

TOXINS STUCK?

TOXINS BACKING UP



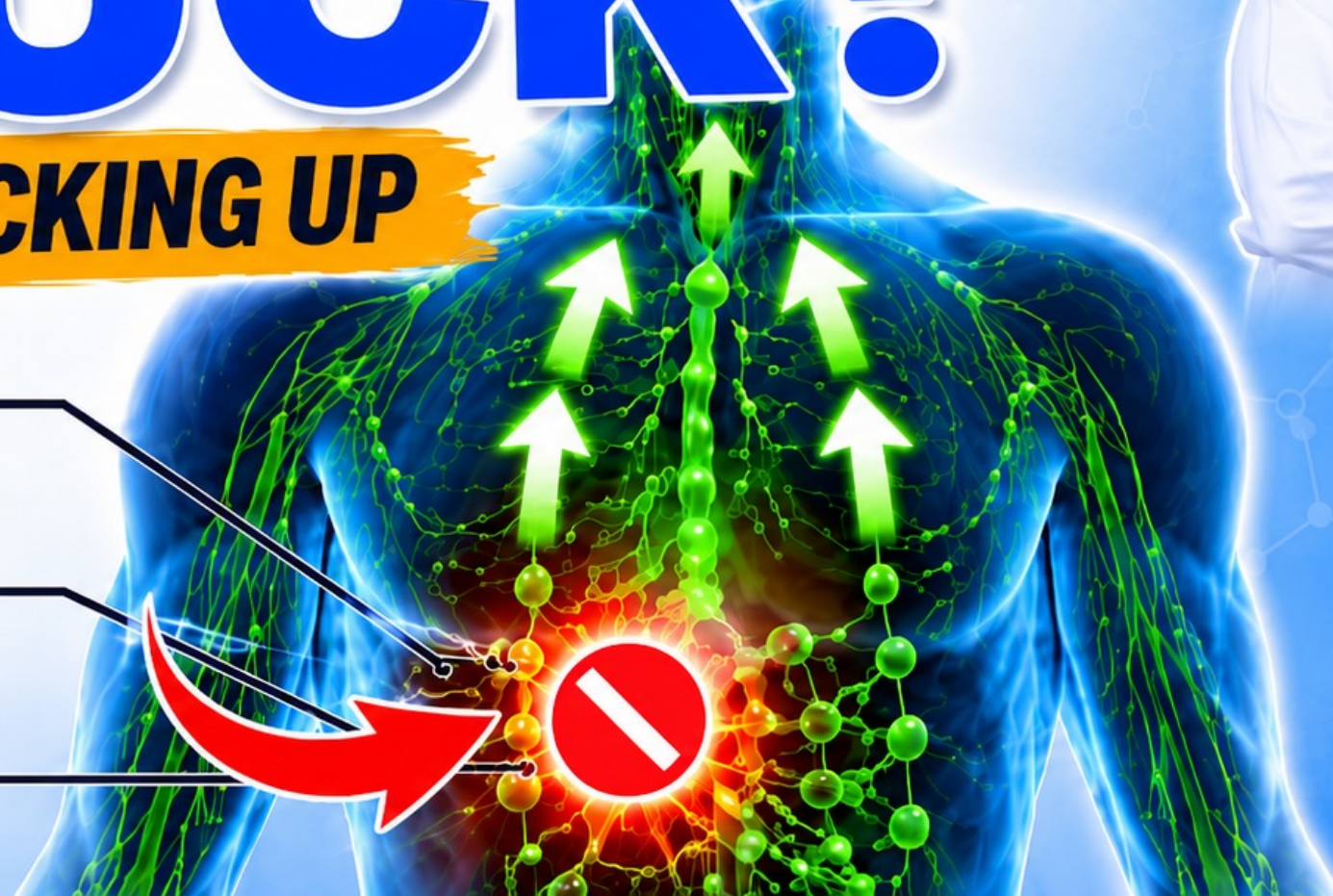
**MOLD
TOXINS**



**DRUG
RESIDUES**



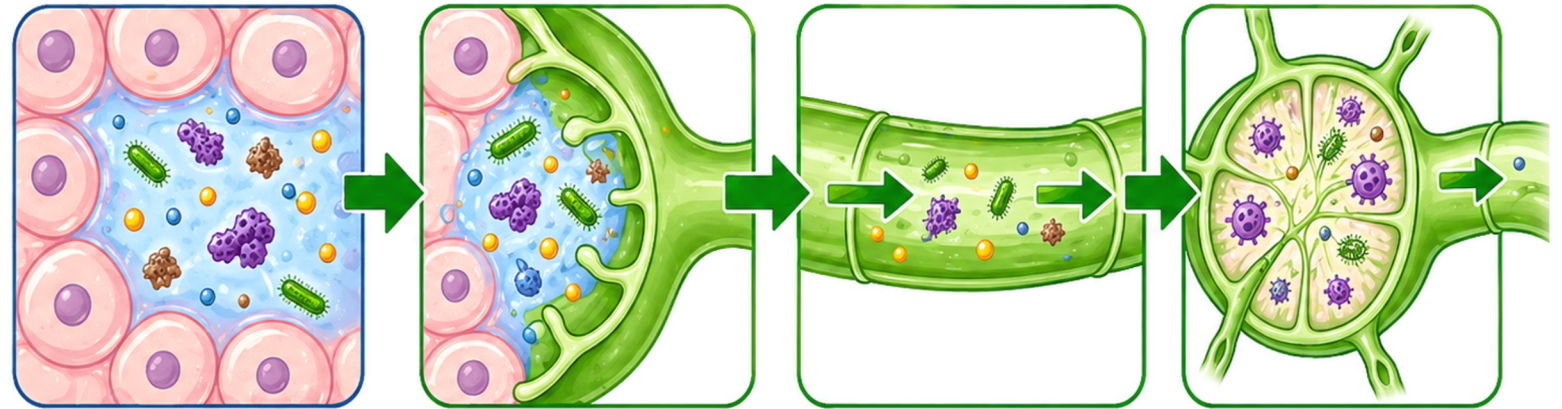
**HEAVY
METALS**



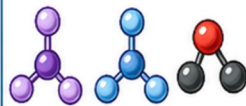
WHAT DOES LYMPH PICK UP?

Lymph picks up waste around your cells and carries it away.

- 1 AROUND CELLS**
- 2 LYMPH CAPILLARY**
- 3 LYMPH VESSEL**
- 4 LYMPH NODE**



METABOLIC WASTE



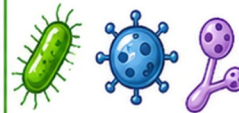
Lactic acid Urea Excess CO₂

CELL DEBRIS



Broken cell pieces

GERMS



Bacteria Virus Fungi/
Candida

TOXINS



Heavy metals Chemical residue

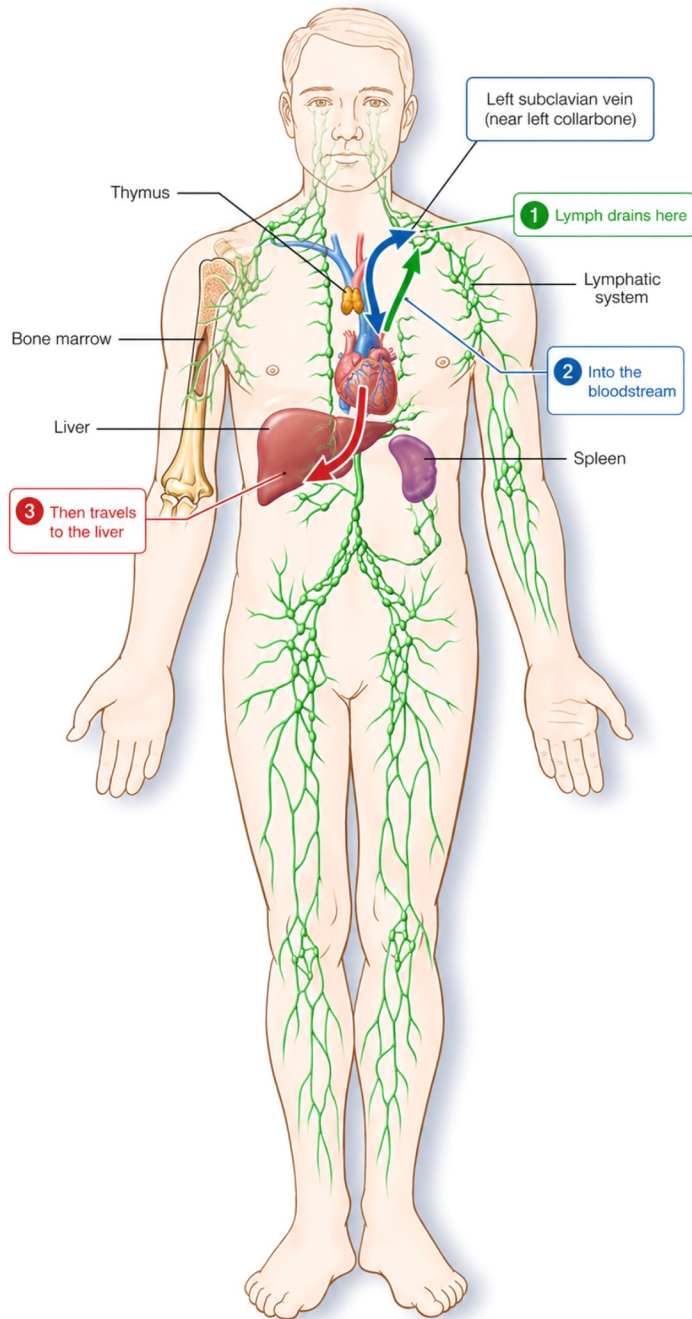
LPS FROM THE GUT

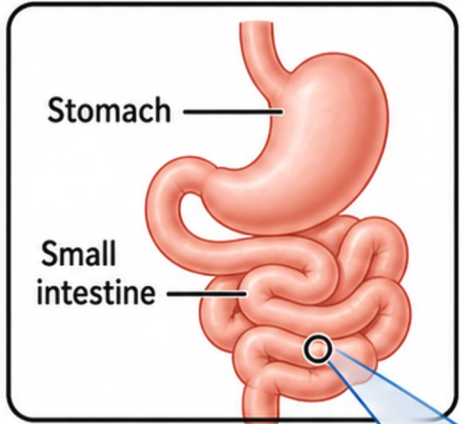


LPS

✓ In short:

Lymph collects waste, lymph nodes filter it, and cleaned lymph keeps moving.





