

Mindful



Health

# Newsletter

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**H**ow many of you feel you need to lose weight? How many of you feel sluggish, and or suffer from a decreased immune system? How many of you have cellulite? How many of you feel you retain water? Did you know that oftentimes the appearance of fat is actually a congested lymphatic system?

## WHY ARE THE LYMPHATICS IMPORTANT?

If you are my client you have heard of the lymphatic system because it is essential to my health program. The Lymph vessels help the body to fight toxins, absorb nutrients, regulate fluids and process fats from the intestines. They are located mainly in the groin, the neck, the digestive system and the armpits. I look at the lymphatics as the body's irrigation system — if it is congested with toxins, no amount of nutrients will be absorbed properly.

Therefore it is important to put the proper nutrition in but also to remove the toxicity from the lymph while doing this. This is one of the reasons why some people can lose weight more quickly than others.

## HOW DO I KNOW IF THEY ARE CONGESTED?

Here are some questions you can ask yourself. Are your clothes tighter? Do you see more swelling in your legs? When you press on the sides of your throat is it sore? Does your face swell? Do you suffer from digestive problems? Do you deal with sinus congestion? Have you had a lot of dental work done? Do you regularly drink alcohol or smoke cigarettes? Have you been sick more often than usual? If you answered yes to these questions, your lymphatics are probably congested.

## WHAT CAN I DO TO HELP THE PROBLEM?

There is so much you can do!

**Dry skin brushing:** Buy a long handled natural bristle brush and brush your skin DRY before you shower. Start at the soles of the feet and brush up and work up towards your heart. Follow with a warm shower. This is amazing for dry skin, for stimulating the digestive system and for moving the lymphatics.

**Rebounder:** The rebounder is a mini trampoline that folds in half. It is amazing for cellular detoxification and it has been called the best form of exercise by numerous health professionals in the field. Not only does it stimulate the lymphatic without putting pressure on the joints but it also brings oxygen to the skin, improves muscle tone, circulation, and it can even lower cholesterol. You can even order one online.

**Massage:** Massage works the entire lymphatic system and helps to move toxins out of the body. It also helps to relax the nervous system and it reduces stress.

**Homeopathics and the Light Beam Generator:** This is what I use in my practice. Homeopathics help to drain the lymphatic system by removing the toxins that caused the congestion, reducing the swelling and the water retention. The light beam generator uses photon gas to stimulate the lymphatic system at a deep level. It is non-invasive and a painless process.

*Note: Overall there are lifestyle changes that also should be made and I can help to create a program to address these changes. You may need to determine what it is that is stressing the lymphatics to begin with and I can help you do that.*

**Come visit my website at  
[www.mindfulhealth.biz](http://www.mindfulhealth.biz)  
for more information.**

Confused about all of the health theories that are out there? Looking for some answers?

Do you want to have a unique program tailored to your lifestyle and needs? Why not consider a compassionate health and nutrition program made to work for you? Call Nicole Glassman at (212) 245-3129 for a free consultation or e-mail her at [Nicole@mindfulhealth.biz](mailto:Nicole@mindfulhealth.biz)