

Sediment; Exercise; Manual Lymphatic Drainage Massage

The title denotes the topics that will be briefly covered in this document. Given that the primary focus of the health programs lies in addressing the lymphatic system it is inevitable that questions like the following two will be asked: "What is sediment?" and "Wouldn't rebounders and lymphatic drainage massage be beneficial for me?"

Sediment

The first goal and important milestone of the detoxification program is for the individual to achieve filtration of their lymphatic system. This is accomplished by **restoring kidney and adrenal gland** function (it is important to address **pituitary gland** weakness, if identified, as it can inhibit adrenal functioning through inadequate production of ACTH [Adrenocorticotrophic hormone] production).

A question that is often posed is, "How long will it take to get my kidneys to filter?" which is up there with questions along the lines of, "How long does it take, before my health conditions are gone?"

Both are questions that are impossible to give definitive answers to as it depends on many variables. The most important variables include:

- What is the state of your kidneys, adrenals and pituitary gland, prior to starting the program?
- How strict and dedicated will you be toward doing what must be done as well as how much effort will you put into following the program?
- How much stress, if any, is generated from your current lifestyle, and are you required to always be on the move?
- Are you willing to undergo water fasts, lemon juice fasts, grape mono-diets, watermelon mono-diets, etc., if implored to?
- How long will it take for you to withdraw from old habits (especially abandoning dairy products, and limiting high protein foods) and incorporate new, health inducing ones?
- If any, what is the degree of sulfur accumulation within your body?

It is due to the above points that it can be difficult to estimate how long it will take. Some people begin filtering within as little as 7 days, while it can easily take up to a year or

longer for others. We are all on our own individual journeys and, admittedly, it will require some to put in much more work than others to achieve the same results.

If you are not filtering within 6 to 9 months, you may consider incorporating and/or doing one or more of the following:

- Embark on multiple short or extended fruit mono diets (e.g. grape/watermelon/orange)
- Embark on multiple short or extended fruit juice fasts (e.g. grape juice, lemon juice, orange juice)
- Embark on short beetroot juice fasts (2-4 days); can be combined with asparagus for stronger effect *
- Incorporate stinging nettle herbal infusions as a potent kidney tonic
- Use 2 'Kidneys & Bladder' formulas; increase dosage taken; alternate between the 4 different formulas (K & B I, II, III & IV)
- Raw, kidney bovine glandulars

In addition, try to reduce the overall stress in your life to the best of your ability, as well as practicing relaxation and meditation. Pay attention to all the factors outlined prior.

Provided below is a graphic of what urine sediment looks like once the kidneys begin filtering. Note that once filtration has been achieved, urine will often turn cloudy and will contain long threads or strings of mucus, as well as having a shaken snow-globe-like appearance.

To see the full amount of sediment present:

Pee into a jar and leave it in the refrigerator for a couple of hours (4 hours at least) allowing the sediment to settle to the bottom. You can also leave it overnight. If you're not filtering, you will not see anything settling at the bottom.



Once you begin filtering, understand that how much sediment you see, will vary. On certain days you will filter more than others. This can be influenced by stressful situations (which negatively impact the adrenal glands) and dietary changes.

The point of filtering, is that you have now restored the functional ability of one of the body's most important eliminative pathways (kidneys) for acidic, lymphatic sewage. The same tissue-damaging acidic wastes that the body would've been inhibited from eliminating, up until this point. It is an accomplishment worthy of celebration.

Exercise

When it comes to moving the lymphatic system, there are many well-intentioned people promoting various forms of exercise, including rebounding.

I say well-intentioned, because attempting to circulate lymph without having anywhere for it to exit, can be counter-productive for two reasons.

1. In the process of exercise and movement the lactic acid byproduct is created - which adds additional acidity and waste to a system that is already overburdened.
2. Physical activity increases adrenaline neurotransmitters (epinephrine and norepinephrine), while decreasing neurotransmitters responsible for activities conducted in the resting state (e.g. peristalsis, kidney filtration, etc.).

Now, don't get us wrong. Movement is important - at the right time, when it is truly beneficial to the individual. For it is indeed important for blood and lymph flow, especially in the lower extremities. But many people don't always value the importance of **rest**.

Initially, for most people, emphasizing rest more so than exercise is recommended. But where physical activity is concerned, non-strenuous forms of activity, such as:

- Gentle walking
- Stretching
- Swimming
- Qigong
- Tai chi
- Yoga
- Etc.

... are suggested. If you are uncertain about how to approach this, then please don't hesitate to seek the assistance of a detoxification specialist.

Manual Lymphatic Drainage Massage

Lymphatic drainage massage is a method of gentle massage consisting of gently stroking in the direction of the lymph flow. It serves the purpose of releasing lymphatic blockages in lymph vessels which in turn increases the natural flow of lymph.

Prior to undergoing lymphatic drainage massage there are two things you must understand:

1. Where lymph drains.
2. Tissue integrity (state of thyroid and parathyroid glands).

First and foremost the technique of this massage (and also skin brushing), as is conventionally practiced, involves directing the lymph flow toward the subclavian vein as it is theorized that this is where all lymphatic fluid drains. Now, we are not denying that there might be some degree of this taking place - but it begs the question - if lymph drains back into the venous (blood) system, then what is the point of the body having lymph vessels in the first place?

Nonetheless, if receiving lymphatic drainage massage, advise your therapist to massage toward the kidneys instead of the heart. Also make sure that the massage is performed gently (not rough) at all times which is what brings us to point #2:

We advise people with brittle connective tissue integrity to abstain from this therapy, initially, until this condition has been reversed to a satisfactory degree through working on the parathyroid glands to increase calcium utilization which in turn strengthens the integrity of connective tissues.

It is also preferred for the individual to be filtering through their kidneys, first, prior to having these massages, so that the loosened and dissolved blockages actually have somewhere to exit.