Stomach

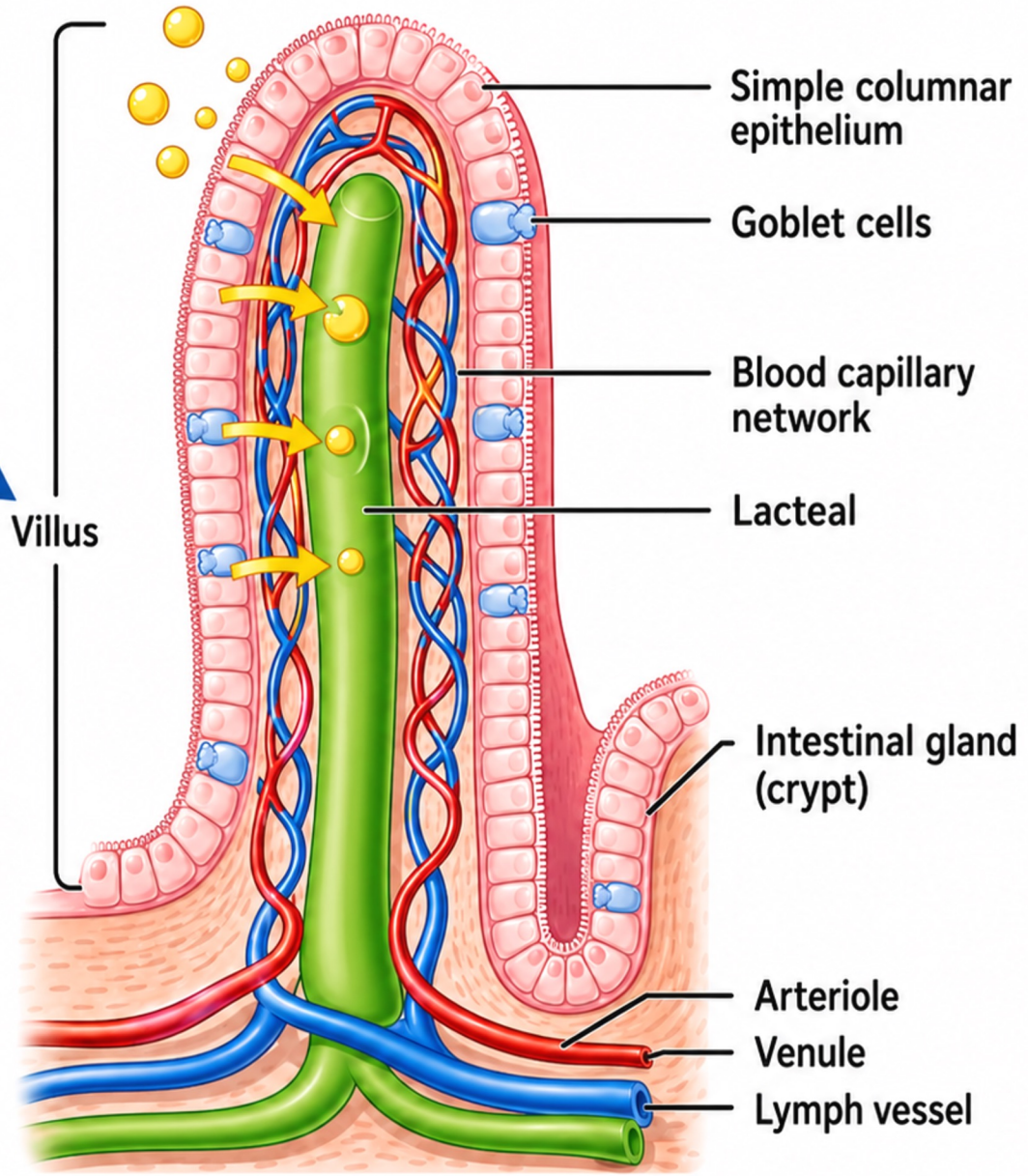
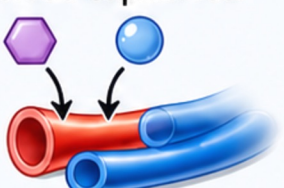
Small intestine

Zoomed-in tiny section of small intestine lining

LACTEAL ABSORBS FATS
Fat droplets enter the lacteal.



Sugars and amino acids mostly go into blood capillaries.



Simple columnar epithelium

Goblet cells

Blood capillary network

Lacteal

Intestinal gland (crypt)

Arteriole

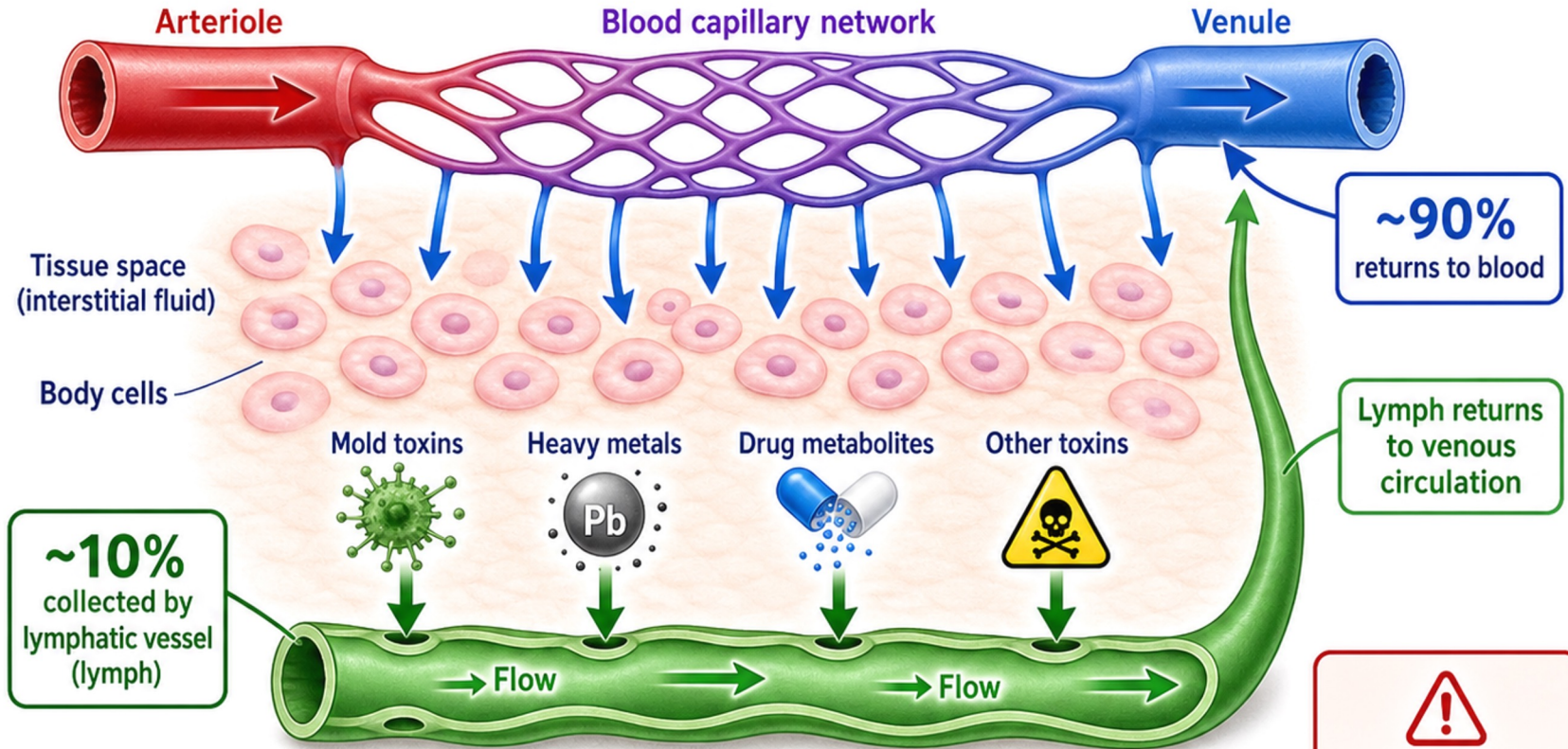
Venule

Lymph vessel

 Lacteal / Lymph System  Arterial System  Venous System

1. FLUID HOMEOSTASIS

How lymph collects extra fluid and carries waste away from tissues



LYMPH ALSO CARRIES WASTE AWAY FROM TISSUES



Mold toxins



Heavy metals



Drug metabolites



Other toxins

Without lymph drainage, fluid builds up and causes swelling (edema).

WHAT'S IN LYMPH?

Lymph is mostly water, plus important things that help your body stay healthy.

1 INTERSTITIAL FLUID



This is the base of lymph. It brings nutrients to cells and carries waste away.

2 PROTEINS



These are helper messengers. They help move important things around the body.

Albumin • Globulins



3 FATS + VITAMINS



From the gut especially in chyle



Lymph from the gut can carry fats and vitamins your body absorbs from food.

4 IMMUNE CELLS



These are your body's soldiers. They patrol the lymph and look for germs.

Lymphocytes
T-cells and B-cells

5 CELLULAR TRASH



Lymph also carries waste, damaged cell pieces, and leftover germs so the body can clean them up.



Lymph is like your body's clean-up and delivery fluid!



THE STAGNANT POND PROBLEM

When the lymphatic system is not pumping well, waste can sit in the tissues instead of moving out.



