5 REASONS WHY THE LYMPHATIC SYSTEM IS IMPORTANT TO YOUR HEALTH & BEAUTY AND HOW SKIN BRUSHING HELPS
IMPORTANCE OF THE LYMPHATIC SYSTEM & HOW SKIN BRUSHING HELPS

THE LYMPHATIC SYSTEM

The lymphatic system is one of the core systems of human body and is considered the body’s “drainage system”. The lymphatic system aids the immune system in destroying pathogens and filtering waste for well-being.

The system is composed of tiny lymphatic vessels, capillaries and lymph nodes.

As blood flows throughout the body, a thin, yellow fluid called plasma leaks out from blood vessels and mixes with interstitial fluid and water to surround the cells and become lymph.

The circulatory system processes about 20 litres of blood per day through capillaries and about 17 litres of this filtered plasma get reabsorbed directly back into the blood vessels. The remaining 3 litres are left behind in the interstitial fluid.

This remaining fluid is filtered through the lymphatic system, and travels in one direction only, towards the neck through its system and nodes. Finally, at the base of the neck, the cleansed lymph flows into the subclavian veins on either side of the neck, ready to enter the blood system again.

In other words, the lymph vessels accumulate or collect toxins and wastes from the body by dumping in blood for filtration, while lymph nodes collect and neutralize harmful cells and organisms, filtering them. When bacteria, toxins or otherwise “bad” cells are encountered, the system produces and releases lymphocytes to fight the germs. Then the cleansed lymph is put back into our system.
5 IMPORTANT BENEFITS OF A HEALTHY LYMPHATIC SYSTEM

The lymphatic system is very important to our good health and well-being. A healthy system keeps our immune system strong.

Five important benefits of a healthy lymphatic system include:

1. Immune System Reinforcement
2. Balance and Equilibrium
3. Rejuvenation for Beauty and Well-Being
4. Healthy Sinuses
5. Promotion of Healing

1. REINFORCEMENT OF THE IMMUNE SYSTEM

An important function of the lymphatic system is the manufacturing of antibodies. The production of white blood cells and antibodies to fight invasive bacteria, toxins or disease is also called an immune response.

Antibodies defense system: Antibodies can be defined as specialized proteins that protect and defend the human body from invasion of foreign substances. Antibodies counteract invading antigens to render it harmless to the body.

Coating harmful organisms: Another function performed by antibodies of lymphatic system is coating of harmful organisms inside the body so the scavenger cells can recognize and destroy them easily.

These actions keep the immune system, and ultimately our bodies, healthy.
2. BALANCE OF FLUID

The lymphatic system helps in stabilizing the balance of fluids in the body. And there are some clinical tests and science behind the lymph in our inner ear canals and physical balance of the body.

3. REJUVENATION FOR BEAUTY

A healthy lymphatic system promotes clear complexions, healthy skin, and helps reduce puffiness around the eyes or other types of inflammation. In addition, the lymphatic system also acts as a vessel for transporting our fat-soluble nutrients, vitamins A, D, E and F and all our essential fatty acids. This is all needed to maintain good health, eyesight, bone and skin structure, and more!

4. HEALTHY SINUSES

A healthy lymphatic system performs drainage functions in the body, as it drains out accumulated fluid in the sinuses and thus relieves the sinus pressures from different allergies and colds. For those suffering from sinus infections, lymphatic drainage procedures can help remove congestive material from around the facial area – but should be done with recommendation of a doctor.

5. PROMOTES THE HEALING PROCESS

The lymphatic system not only promotes healing process of injuries and removes toxins from the body, but also reduces inflammation of tissues and can provide a soothing effect. The lymphatic system transfers white blood cells and antibodies to the organs and tissues, arming your immune system with what it needs to combat infections.

MOVING THE LYMPHATIC SYSTEM

The most important function of the lymphatic system is filtering and moving the lymph and killing toxins. Unfortunately, the lymphatic system does not have a natural pump to keep it moving. While it works with and is a subset of the circulatory system, the heart does not pump or fuel the lymphatic system – lymph relies on body movement, massage or Skin Brushing.

It is essential to support the lymphatic system, as accumulated toxins can cause disease and a sluggish lymphatic system brings down well-being.
This brings us to the simple yet powerful Skin Brushing. Skin Brushing each morning can help assist the lymphatic system to move and function.

**WHAT IS SKIN BRUSHING?**

Skin Brushing, also known as Body Brushing, has been around for centuries. Hippocrates taught it in the medical school in ancient Greece, and many cultures have employed it. It fell out of common knowledge in the 20th century, but many are rediscovering it now (including actresses and models who rave about it!).

Using a natural bristled brush, you simply brush your absolutely dry skin in motions TOWARDS the heart. It will:

- Help exfoliate dead cells and toxins from the skin
- Help boost blood circulation
- Help move the lymphatic system
- Help keep ingrown hairs and cellulite away
- Help boost mood as it releases endorphins

The skin is our largest organ of elimination, and we shed millions of cells a day. Skin eliminates about one-third of body toxins per day. As we get older, it becomes more difficult to throw off those dead cells, so Body Brushing helps the process and supports well-being (and more beautiful skin.)

We have seen how important a healthy lymphatic and immune system is, and Skin Brushing helps support it.

**HOW TO BRUSH:**

- Start at your feet and work your way up, brushing everything except your face
- Typically stand in the shower so dead cells can be washed away afterward, but do brush on absolutely dry skin (not after a shower)
- Use medium to firm strokes (it should NEVER hurt – start lighter if you are sensitive), and brush about 3 to 6 strokes per area.
- Work from lower to higher, and from outer to inner (i.e. hands to shoulders)
- Put a little more time on both lymph-node rich areas (arm pits, inner thighs) and also area of thicker skin (heels, elbows)
- Don’t brush over open sores and don’t share your brush with others
The whole process takes about 10 minutes once you are used to it, and usually a little longer at first.

Skin will become softer, clearer, have better tone and you will feel invigorated and happy. And your lymphatic system will be assisted! You will soon look forward to brushing every day!

**Sublime Beauty® specializes in Skin Brushing**

Visit our website [www.Skin-Brushing.com](http://www.Skin-Brushing.com) for downloads, tips and information.

The founder of Sublime Beauty®, Kathy Heshelow, has published articles on Skin Brushing which have appeared in Urbanette Magazine, USA Today | Mediaplanet’s Skin Awareness Supplement, Mid-West Health and more. (Links are found on the Skin Brushing website if interested.) The brushes have also been covered in the press.

**We offer three brushes:**

1) **Long Handled Skin Brush** – perfect for daily brushing. The long handle allows you to reach your back and everywhere easily. The dual head includes nubs for cellulite massage.

2) **Portable Skin Brush in Pouch** – continue Skin Brushing when you are away from home. Stash it in your bag or luggage, take it to the office, gym or on trips.

   Some like to use it on a daily home basis with more control.

   This brush was featured in Glamour Magazine and the Glamour online blog Lipstick, as well as in other press.

3) **Face Brushes (2 in pouch)** – the facial skin is more delicate and requires a lighter touch and smaller brush. We have information and downloads about Face Brushing and the differences with Body Brushing.

Our brushes are found at our webstore: [www.SublimeBeautyShop.com](http://www.SublimeBeautyShop.com) and also Amazon

Let us know if you have any questions: info@sublime-beauty.net or use the Contact Us tab on www.SublimeBeautyShop.com. Or call 727-231-1130