

Your Lymphatic System Holds The Key To Lasting Good Health

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A lot has been said about cardiovascular health or how to improve our diets and lifestyle in order to try and prevent the development of cancer and other disease. But one very important system in the body we shouldn't overlook is the lymphatic system.

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With 50 per cent more lymphatic fluid in the body than blood, it is vital to understand how this delicate system works in our bodies.

Little vacuum cleaners

Once the body's cells receive all the important nutrients and oxygen from the bloodstream it needs to rid itself of excess waste matter (metabolic waste). This is where the lymphatic system steps in.

Like little vacuum cleaners, the lymphatic system sucks up metabolic waste and toxins from the extracellular fluid of every organ in the body. This network of tubes drains fluids (lymph) and empties it back into the bloodstream. This process of clearing the cells from environmental toxins, waste and infection happens by the filtering of lymph fluid through the lymph glands and nodes.

After the vessels of the lymphatic system have collected excess fluid, cellular wastes, proteins, fats, and other substances too large to enter the blood capillaries directly, all this material is returned back in to the bloodstream. It is very likely that foreign substances, such as viruses, bacteria, and even cancer cells, could be a part of the lymph that has been collected from all parts of the body. Even the dark, gritty debris of polluted city air finds its way from the lungs of city dwellers into the lymph. Without the filtering abilities of lymph nodes, these foreign substances would overrun the body.

Clearly, strong and regular flow through your lymphatic system is necessary to maintain clean body fluids, which in turn are necessary for you to experience the best of health.

Clogged up

A clogged, lethargic and weak lymphatic system prevents the body from 'cleaning' itself. In the long run this could cause severe health problems by weakening the immune system which in turn makes us vulnerable to infections and disease. One of the key symptoms of a stagnant lymphatic system is inflammation which is usually the forerunner of all disease...

The factors that contribute to an impaired and congested lymph flow are:

- * Dehydration
- * Lack of exercise
- * Improper breathing
- * Poor and unbalanced diet
- * Electromagnetic radiation from digital, cordless and mobile phones, wireless computers etc.

There are simple ways to keep your lymphatic system clean:

- * Get into the habit of doing activities that require deep, diaphragmatic breathing, for example meditation/relaxation sessions and yoga.
- * Move, move, move: The bulk of your lymphatic vessels are enmeshed within your big muscle groups. The more you move, the more your muscles will generate pressure against your lymphatic vessels, which in turn will promote strong and regular flow of fluid through these vessels. All of your lymphatic vessels contain numerous one-way valves that channel the lymph flow in the desired direction.
- * Eat foods that promote flexible blood vessel walls: Many of your lymphatic vessels run side-by-side with your arterial blood vessels. Healthy arterial blood vessels produce strong pulsations that can generate force against adjacent lymphatic vessels. Amazing how a healthy body makes the most of its parts, isn't it?

Thanks to the progression of certain parts of modern medicine there are ways for you to test your body's toxic levels and determine if your lymphatic system is working optimally. One of these is Biomeridian MSAS (Meridian Stress Assessment System) testing.

By applying a stylus to an acupuncture point on the finger this system looks for toxic (dirty) organs, areas of inflammation, organ pressure and weakness. It can also detect the presence of parasites, bacteria, viruses, metals and other contaminants which may compromise the body's overall health and wellbeing. Since it works on an individual basis with each 'patient' you will get a unique summary of the true state of your health on a cellular level. This is the level on which all disease starts and logically the level on which all prevention of disease and healing should begin.

High levels of toxicity can severely inhibit the intake of vital nutrients as well as drain the immune system and create a downward spiral of ill health. It has been found that with severely toxic people, many foods and even nutritional supplements will be treated as toxic by the body.

It may be worth your while to explore Bio meridian MSAS testing if you feel your health is not what it should be despite your nutritional and supplementation efforts. You may carry toxins in your body that it cannot drain due to a lethargic lymphatic system. A good website to help you explore this option is that of the Wholistic Medical Centre. Take a look at wholisticmedical.co.uk