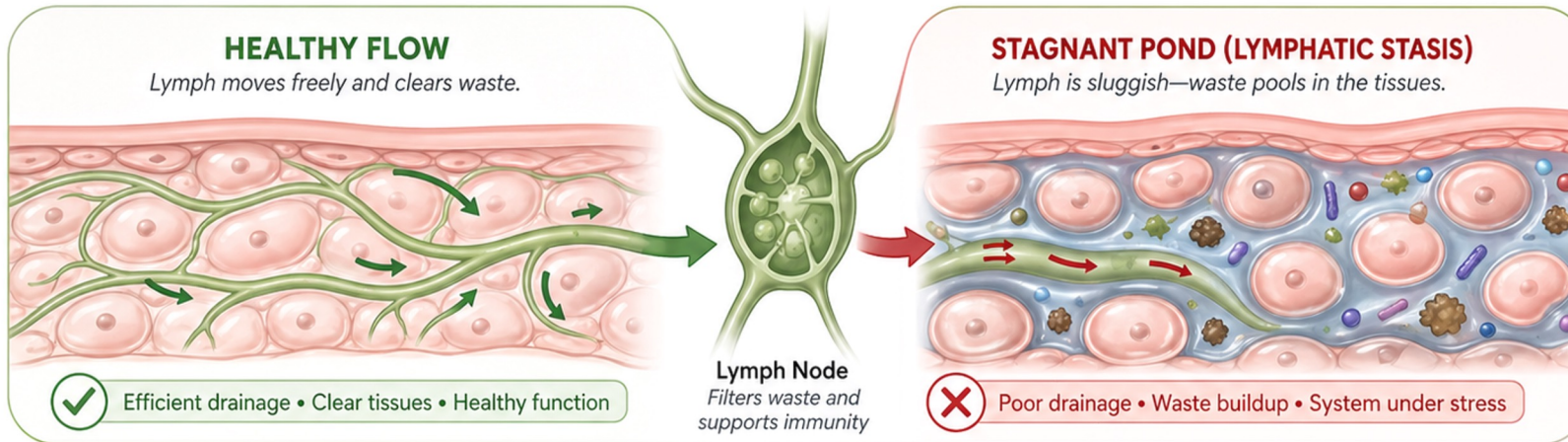
Low movement












Dehydration



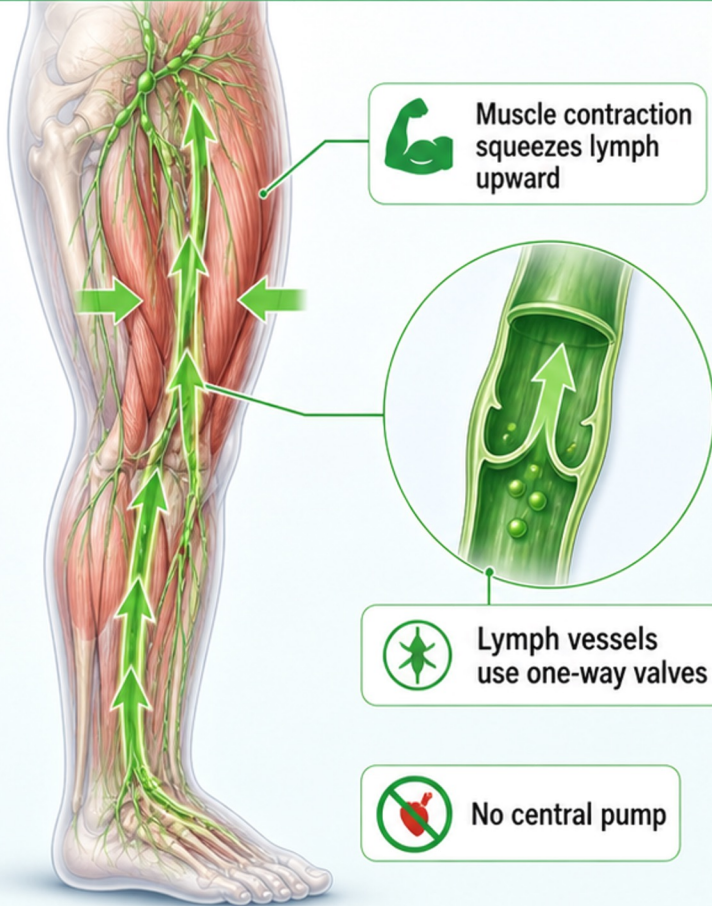
ANS dysfunction



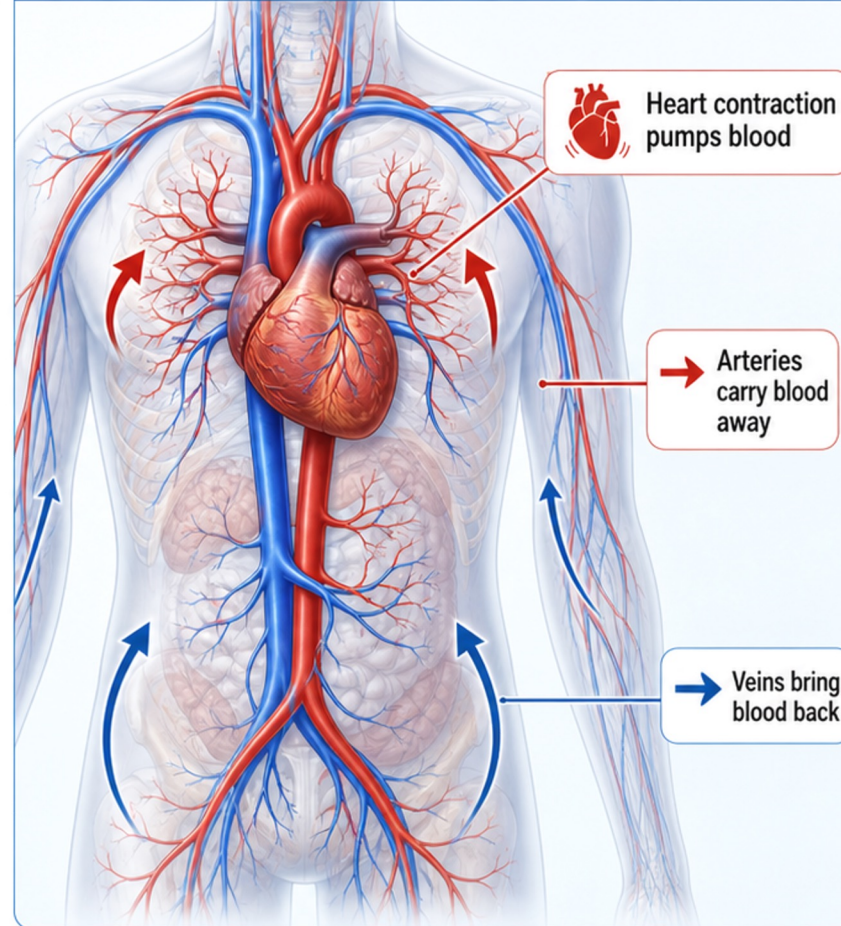
CONDITION	WHAT HAPPENS	CLINICAL SIGN
 Congestion	 Waste products sit around the cells.	 Edema (swelling) and heavy legs.
 Toxicity	 Toxins do not reach the liver well for bile support and detox flow.	 Brain fog and skin rashes.
 Inflammation	 Pathogens stay in the tissue longer.	 Elevated CRP.

HOW LYMPH MOVES VS HOW BLOOD MOVES

LYMPH MOVES WITH MUSCLE MOTION



BLOOD MOVES WITH HEART CONTRACTION



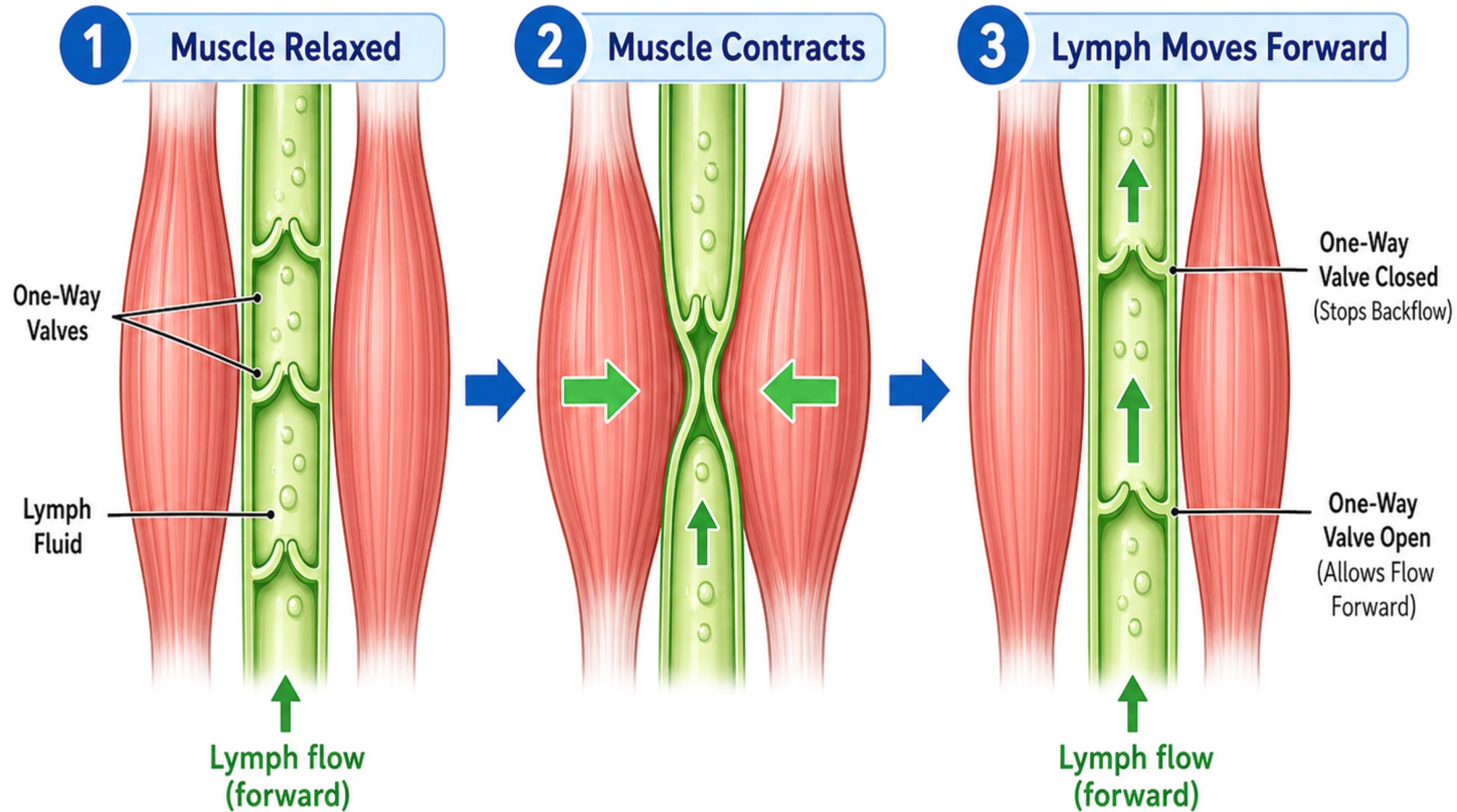
LYMPH: moved by body motion and muscle squeeze

