

EXERCISES FOR THE LYMPHATIC SYSTEM

You can do all of these in the same programme or individually – whatever suits at the time.

Please note the cautions.

- ☉ Use the tips of the fingers on both hands to tap lightly all over the top of the head.
- ☉ Stand with feet slightly apart, take the right hand to the forehead and sweep over to the back of the head, round to the right ear as you turn to the right (as if you are a very elegant lady!); as you finish the twist to the right bring the left hand up to the forehead and repeat on that side, twisting to the left. Alternate the hands. Breathe normally and do 8 each side.
- ☉ Using index finger and thumb pinch from the top of the ears to the lobe – slightly pulling the lobe. Do 3 on each ear.
- ☉ Using the index fingers gently press the hearing flap on each ear, 3 times. **CAUTION:** do not do this if you have vertigo or a perforated ear drum or any balance issues.
- ☉ Using the knuckle of each index finger, stroke above the eyebrows from middle to sides, 8 times.
- ☉ Do as above but below the eyebrows, 8 times.
- ☉ With hands in a prayer position, use the thumbs to rub up and down the sides of the nose. Continue to breathe with the nose but use the mouth if having difficulties.
- ☉ With the right finger, rub quickly from side to side, between the nose and the upper lip.
- ☉ With the left finger, rub quickly from side to side below the lower lip.

- ☯ Standing, feet slightly apart, take the left hand to the right ear and draw it down under the chin, over the chest to the left hip – 8 times. Repeat on the right side using the right hand. This is a Tai Chi self massage. Do it slowly!
- ☯ Using the knuckles of the fist on the right hand, rub up and down, quickly, on the breast bone – between the bosoms.
- ☯ Sitting or standing – hold up the right arm and pat with the left hand from the right hip to the right armpit – 8 times. Then stroke from the hip to the armpit – 8 times. Do exactly the same on the left side. This is particularly good when you have eaten too much or feel lethargic. The armpit has a main lymphatic node under it.
- ☯ With the right arm out in front of you, cup the left hand and pat down the arm, turn the arm so palm is up, and pat up the arm – 8 times. Do again but stroking – 8 times. Then repeat both on the left arm. Always pat down when palm is down!
- ☯ Stand with the legs apart, bend the front knee (or sit on a chair) and pat with both hands up the front and back of the leg, starting at the ankle – 8 times. Repeat but stroke. Then do the same up the sides of the leg – patting and stroking. Repeat on the other leg.
- ☯ Standing up, bend slightly forward, take the arms behind you onto the back and pat down the back to the sacrum. Use the end of the fist. Allow yourself to make a noise whilst doing this!
- ☯ Standing with the legs hip width apart, place the hands over the kidneys. Circle the hands over the kidneys and ‘bounce’ gently with the movement, eventually allowing the heels to rise as well. **CAUTION:** do not do this one if pregnant.

☯ Body brushing is great for the lymphatic system. Do with a soft brush before you have a bath or shower – preferably use a natural bristle brush. It helps the skin defoliate whilst also activating the whole lymphatic system – if you do the whole body! Try it and wonder at how good you feel! :o)