

LYMPHATIC DRAINAGE

Alternate between hot & cold showers

Eat other bitters to get digestive juices flowing

Dancing

Exercise and Movement

Deep Breathing

Jumping/
Rebounding

Dry Brushing

Manual Massage

Hydrate & cook with pure water (distilled or spring)

Relaxation

Eat bile-boosting herbs

Remove or greatly limit bile-reducers



REMOVE OR GREATLY LIMIT BILE-REDUCERS

Canola Oil

Palm Oil

Cow Dairy

Pork

Eggs

Processed Foods

Onions

Vegetable Oil



EAT BILE-BOOSTING HERBS

Basil

Garlic

Chamomile

Ginger

Cinnamon

Turmeric

EAT BITTERS

Aloe

Cruciferous
Vegetables

Arugula

Grapefruit, Lemon

Asparagus

Healthy Fats
(avocado, grass-fed butter,
coconut oil, flax, chia)

EAT FIBER

Almonds

Broccoli/Brussels

Apple/Pear

Chia Seeds

Avocado

Lentils

Black Beans

Oatmeal



ESSENTIAL OILS FOR LYMPHATIC FLOW

Black Pepper

Lavender

Clove

Lime

Eucalyptus

Peppermint

Fennel

Spearmint



DRY BRUSHING TECHNIQUES

Armpit	Start with clockwise, then counterclockwise strokes around the armpit
Breast	Brush above the breast towards the armpit, then below the breast from the sternum to the armpit
Sides	Brush sides from waist to the armpit
Upper Body	Start with a small circular motion from your belly button, then increase the radius; then reverse it.
Upper Back	Brush from the middle of the spine up until over the shoulder blades
Neck	Begin the stroke from the back of the neck, and brush along the base of the neck until just about the base of the throat; then down the collarbone
Jaw	Brush from the base of the skull and along the jawline

DRY BRUSHING TECHNIQUES

Hands	Brush each finger from side-to-side, then brush the palm and wrists with a circular motion.
Arms	Brush from the wrist to the elbow on each surface of the arm.
Lower Body	Do small circular strokes between the hip and pubic bone, moving away towards the buttocks
Buttocks	Begin the stroke where your buttocks meet the top of your thigh. Move up and over the hip towards the groin.
Lower Back	Begin the stroke from the bottom of the spine, brushing up until bottom of the shoulder blade
Feet	Brush the bottom of the feet in small strokes from heel to the toes, and top from toes towards ankle.
Legs	Brush from ankle to the knee on all sides of the legs, then from knees to thigh.

DRY BRUSHING TIPS

Follow each instruction
with 6 strokes

Start with one side of
the body

Avoid varicose veins,
open wounds/broken
skin, and sensitive skin

The best time to do this
is on dry skin right
before you shower

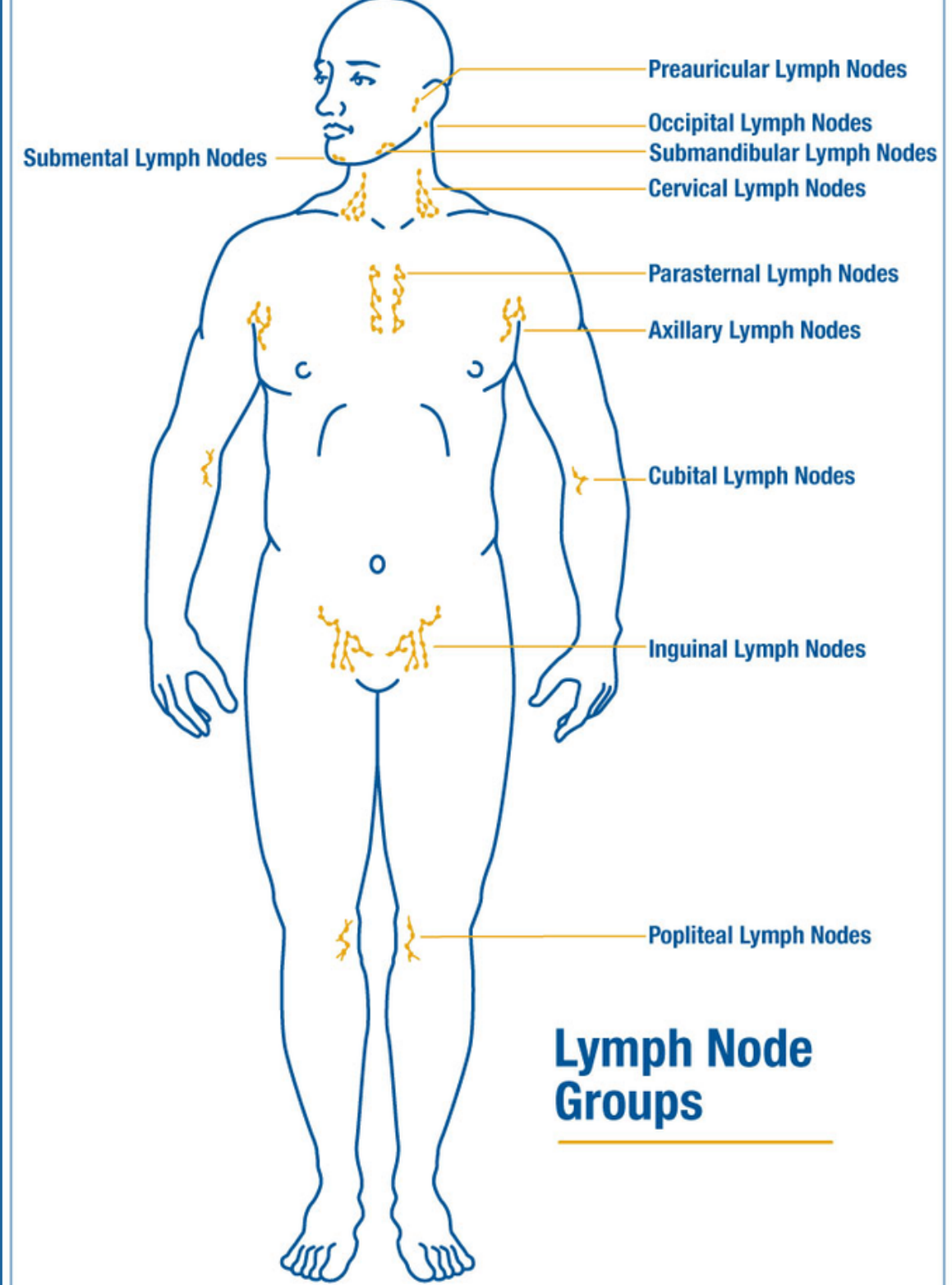


LYMPHATIC SELF-MASSAGE

KLOSE TRAINING & CONSULTING LLC
LYMPHEDEMA THERAPY CERTIFICATION COURSES








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Lymph Node Groups

BRISTOL STOOL CHART

Type 1		Separate hard lumps, like nuts
Type 2		Sausage-like but lumpy
Type 3*		Like a sausage but with cracks in the surface
Type 4*		Like a sausage or snake, smooth and soft
Type 5		Soft blobs with clear-cut edges
Type 6		Fluffy pieces with ragged edges, a mushy stool
Type 7		Watery, no solid pieces

* Types 3 and 4 are considered normal

