



The Light/ening

BONUS PRACTICE

A 24 HOUR LYMPHATIC SYSTEM FLUSH

THE LYMPHATIC SYSTEM

As the body's largest circulatory system, the lymphatic system filters toxins, transports waste, and absorbs important fats and vitamins from our digestive system. The lymphatic system lies just beneath the skin and runs alongside the intestines. Unlike our heartbeat, with its miraculous internal pumping mechanism, the lymphatic system needs our assistance to keep fluids moving. When sluggish and congested, the lymphatic system can lead to headaches, brain fog, sinus congestion, low energy, constipation, infections, low immunity, stiffness, weight retention, itchy skin, and various other issues.

PART 1 | CONSTANT WARM WATER SIPPING

Part one involves sipping small amounts of warm water consistently throughout the day. Make sure the water is warm, so you may need to reheat it as necessary. Ideally, use warm clear spring water, reverse osmosis, or filtered water.

DIRECTIONS FOR THE WARM WATER SIPPING

1. **Calculate Your Lymph Flush Water Intake Amount**

Use this formula below to determine the amount of water you should drink: **Body weight in pounds ÷ 2 = Water intake in ounces.** For example: If you weigh 120 lbs, drink 60 oz
Another example, if you weigh 140 lbs, drink 70 oz.

2. **Sip Warm Water Throughout the Day**

Once you have your calculated amount , sip about 1-2 oz of warm water every 15 minutes You will need to set a timer to keep yourself consistently sipping. Stop sipping 2 hours before bed.

WARM WATER SIPPING TIPS

Keep a thermos filled with warm water at your desk or nearby. Use a small cup, like an espresso cup or shot glass, to take regular sips without needing to reheat water constantly. If you're moving around, make it a habit to return to your "hydration station" regularly and sip from your cup to stay on track with your daily water goal.

PART 2 | DIAPHRAGMATIC BREATHING (BELLY BREATHING)

Diaphragmatic breathing supports your lymphatic system by creating pressure in the abdomen, helping pump lymph fluid through the vessels.

This simple technique improves blood flow, circulation, and helps move lymph throughout the body. It's also a great way to calm the body and improve oxygen levels, which activates the parasympathetic nervous system—key for detox and digestion.

This breathing method would also be a great addition to your 5-day program in the morning and evening routines.

DIAPHRAGMATIC BREATHING INSTRUCTIONS

Find a comfortable, quiet spot to sit or lie down. If on your back, keep your knees bent.

Use a blanket, eye mask or soft music to enhance relaxation if you like.

Place your **left hand on your chest** and your **right hand on your abdomen**, just above your belly button.

Inhale slowly through your nose, feeling your **belly expand**. The hand on your chest should remain still.

Exhale slowly through your mouth, letting your belly relax.

Continue for 5–10 minutes.

*To keep your mind engaged, count your breaths: In for one, two, three, four; out for one, two, three, four.

Aim for a minimum of 30 minutes of diaphragmatic breathing throughout the Lymph Flush day.

ENJOY!