VS



BLOOD: moved by the pumping heart

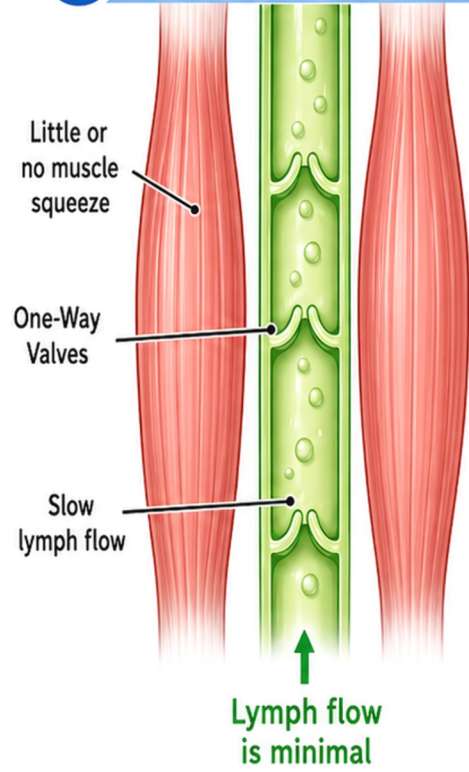
HOW MUSCLES MOVE LYMPH



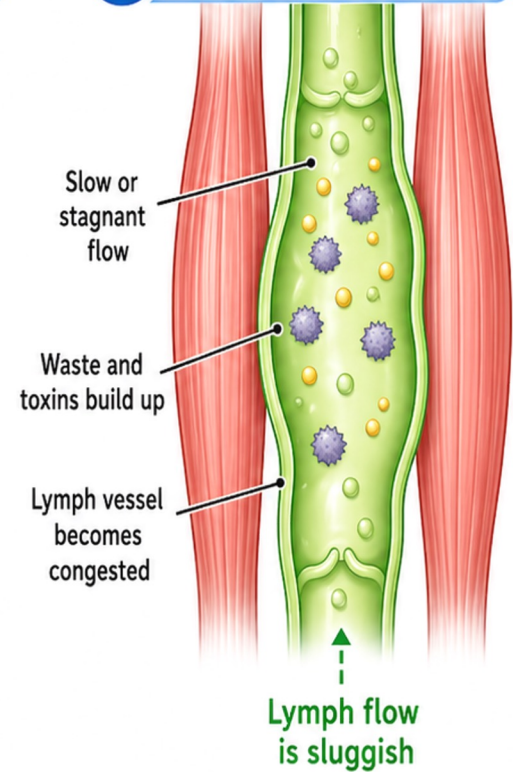
When your muscles squeeze, they help push lymph through the lymph vessels.

WHEN MUSCLES DON'T MOVE LYMPH

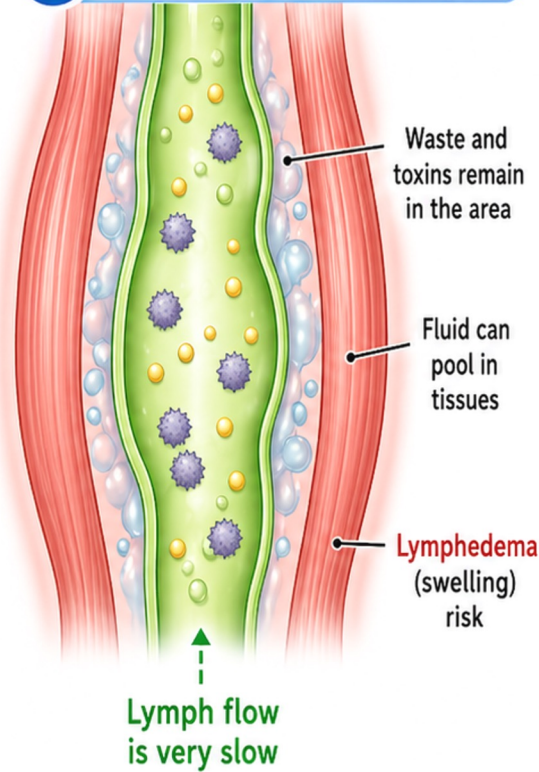
1 NO MUSCLE PUMP



2 LYMPH BACKS UP



3 SWELLING CAN OCCUR

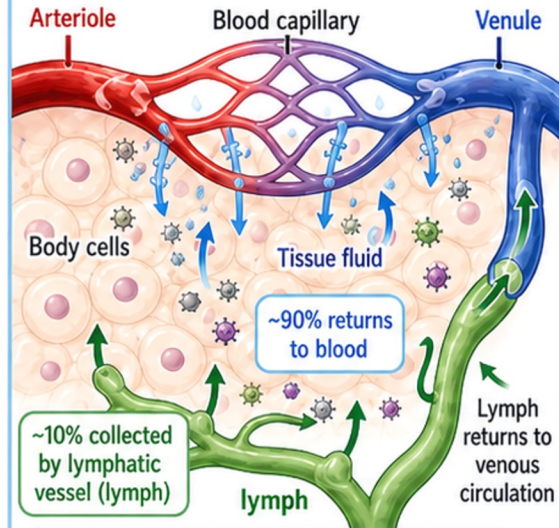


Without muscle contraction, lymph can slow down, waste can build up, and swelling may occur.

3 CORE FUNCTIONS OF THE LYMPHATIC SYSTEM

• How your lymph helps fluid, immunity, and fat absorption •

1 FLUID HOMEOSTASIS



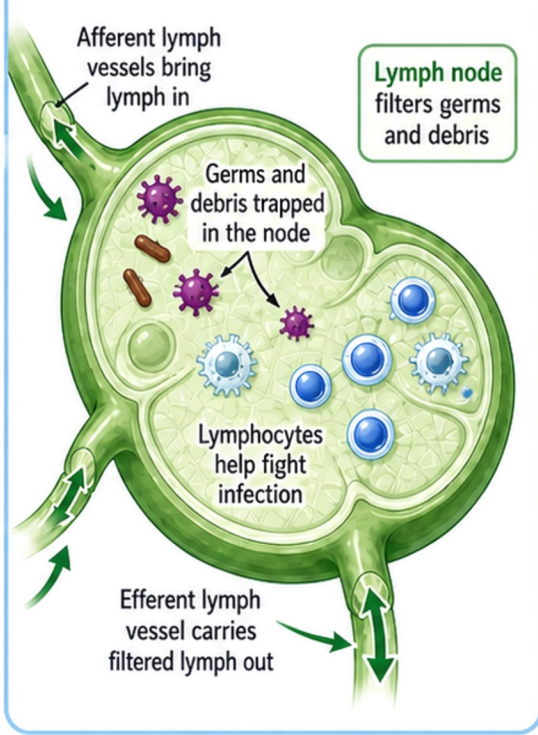
Without lymph drainage, fluid builds up and causes swelling (edema).

LYMPH ALSO CARRIES WASTE



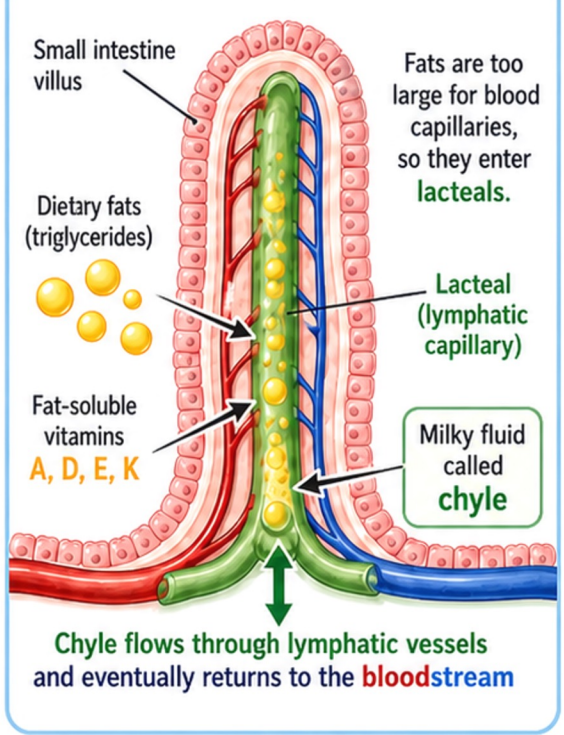
Lymph can also carry waste and toxins away from tissues.

2 IMMUNE SURVEILLANCE & DEFENSE



Moves extra fluid
Keeps your body from swelling.
• Also helps move waste from tissues.

3 FATTY ACID ABSORPTION



Filters germs
Lymph nodes trap germs and help your body fight infection.

Carries fats
Helps absorb fats and fat-soluble vitamins so your body can use them.

Inside a Lymph Node

Filtering lymph and mounting an immune response

1 Lymph enters

Lymph fluid carrying bacteria, viruses, cell debris, and antigens enters through afferent lymphatic vessels.

2 Invaders are trapped

Macrophages and dendritic cells in the sinuses trap and engulf invaders and debris.

3 T-cells are activated

Dendritic cells present antigen to T-cells in the paracortex, activating them.

