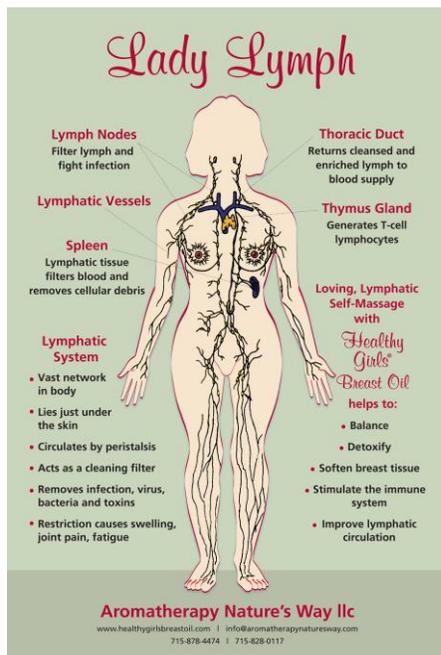


## Boost Your Immune System With a Healthy Lymphatic System and Essential Oils

Building a healthy immune system is the best insurance against contracting illness, especially in cold weather and cloudy days where we may not get as much sun as we need. Many natural plants like herbs and quality essential oils have immune modulating properties which help to boost our immune system.

When we have a strong immune system, we are less likely to get sick. If our body is over tired or physically exhausted, the likelihood of contracting a virus is greater. A fever is a message to slow down and rest. Bacteria and germs are **not** always the enemy. We all have a certain number of friendly bacteria on our skin and in our digestive systems which we need to help assimilate the nutrients in our foods for digestion.



A healthy immune system starts with a healthy lymphatic system. The lymphatic system supports every system in the body, including your immune, digestive, detoxification and nervous systems. It is a vast network made up of tiny vessels, nodes and spleen.

The lymphatic system's primary function is to isolate infection and debris and transport it through these filtration points known as lymph nodes. One crucial function of lymph tissue is generating and storing white blood cells that fight infection.

In Europe lymphatic therapy is the fourth most prescribed massage technique. Unfortunately, in the U.S. it remains underutilized by the medical profession.

Lymph nodes act as filters strung along the lymph vessels like pearls and lie next to the blood vessels. Part of the blood escapes from the capillaries and becomes lymph fluid. We have over 600 lymph nodes which carry disease fighting cells to attack germs, remove waste and return plasma fluid back to the blood stream.

The spleen is like a big lymph node, except for filtering blood and eliminating worn out red blood cells. It is designed to bring lymphocytes in contact with the blood to ward off infections.

Think of the lymph like a river; a healthy river runs clear. If lymph fluid is blocked (due to illness, surgery, toxic overload or lack of activity) lymph fluid backs up. If one node is blocked it may take a detour, but with extreme blockage it can cause inflammation, joint pain, nausea, fatigue, cold and flu infections, headaches, cramping, arthritis, fibromyalgia, mental fuzziness, GI issues, depression, skin breakouts and lymphedema.

Since our lymph fluid moves slowly without its own pump, inactivity can seriously restrict its flow. Muscle contraction as in the diaphragm with deep breathing, and manual manipulation as in massage are the primary means for our lymph to circulate and drain from the body.

## Fibrocystic Breast, Lumps, Cysts and Pain

Half of all women who go to doctors go because they have pain in their breasts. Breast pain that comes and goes is usually caused by excess hormonal stimulation of the breast from too much estrogen, excessive caffeine, or chronic stress. **It is not a risk for breast cancer!**

According to Dr. Christiane Northrup the link between breast pain and breast cancer is very low, less than one percent. Often simply breathing from the diaphragm, which moves the lymph, will put more oxygen into all your cells and cause you to feel more relaxed and the pain is likely to disappear.

Another tip is to make sure you are drinking plenty water. The lymph continuously bathes each cell. We need plenty of quality water for our lymphatic system to function optimally. Much of the vascular fluid, waste, and all the live infection is picked up by tiny lymph vessels which drain away the debris through the circulatory system, powered only by our breathing and movement. If the movement stopped entirely we would die in a matter of hours.

The heart is the pump of the circulatory system. The lymph system does not have a pump and therefore the lymph nodes are generally located at places of body movement such as the neck and where the arms and legs attach to the body. But this logic does not work for lymph nodes in the breasts.

We move the lymph to bring T cells which protect from cancer cells, viruses, bacteria and other toxins. A blocked lymph system can become a breeding ground for pathogenic materials. If not moved out with a light massage, these infected lymph cells can travel to other parts of the body. If they are cancer cells, they can begin to grow cancer, (metastases), in other body parts such as the bone marrow. When this happens, the cancer is significantly more difficult to treat or eliminate.

Human breasts contain **lymphatic ducts and nodes** that need palpitation to fulfill their purpose of detoxification. That's why a daily loving self breast massage seems to be a very effective solution. When the lymph system becomes blocked and restricted for any number of reasons, it results in lymphedema, a swelling of the affected area being drained such as the arms or legs. Arm swelling is common when lymph nodes are removed for breast cancer treatment.

