# Protect & Move

#### What is the Lymphatic System?

- Critical part of our immune system.
- Largest circulatory system in the body. Doesn't have a pump like the circulatory system.
- Largest circulatory system in the body, the lymphatic system plays an integral role in digestion, detoxification, and delivery of nutrients.
- Helps remove toxins and infections and other waste from every cell in your body.
- A network of tissues, vessels and organs that work together to move a colorless fluid called lymph throughout your body.

## Difference Western Medicine vs Ayurveda/TCM

• Western Medicine

• Ayurveda/TCM

# How lymph moves

How Your Lymphatic System Supports Your Immune System

- Key part of your immune system protects your body from harmful microorganisms and toxins.
- Many experts believe that 80% of our immunity lies in our gut.

Getting your muscles engaged, contracting to release anti-inflammatory hormones, and pumping your lymphatic system (immune system's superhighway) are ways to protect you from getting sore and sick now and into the future.

# Imbalances Lymph System

• Lymph Nodes

• Organs

# Breathing and the Lymphatic System

The major pump for the body's lymphatic system and brain respiration is the diaphragm.

• Diaphragmatic Breathing

## Other practices & techniques

- Mindfulness
- Meditation
- Guided imagery exercises & visualization techniques
- Grounding exercise
- Lymphatic massage

Creating a yoga practice that enhances the movement of lymph.

Yoga poses to support the movement of lymph: Static:

Moving:

Supportive:

Inversions:

# NOTES

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