4 B-cells multiply

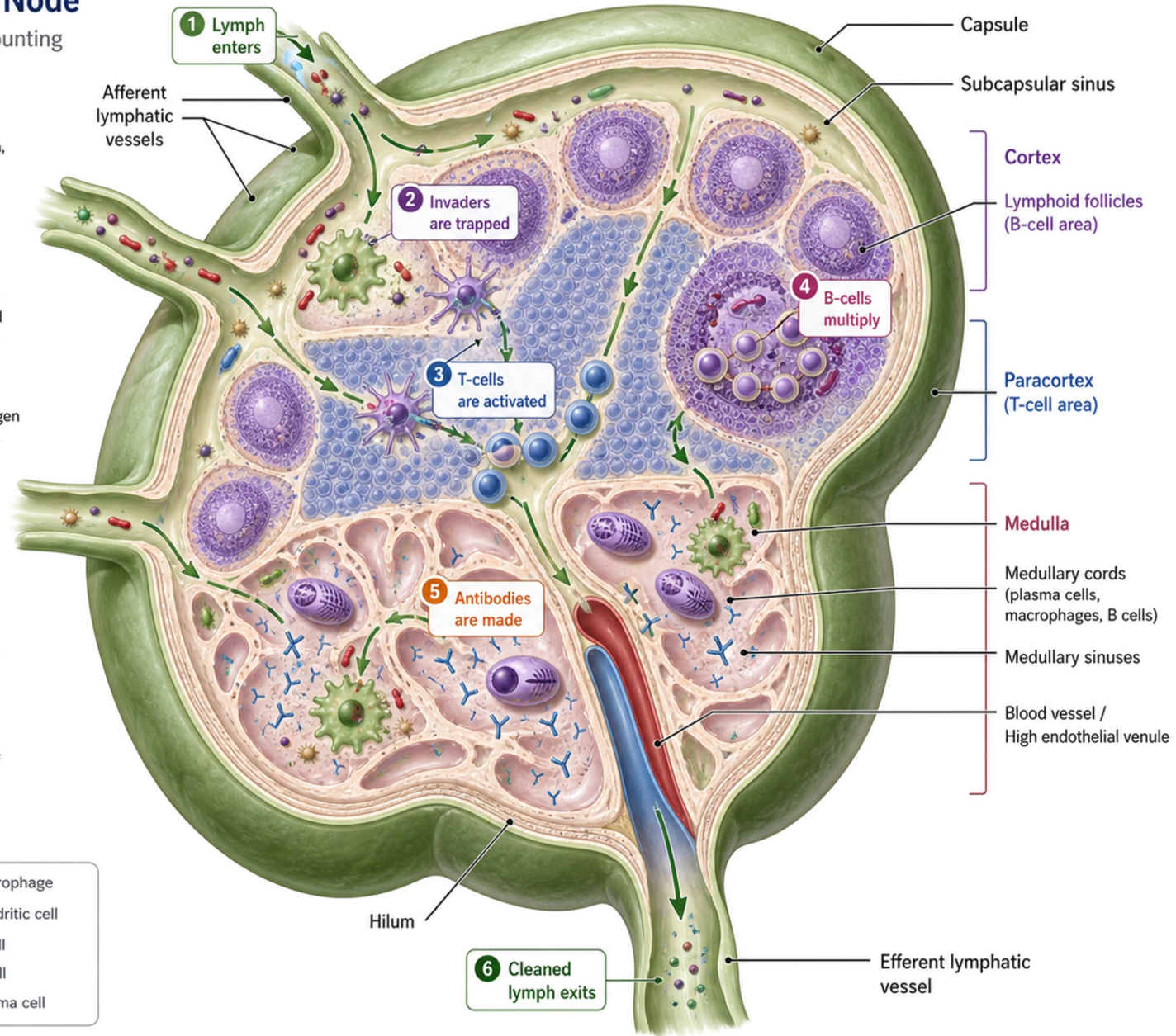
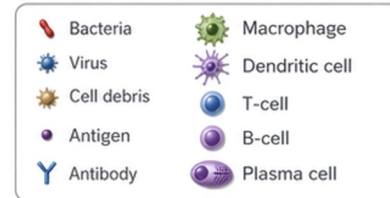
B-cells in follicles are activated and proliferate, forming germinal centers.

5 Antibodies are made

Plasma cells in the medulla secrete antibodies into the lymph.

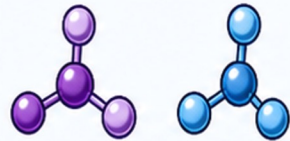
6 Cleaned lymph exits

Filtered lymph, now free of invaders and debris, exits through the efferent lymphatic vessel.



5 MAIN TYPES OF WASTE & UNWANTED MATERIAL LYMPH PICKS UP

1 METABOLIC BYPRODUCTS



Lactic acid

Urea



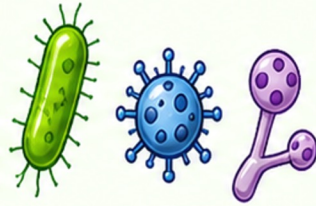
Excess CO₂

2 CELLULAR DEBRIS



Broken cell pieces /
dead cell fragments

3 PATHOGENS



Bacteria Viruses Fungi /
Candida

4 ENVIRONMENTAL TOXINS



Heavy metals



Chemical residues

5 ENDOTOXINS (LPS) FROM THE GUT



LPS from
gut bacteria

✓ In short:

Tissue fluid picks up waste around your cells. Lymphatic vessels collect it, lymph nodes filter it, and clean lymph moves on through your body.




Your lymphatic system works 24/7 to keep your body clean, balanced, and healthy!




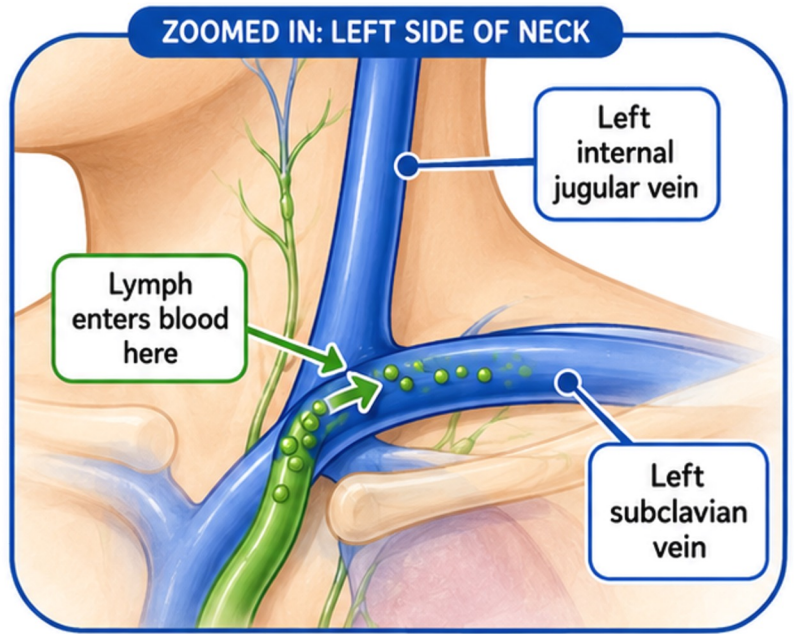
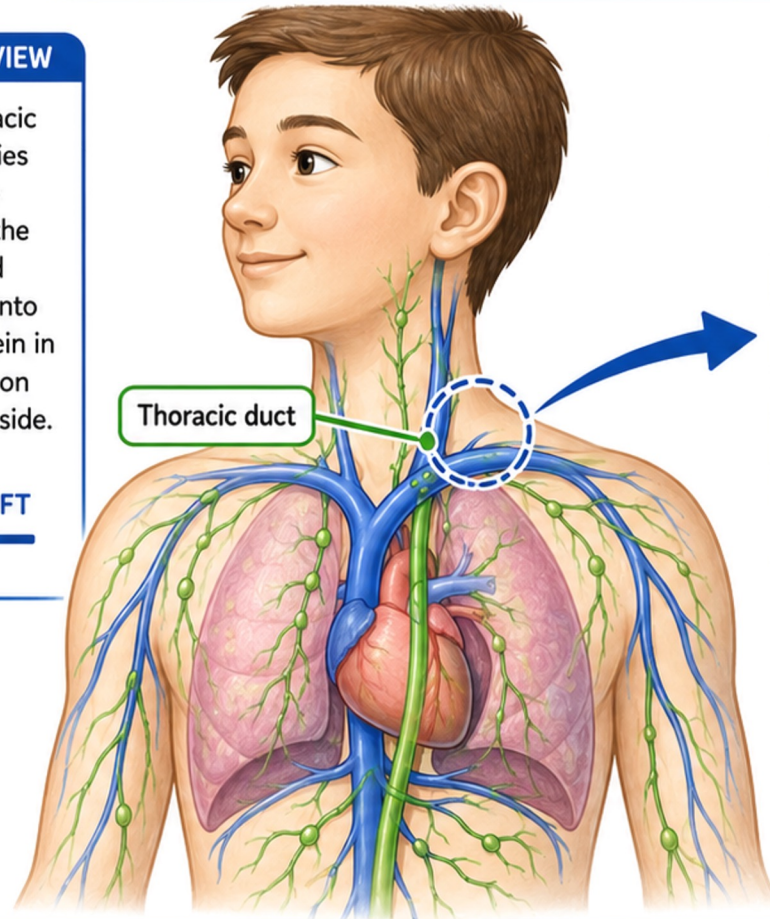
HOW LYMPH ENTERS THE BLOOD

FRONT VIEW




The thoracic duct carries lymph up through the chest and empties into a large vein in the neck on your left side.



LEFT



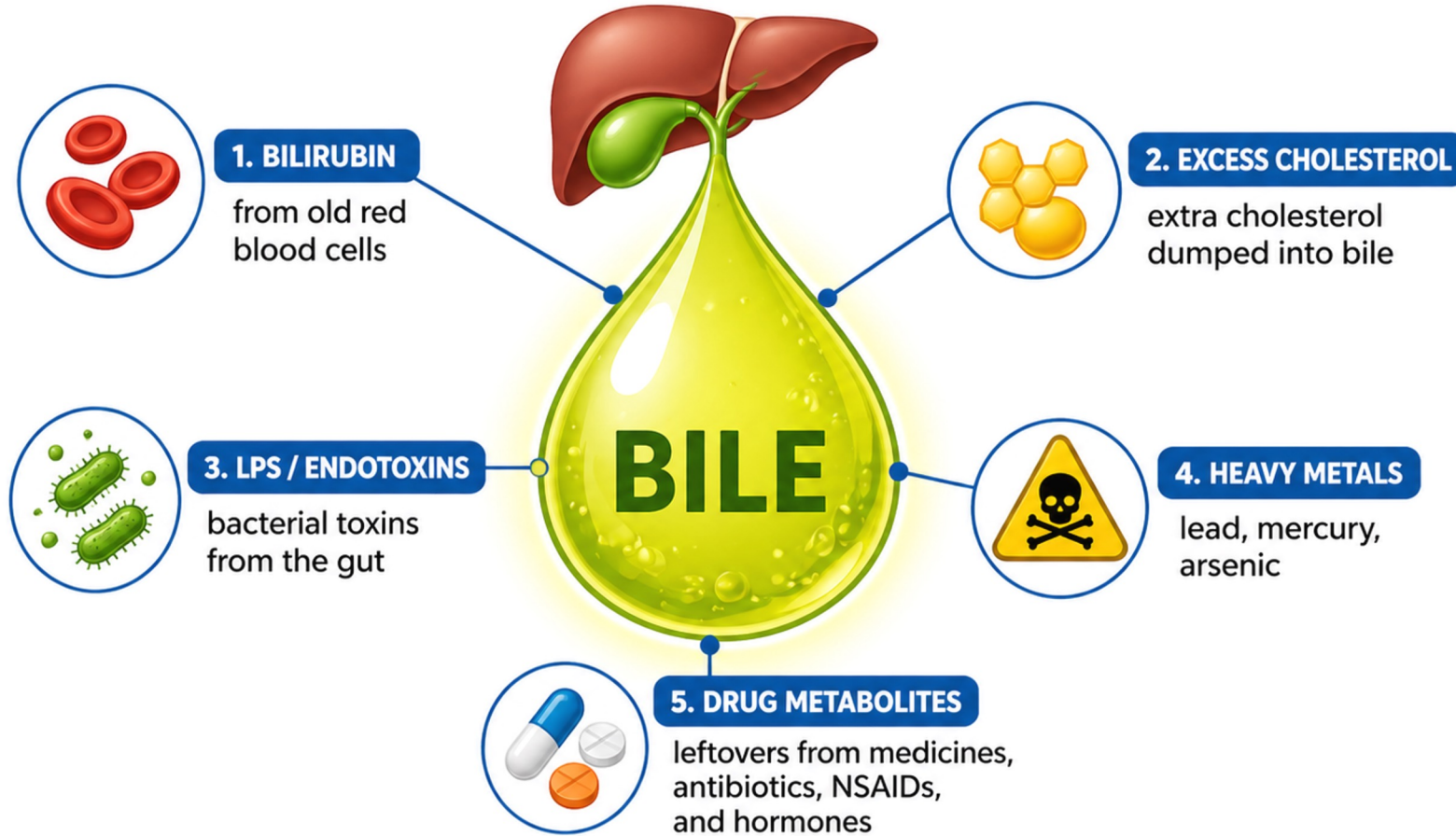
Lymph is extra fluid that returns to the blood to help keep your body healthy!