Lymphatic obstructions are a result of the problems created by our society in the use of pesticides and growth stimulants or hormones in food production. Once these hormones are absorbed in the food we eat, they accumulate in specific organs, which attract this class of chemicals such as the prostate and breast tissue. If not removed quickly by the lymph system, they "become destructive due to the high rate of lipid peroxidation they create in tissue."

**Fibrocystic breast tissue is not a disease.** Statistics say that 90% of breast lumps are benign. Giving our breasts a loving lymphatic massage, everyday not only moves the lymph, but it is healing in every way. It assists the lymph in transporting toxins, inflammation, virus, bacteria and other impurities to the lymph nodes and thoracic for processing. Use a light

touch, moving the skin instead of massaging the muscles. This is a beautiful fun way to “get to know our girls and take care of them”

Recent studies show tight clothing block lymphocytes (white blood cells) from destroying abnormal cells. Women wear bras. Studies show that the longer each day a woman wears a bra the more likely she will have breast cancer.

### Effective ways to move lymph in the breast area and under the arms



1. A gentle lymphatic self massage, 2. phluffing or jiggling the breasts, 3. raising and lowering your arms, 4. raising the shoulders and letting them drop a few times are all effective ways to move lymph in the breast area and under the arms because these areas do not have regular movement.

By using Healthy Girls Breast Oil with your breast massage you enhance the effectiveness of the massage to nurture and protect. Women find that any of these techniques help to reduce breast pain, inflammation, lumps, cysts, fibrocystic breast tissue, relieves PMS breast symptoms, and may reduce fear of complications.

After studying and learning about the lymphatic system’s role in a healthy immune system, I came to realize there are several steps to ensure your lymphatic system stays healthy:

**Step 1 Clean up your diet!** Reduce your body’s toxic burden by avoiding processed food, on cleanse supported by liver enzymes will ease your liver and kidney burden. Eat organic when possible and eliminate simple sugars and carbohydrates. Our bodies work best on whole natural food. A regular nutritional detox, and/or a colon cleanse.

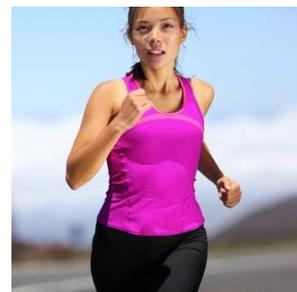


**Step 2. Investigate any food sensitivities** or allergies that may be affecting your digestion. Experiment with a hypoallergenic diet for two weeks to cleanse your system of moderate food irritants. Investigate probiotic supplements to help maintain a healthy ratio of intestinal flora.

**Step 3 Drink plenty of purified or filtered water** (at least half of your bodyweight in oz) will help to carry oxygen and nutrients throughout the body and helps eliminate toxins and wastes.

**Step 4. Breathe deeply and slowly** from your diaphragm, through your nose, is one of the best ways to move lymph fluid throughout your body. Your breath goes directly to your lungs stimulating the vagus nerve to rest and restore the nervous system. You can feel better instantly.

**Step 5. Get regular physical exercise**, jumping on a rebounder five minutes a day will get your lymph system pumping. Walking, stretching, yoga, Pilates, dancing or swimming, all are helpful



especially if you do them every day. (Research shows 30% lower risk of breast cancer)

Step 6. **Avoid restrictive clothing** that press on your lymph nodes. Underwires and over tight bras, jeans, and skirts can impede lymph flow. Try to go bra- free for at least 12 hours a day and don't sleep in one! If that is uncomfortable consider getting a stretchy camisole.

Step 7. **Don't be afraid to sweat!** Sweating helps detoxify your body and supports lymphatic function. Avoid aluminum-based antiperspirants. Choose natural deodorants instead.

Step 8. **Nurture & protect** your immune health, focusing especially on breast health! Testimonials prove the effectiveness of using Healthy Girls Breast Oil with lymphatic self massage helps to relieve pain and tenderness, soften breast tissue, as it reduces fibrocystic breast tissue, lumps, PMS symptoms in the breast, regenerates new cells, reduces fear of breast cancer, and gives you a feeling of being pampered.



Quality essential oils in Healthy Girls Breast Oil offer big benefits: Healthy Girls is formulated with jojoba oil and 8 therapeutic essential oils each with a specific purpose for breast health.

