that these issues stem from one often-overlooked system that's been quietly signalling distress: the lymphatic system.

The lymphatic system is an extensive network comprising lymphatic vessels, ducts, nodes, fluid, and organs. These organs include the spleen, tonsils, adenoids, appendix, liver, and thymus. You might recognize some of these as seemingly redundant, but they are actually crucial for the communication and functioning of both the lymphatic and immune systems.

While the liver isn't technically classified as a lymphatic organ, it plays a direct and crucial role in the system. As one of the body's most vital and hardworking organs, it should be recognized as an essential 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 foginess 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 three of the symptoms listed above, it's likely time for a comprehensive Root Cause Analysis.

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

Whether your symptoms are mild or more debilitating, your lymphatic system is signalling for help. Ignoring these signs can lead to lifelong conditions such as lymphoedema or lip lymphoedema. Even worse, stagnant lymph can significantly increase your risk of cancer.

In a world where cancer rates are skyrocketing, it is imperative to prioritize your lymphatic health through annual lymphatic drainage. The significance of this practice is now being researched more than ever. Specialization in lymphatic and immune health plays a pivotal role in managing chronic illnesses. Surprisingly, only a minute fraction of doctors (0.07%) are familiar with the lymphatic system, an essential component of the immune system. At Wholistic Natural Health, we specialize in lymphatic and immune health, recognizing their critical significance in your well-being.

Manual lymphatic drainage involves a feather-light touch that gently stimulates the lymph nodes in a specific sequence for proper drainage. It is non-intrusive, painless, and very relaxing, but it is not classified as a massage. We can show you advanced lymphatic drainage protocols that you can incorporate into your self-care routine, and no matter where you are in the world, these techniques are available to you. The benefits of regular lymphatic drainage include improved immune function, reduced swelling and inflammation, detoxification, and enhanced overall well-being.

STEP 4: Identify your immune system type.

Determining your immune system type can be incredibly beneficial. The immune and lymphatic systems work together to support and protect your health. There are currently five known immune types, each presenting differently. Certain everyday foods, supplements, and exercises can be beneficial or harmful depending on your specific immune type.

At Wholistic Natural Health our functional health practitioners are well-trained in identifying these types for you. This analysis is quick, painless, and offers invaluable insights to help optimize your well-being. It provides you with tailored food, supplement, and exercise plans for your unique immune profile, helping you optimize your health and avoid any aggravating factors.

STEP 5: Reduce your stress.

Stress is the cause of most diseases, acting as a toxin in your body and affecting each of its systems. Reducing your exposure to stress—whether environmental, physical, emotional, incessant, acute, or chronic—will benefit your lymphatic system and support the other ten body systems as well.

Many studies are investigating the role stress plays in various illnesses. We often hear about toxicity, but did you know that stress is a significant part of this conversation?

Managing stress is easier said than done, especially if you don't know or haven't been taught effective ways to handle it. That's why we include stress management techniques in our health programs. PNEI and results-based coaching are great ways to minimize and manage stress. These approaches help you change how you respond to triggers, improve your reactions, and enhance communication skills, ultimately leading to a less stressed and more fulfilled life.

You might wonder, "If I just address my symptoms, won't I feel better?" While treating symptoms might provide short-term relief, it won't address the root cause of your issues. Long-term health improvements require treating the body's systems as a whole. Without addressing these systems in an appropriate and non-toxic manner, you may find yourself stuck in a costly cycle of treatments—a Groundhog Day of temporary fixes.

TREATMENT

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

Wholistic Natural Health Australia can assist 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 dedicated team of practitioners who utilize a variety of natural health modalities from around the globe. All of our practitioners have faced or are currently overcoming major health challenges, including cancer, lymphoedema, hypoxia, stenosis, and diabetes. They not only 'walk the walk' and 'talk the talk' but are passionately invested in helping others achieve abundant energy, sustainable health, and a strong connection to their environment and community. Our mission is to support those who are struggling and guide them toward a healthier, more vibrant life.

OUR PRACTITIONERS INCLUDE;

- Best-selling authors
- Integrative pathology practitioners
- Innate immunity practitioners
- Mould toxicity practitioners
- Functional medicine and functional health solutions specialists
- Clinical nutrition practitioners
- Complementary medicine practitioners
- Practitioners of lymphoedema

- Practitioners of complex manual decongestive therapy and lymphatic mojo
- Instructors of the PNEI of trauma
- Certified health & results based coaches
- Health and wellness counsellors

THEY HAVE BEEN FEATURED IN;

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

OUR MISSION

Wholistic Natural Health's mission is to empower people to take 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 today by taking the Root Cause Analysis Health Assessment for Mind & Body health!

We'll thoroughly analyse your health situation and health history to uncover the root causes and provide you with a FREE 30-minute health strategy session (no-strings attached) to optimize your overall well-being. Discover even more ways to improve all areas of your health, including your lymphatic health, with our guidance, so you can live a healthier and more vibrant life.

Bookings can be made at <https://www.wholisticnaturalhealth.com.au/bookings/>