

Lymphatics FAQ

For ME Day 2026

lymph
INITIATIVES
Well-Aging & Longevity Institute

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What is the lymphatic system?

The lymphatic system transports the lymph (a clear-to-white fluid) throughout the body. It also transports our immune system, healthy fats, proteins and water to all of our tissues. The lymphatic system's main purpose is to exchange nutrients and waste deep in our tissues (even where blood vessels can't reach) so our cells can bathe in a clean environment where they can thrive and be healthy.

What Are The 2 Main Roles of the lymphatic system?

Role #1 - Detoxification: Helps to neutralize and get rid of dead or dying cells, mutant cells, pathogens, synthetic man-made substances, heavy metals & minerals, so anything that is not native to the body or not used by the cells to create new cells or produce energy . So our cells bathe in a clean environment.

Role #2 - Regeneration: Transports your immune system, healthy healing fats, proteins, water & hormones. So that materials & useful substances can reach our cells, even where blood can't.

What makes up the lymphatic system?

Fascia, lymph nodes, tonsils/adenoids, appendix, spleen, thymus, peyer's Patches and bone marrow.

What is the waste our lymphatic system filters?

The lymphatic system will help neutralize and get rid of dead or dying cells, mutant cells, pathogens (bacteria, viruses, mold, fungus), synthetic man-made substances (such as colorants, preservatives, pesticides, etc.), and heavy metals or minerals (zinc, asbestos, silica, mercury, arsenic, cadmium, etc.). Basically, the lymphatic system will collect anything that is not supposed to be there or is not used by the cells to create new cells or produce energy. This is why moving the lymph, detoxifying the right way and living a "low-tox" life will help support your whole body because the lymphatic system will not be burdened dealing with that waste.

Why does the lymph get congested?

There are many factors that can influence lymph congestion, such as: Genetics, lymph node/lymph organs removal or damage, cancer, chronic infections, chronic stress, nervous system dysregulation, emotional trauma, frequencies, inflammation, toxic burden, poor nutrition, lack of movement, surgical procedures...the list goes on.

What are the signs of lymph congestion?

There are many signs of lymphatic congestion, which can range from swelling, cellulite, acne, excessive burping to undigested food particles in the stool. It's important to know the stage of lymph congestion you are in to ensure you receive services that will help you get results.

What happens when the lymph gets congested?

Remember that the lymph is a protein-rich fluid. The accumulation of excess protein-rich lymph fluid triggers the body's response to injury or irritation. There's an influx of immune cells and pro-fibrotic factors. Basically, your body starts producing scar tissue where the lymph congestion is, creating further congestion. Overtime, that scar tissue will harden, leading to fibrosis and later sclerosis.

What are the drainage pathways?

The lymphatic system collects & processes waste from the blood, tissues, cells, etc. and then works with different conduits or channels to move it out of the body. This process is called the drainage pathways. If the drainage pathways are not "open", the waste gets recirculated and accumulates. The primary pathways are: Glymphatic, Mitochondria, Gallbladder, Liver, Colon, Kidneys, Lungs, Monthly cycle (Menstruation/Menopause), Skin

Where does the lymph go once it's done its job?

The lymphatic system is an open system, which means there no forced constant loop. the lymph pulls waste from tissues, travels through vessels and nodes, then travels up the center of the abdomen to the clavicle area. So once the lymphatic system has completed filtering, the lymphatic system primarily works with the liver, kidneys and colon to process waste out of the body.

What is real lymph drainage?

True lymph drainage has 3 main components: stretch, pressure & rhythm. The stretch is diagonal & transverse, with the appropriate amount of pressure applied to reach the targeted lymph nodes (mostly light, but can be deeper for the lymph nodes around the organs). The movements are repeated in a rhythmic manner, in a specific sequence working proximal (closer to the center of the body) to distal (farther from the center of the body). The lymph is directed in specific pattern so it can be drained out of the body.

What is the difference between lymph movement & lymph drainage?

Lymph movement only moves the lymph within the tissues being worked on and does not encourage elimination of excess lymph. It also does not provide all of the benefits of manual lymph drainage techniques. Daily lymph movement is essential to help prevent fibrosis, so it applies to the techniques you can do yourself at home, such as: Gua Sha, dry brushing, cupping, vibration plate, etc. On the other hand, manual lymph drainage techniques provides lymph movement while also eliminating excess lymph & waste out of the body. Lymph movement techniques are mistakenly called "lymph drainage", giving the impression that it can encourage the proper movement of lymph out of the tissues and out of the body.

What are the benefits of manual lymph drainage techniques?

1. Rest & Digest: The rhythmic movements sedate the sympathetic nervous system so that the parasympathetic (rest & digest) can function more freely & more abundantly in the body
2. Central Nervous System: The skin stretching stimulates the mechano receptors of the Central Nervous System, which creates an analgesic effect that can have a long-lasting effect on pain
3. Increased blood flow without increasing blood pressure: The techniques relax smooth muscles, which includes not only the lining of the organs, but also the sphincters in the blood vessels. So we are able to increase nutrients and oxygenation without increasing blood pressure
4. Drainage of the tissues: The techniques “open” up the flaps on the lymph vessels so we can take in more waste!

What areas can be treated with manual lymph drainage techniques?

We can treat 2-3 areas at a time; neck, chest, arms, abdomen, legs, head, upper back, lower back and buttocks. Additionally, special techniques can be used for smaller areas and/or specific organ drainage

Why haven't I heard of the lymph before?

The lymphatic system is very hard to study and map because it collapses & disappears when we pass away. Additionally, the type of support the lymphatic system needs is gentle, not result oriented, responds to frequencies that we can't see, provides outcomes that are very hard to predict and needs treatments that aren't necessarily precise and are more intuitive. For this reason, the contemporary medicine sector has a tendency to limit its use to lymphedema, when the lymphatic system gets damaged and complications arise.

What are some free ways I can support my lymphatic system everyday?

Ironically, the best free ways to support our lymphatic system are subtle techniques that people don't think will “work” because there is no instant gratification or extreme results. Those are: Grounding in nature, choosing anti-inflammatory foods, eliminate artificial scents & reduce essential oil scents, swap low-tox items as you go, breathwork, meditation, gentle movement, less electronics, morning/evening sun, seeking stillness & peace

What are other ways to support lymphatic health at home?

Here's my top 10 tools for at-home: Water filtration system, rebounder, vibration plate, sauna/infrared therapy, red light therapy, microcurrent, grounding mats, castor oil packs, dry skin brushing, EMF Protection