**Clear Jojoba Oil**, absorbent, unclogs pores, anti inflammatory, and suitable for all skin types.

**Lemon** purifies immune and lymphatic systems, dissolves cellulite

**Sweet Orange** rich in D-Limonene, promotes tissue repair

**Lavender** balances physically and emotionally, cellular repair

**Geranium** balances, regenerates tissue, and opens liver to discharge toxins

**Frankincense** adds oxygen, stimulates immune system, and wards off infection

**Nerolina** promotes healing, slows aging with tissue regeneration

**Marjoram** eases congestion and pain in tissues, increases longevity-“Joy of the Mountains”

**Rose Absolute** raises frequency of all cells , brings well being and love to the body



### Support and boost your immune system with essential oils

In humans, blood is the essence of life, distributing oxygen and nutrients to the body, giving us energy and vitality. In plants the clear liquid or the "life blood" works the same way.

Because the molecular structure is similar, the human body can use essential oils to nourish, detoxify, increase blood circulation and mobilize the body's own self healing powers. Either

through inhalation or absorption through the skin essential oils enter the blood stream easily and leave efficiently, with no side effects. The oils are very concentrated, so it takes very little to have a dramatic healing effect.

One of the most beneficial ways to get the most from your essential oil is by diffusing them.

**Used daily in a diffuser is our first line of defense.** When you inhale, breathe in, or diffuse into the air, they are quickly absorbed into the blood stream as they cross the airway/capillary system. Then the molecules are transported throughout the entire body within a few minutes.



All essential oils are anti microbial and will help the immune system. Some of them have anti viral, anti bacterial, and anti fungal properties in varying degrees. They help keep most infections to a minimum. Once beneath the skin they go to the intercellular fluid surrounding the skin cells and can enter the blood stream. They travel to the internal organs and the lymphatic system where they aid the immune system

### Effects of Essential Oils on Different Body Systems

Choosing or creating a blend can be more effective than using a single species because blends work synergistically to help with more than one aspect of a condition.

#### Respiratory:

We can boost our respiratory system with essential oils. A few basic oils responsible for helping with colds, flu, coughs, chills, sinus, and allergy symptoms are Eucalyptus, Lavender, Lemon, Peppermint, Ravensara, Rosemary, Tea Tree, Clove, Cinnamon, or Thyme. Creating a blend with 3-4 of these oils will be beneficial.

#### Pain:

**Relax sore muscles** and relieve headaches and migraines with Roman Chamomile, Lavender, Peppermint, or Marjoram. **Warm and stimulate painful joints** with a blend of Peppermint, Basil, Eucalyptus, Ginger, Black Pepper, Thyme, or Rosemary.

#### Digestive:

Essential oils proven to be effective to help conditions like diarrhea, constipation, indigestion, and nausea are Roman Chamomile, Ginger, Peppermint, Orange, Lemon, Grapefruit, Lavender, or Black Pepper. *Studies indicate that Peppermint oil had a significant effect in improving symptoms of patients with irritable bowel syndrome (IBS).* Use Peppermint when you or your children have a tummy ache.

#### Circulatory:

Improve circulation, cold hands and feet, **low blood pressure**, with Ginger, Peppermint, Black Pepper, Cypress, Rosemary, or Thyme.

**High blood pressure** may be lowered with Roman Chamomile, Lavender, Marjoram, or Ylang Ylang.

#### Nervous System - Stress and Anxiety:

**Stimulating oils** create a blend for depression and nervous fatigue with Cinnamon, Basil, Clove, Peppermint, Thyme, or Rosemary.

**Sedating oils** to use for insomnia, nervousness, anxiety and hysteria are: Roman Chamomile, Lavender, Clary Sage, Frankincense, Geranium, Marjoram, Neroli, and Ylang Ylang

**Relaxation and Sleep:** Create a blend with 3-4 of these oils: Lavender, Orange, Cedarwood, Frankincense, Geranium, Ylang Ylang, Rosemary, Clary Sage, Marjoram, or Cypress.

**Fatigue:** Reduce feelings of fatigue and mental exhaustion with Frankincense, Peppermint, Rosemary, Orange, Clary Sage, or Lavender.

**Balance and Clarity:** Therapeutic essential oils raise the frequency of the human body. They stimulate and release endorphins and have the capacity to clear and balance emotional patterns which may be the root of discomfort, chronic pain, or illness. Consider creating a

blend with Geranium, Lavender, Peppermint Frankincense, Ylang Ylang, or Lemongrass. Many times, when we release emotional patterns and trauma, we find a physical condition improves greatly.

What if we take these simple steps we learned about our Lymphatic system and quality essential oils and apply it to our everyday life? Taking these steps will enhance our immune health so we can ward off infections, colds, flu and other illness and disease. We have the innate ability to create what we want in our life including our health wellness by taking responsibility, loving and caring for our bodies.

Resources: Graf, K. *Advanced Level Aromatherapy Home Study Certification Course*

[www.aromastudio.com](http://www.aromastudio.com)

Northrup, C. MD *Book Women's Bodies, Women's Wisdom*

Joyce Sobotta, educator

Certified in Aromatherapy and Reflexology

[www.aromatherapynaturesway.com](http://www.aromatherapynaturesway.com)

[joyce@aromatherapynaturesway.com](mailto:joyce@aromatherapynaturesway.com)