- 1** Lymph travels up the thoracic duct. 
- 2** It reaches the vein in the neck. 
- 3** Lymph enters the bloodstream. 

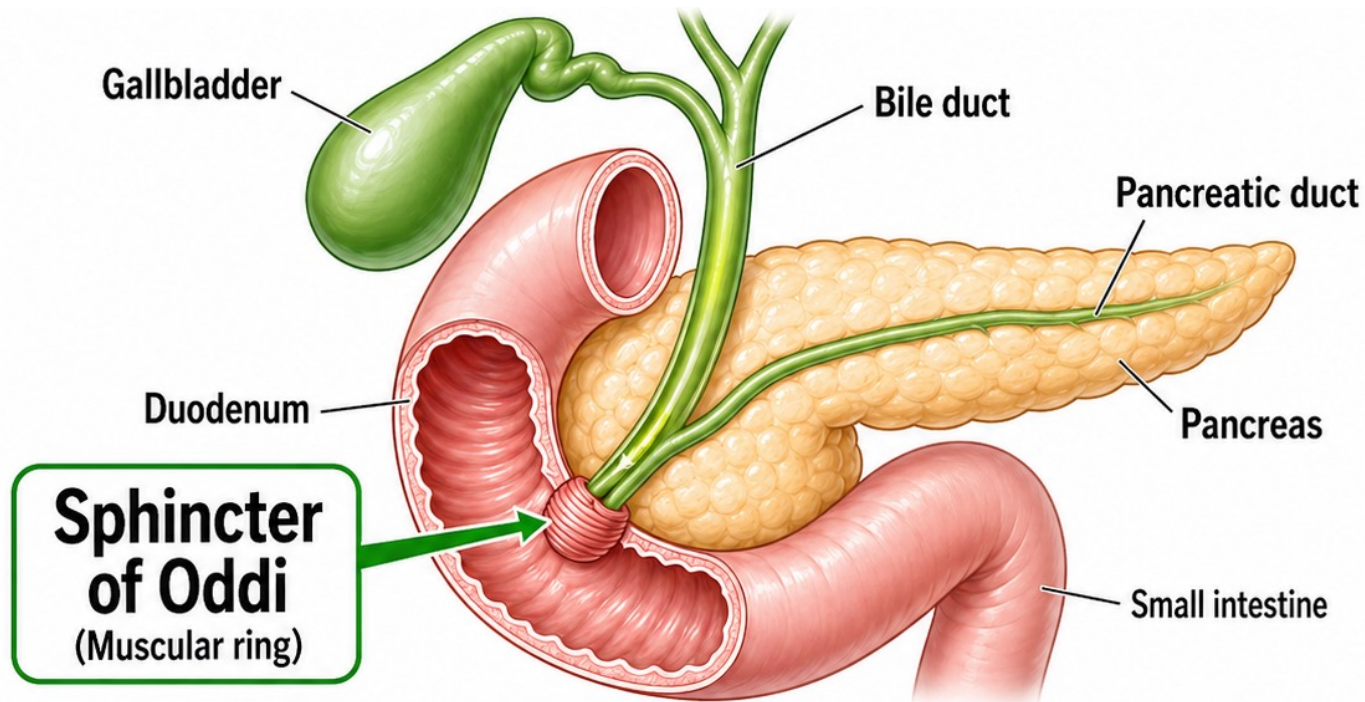
 Your body uses lymph to stay healthy. It goes back to the blood to help you!

WHAT'S IN BILE?

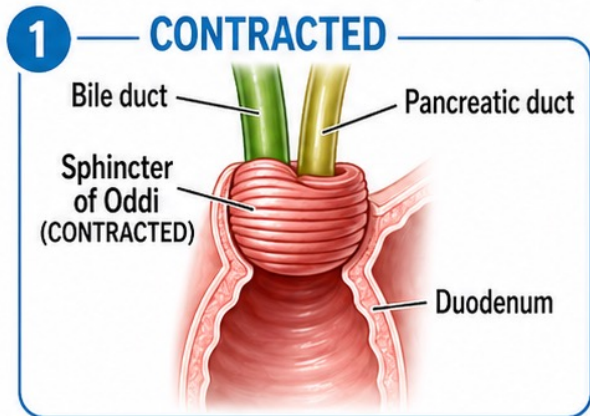
Waste the body wants to get rid of



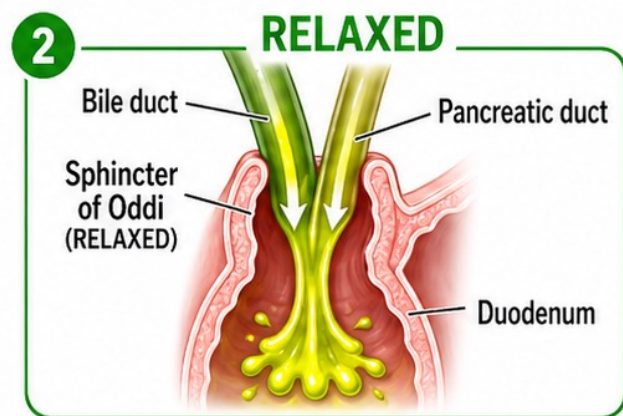
Bile carries these wastes into the small intestine for removal.



The sphincter of Oddi is a muscular ring that controls the flow of bile and pancreatic juice into the duodenum.



Muscular ring is tightened.
Little or no bile flow.



Muscular ring relaxes.
Bile and pancreatic juice flow into the duodenum.

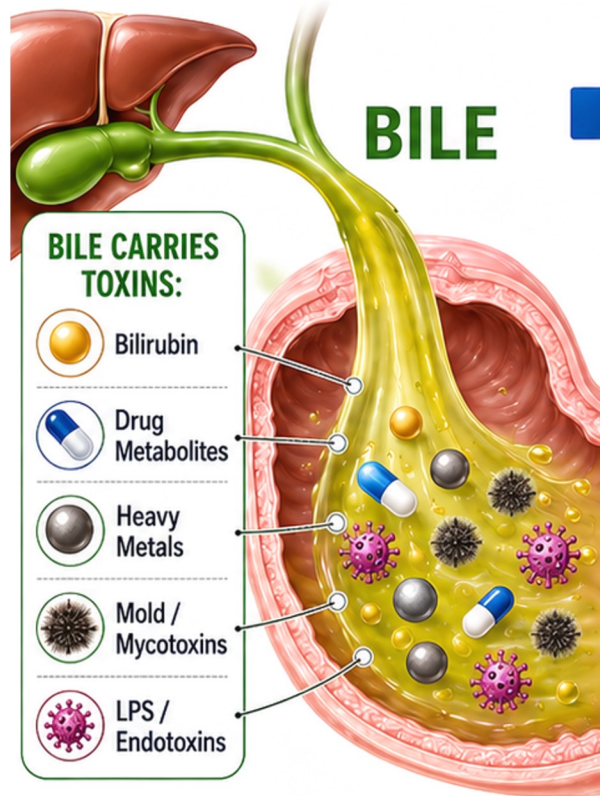
HOW AN ULTRA BINDER WORKS IN THE GUT



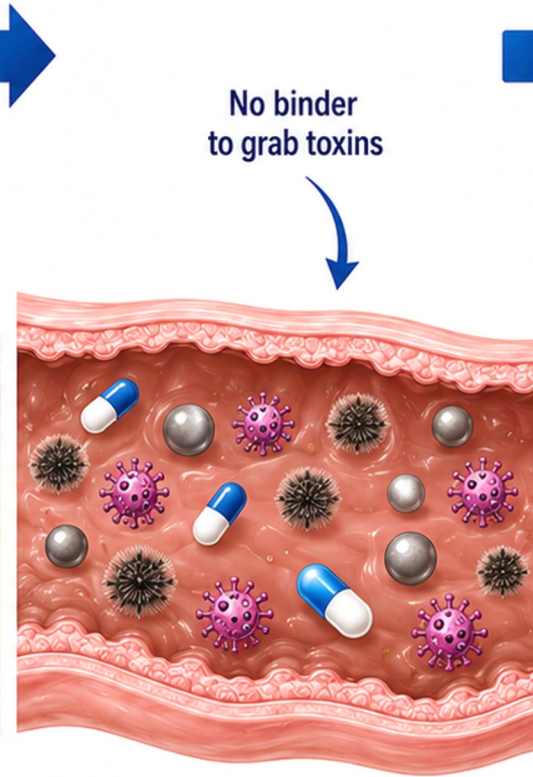
 **BINDER HELPS CARRY BILE TOXINS OUT THROUGH THE STOOL.**

HOW TOXINS ARE REABSORBED WITHOUT BINDERS

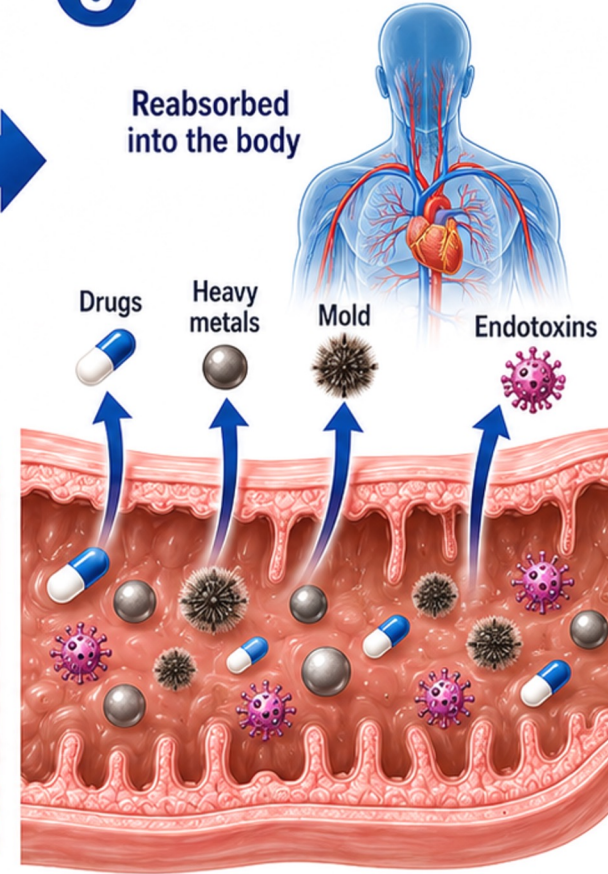
1 BILE ENTERS THE SMALL INTESTINE



2 NO BINDER PRESENT TOXINS STAY FREE



3 TOXINS ARE REABSORBED



WITHOUT BINDERS, BILE TOXINS CAN BE REABSORBED BACK INTO THE BODY.

MOVE LYMPH

FAST

5 BEST WAYS



CHI MACHINE



SWEATING



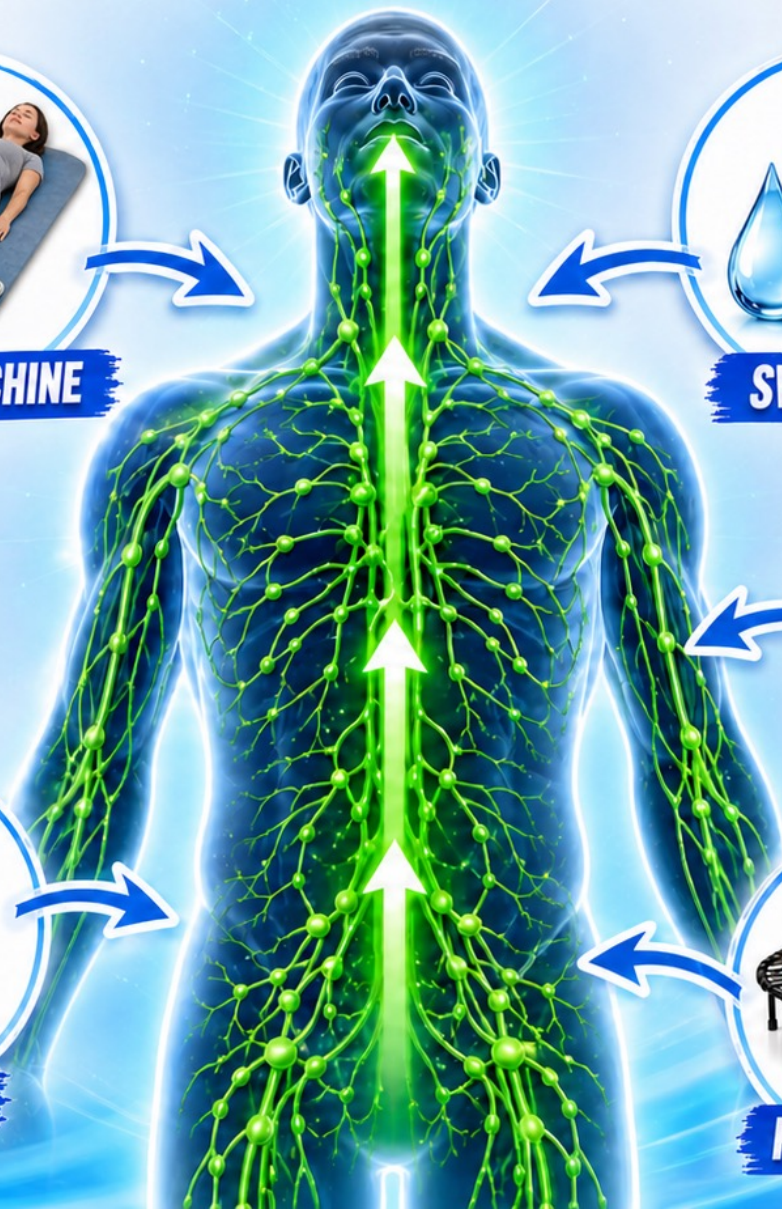
DRY BRUSHING



BIKE



REBOUNTING



Chi Machine-Assisted Motion

Helps Move Lymph Upward Toward the Heart

- 1 The chi machine gently rocks the legs side to side.
- 2 This movement helps lymph fluid flow upward through the lymphatic system.
- 3 Lymph is guided toward the chest and heart where it can be filtered and refreshed.

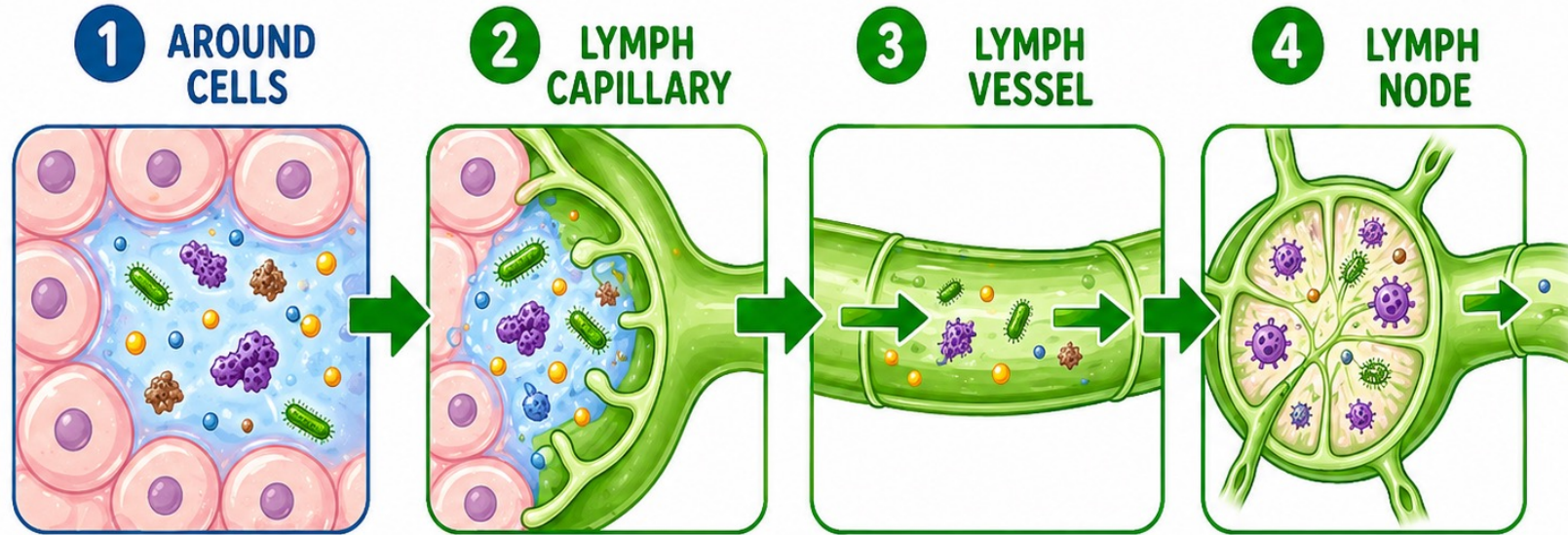


Gentle motion. Powerful results.

The chi machine's side-to-side movement helps lymph fluid flow upward from the legs and lower body toward the heart, supporting your body's natural detox and wellness.

WHAT DOES LYMPH PICK UP?

Lymph picks up waste around your cells and carries it away.



METABOLIC WASTE

Lactic acid Urea Excess CO₂

CELL DEBRIS

Broken cell pieces

GERMS

Bacteria Virus Fungi/
Candida

TOXINS

Pb Chemical residue

Heavy metals

LPS FROM THE GUT

LPS

✓ In short:

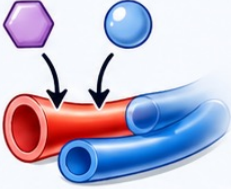
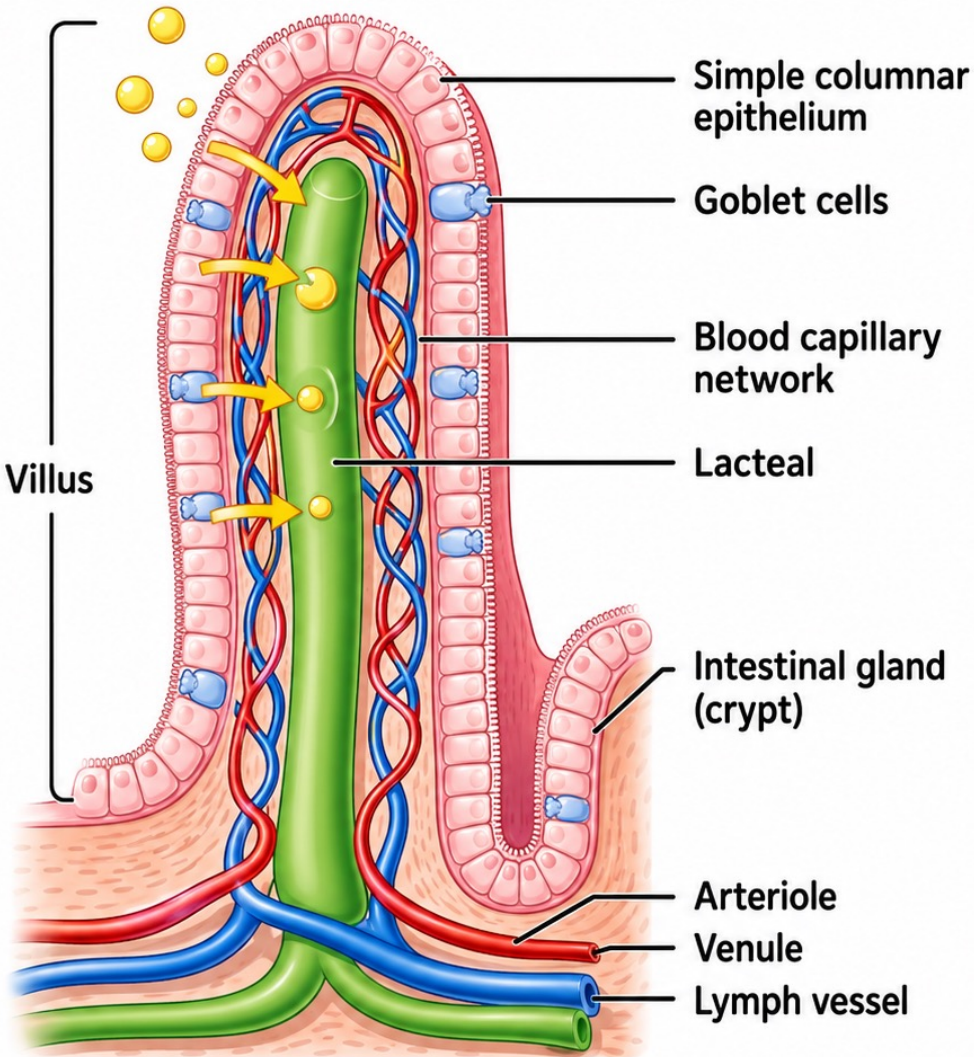
Lymph collects waste, lymph nodes filter it, and cleaned lymph keeps moving.


**LACTEAL
ABSORBS FATS**

Fat droplets enter
the lacteal.



Sugars and
amino acids
mostly go into
blood capillaries.

 Lacteal / Lymph System

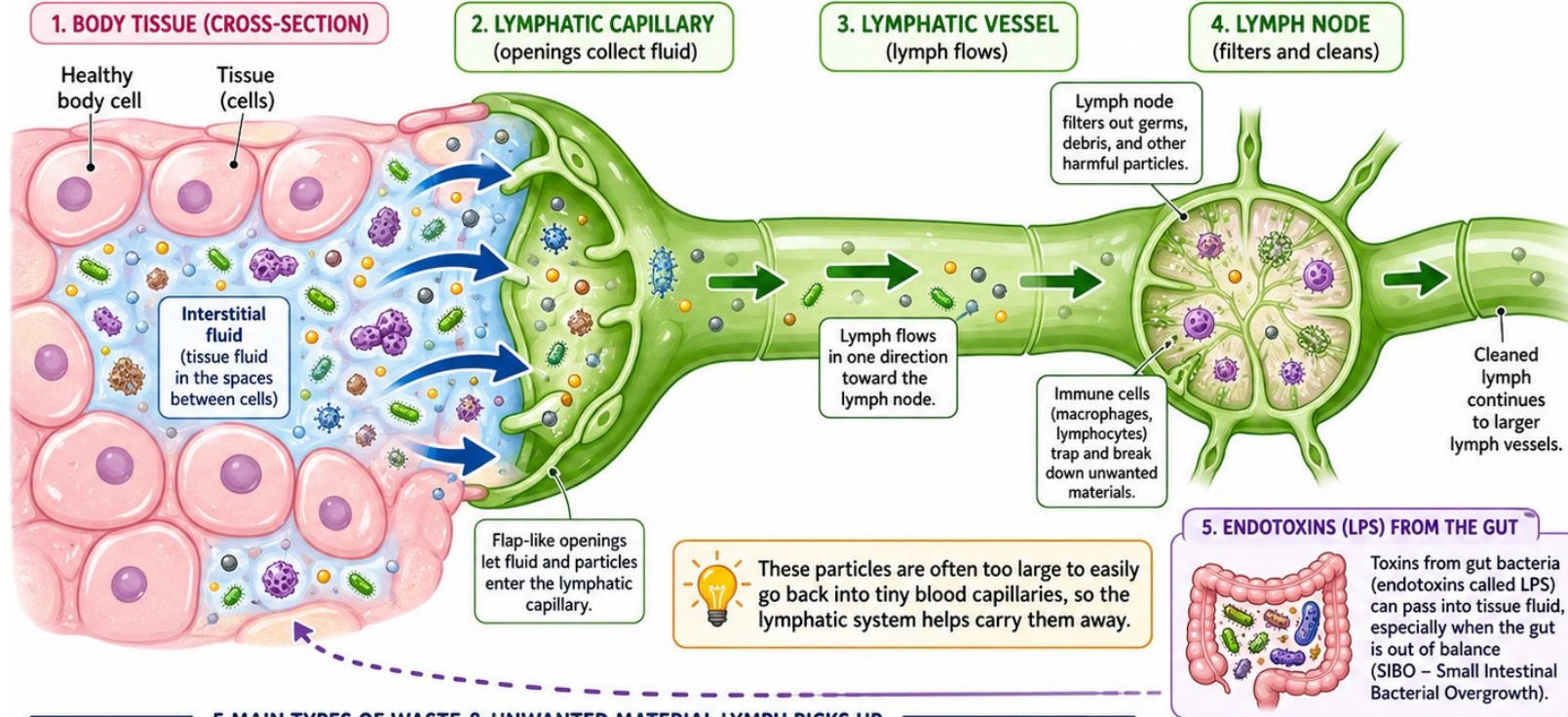
 Arterial System

 Venous System







WHAT DOES LYMPH PICK UP?

Lymph collects waste and unwanted material from the spaces around your cells.

 **Lymph =**
a cleaning and
transport fluid.



5 MAIN TYPES OF WASTE & UNWANTED MATERIAL LYMPH PICKS UP

<p>1 METABOLIC BYPRODUCTS</p>  <p>Lactic acid Urea Excess CO₂</p>	<p>2 CELLULAR DEBRIS</p>  <p>Broken cell pieces / dead cell fragments</p>	<p>3 PATHOGENS</p>  <p>Bacteria Viruses Fungi / Candida</p>	<p>4 ENVIRONMENTAL TOXINS</p>  <p>Heavy metals Chemical residues</p>	<p>5 ENDOTOXINS (LPS) FROM THE GUT</p>  <p>LPS from gut bacteria</p>	<p>✓ In short:</p> <p>Tissue fluid picks up waste around your cells. Lymphatic vessels collect it, lymph nodes filter it, and clean lymph moves on through your body.</p> 
--	---	--	---	--	--

♥ Your lymphatic system works 24/7 to keep your body clean, balanced, and healthy! 😊

TOXINS STUCK?

TOXINS BACKING UP



**MOLD
TOXINS**



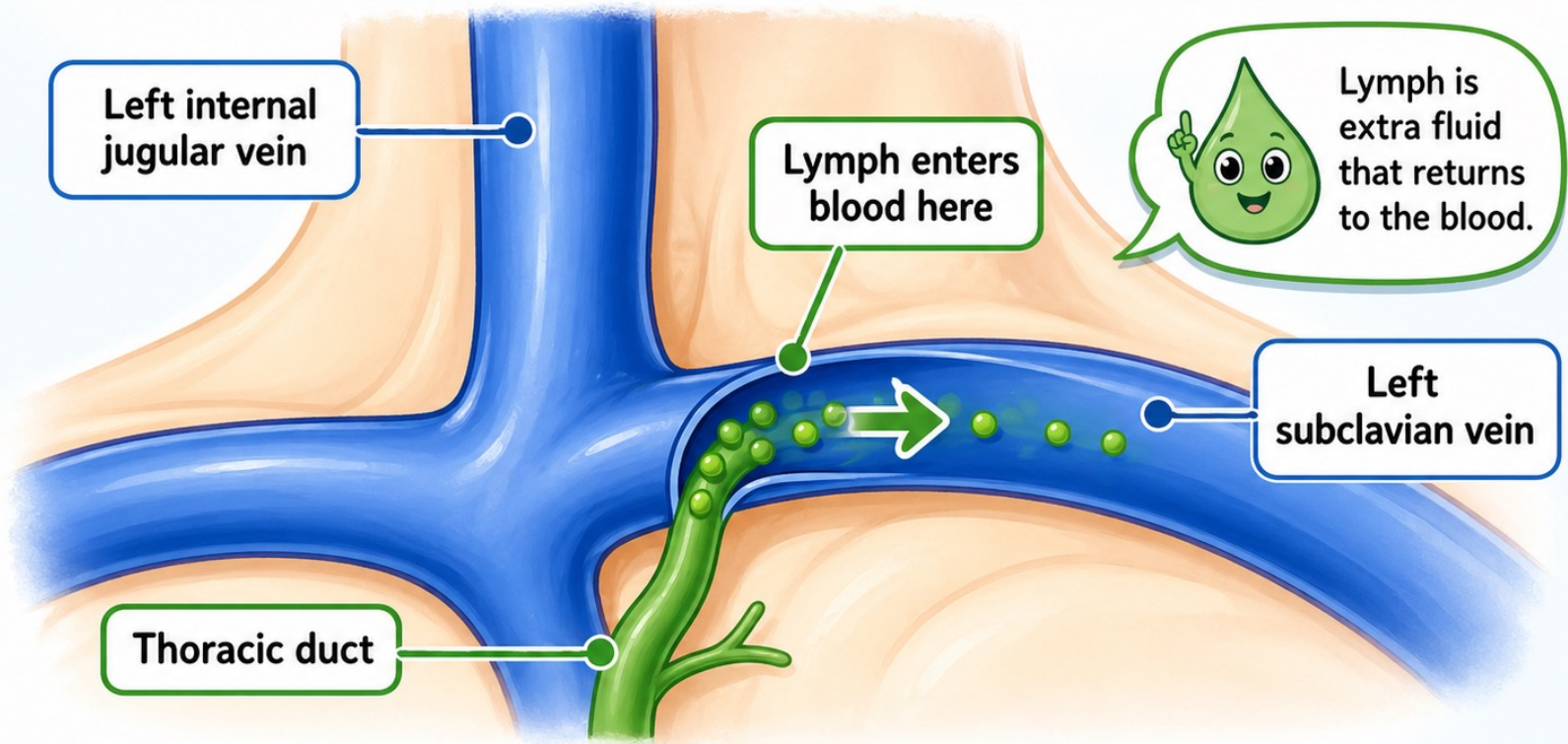
**DRUG
RESIDUES**




**HEAVY
METALS**



HOW LYMPH ENTERS THE BLOOD



1 Lymph travels up the thoracic duct. ↑

2 The thoracic duct meets the subclavian vein. 

3 Lymph empties into the blood. ... →



Your body uses lymph to stay healthy. It goes back to the blood to help you!

