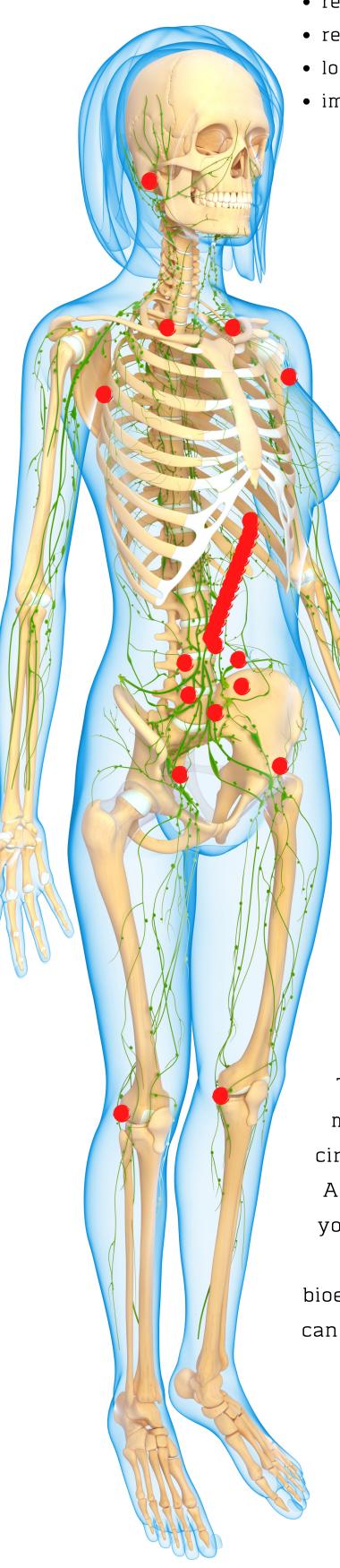
Lymphatic Love



- reduce pain
- reduce swelling
- lose weight
- improve energy
- speed up healing
- better skin
- better bowels
- improve FLOW!

Rub/massage/slap these 12 spots every morning. <u>In this order</u>:

- 1. Above the collar bone left & right
- 2. Behind the ear lobe/jaw left and right
- 3. Pec muscles/front edge of armpit - left & right
- 4. Solar plexus use both hands and dig fingers in and move them back & forth. Moving down to the belly button.
 5. Around the perimeter of the belly button -press in and
 - make little circular movements
 - G. Just inside the front
 of your hips bones,

left & right

7. Back of the knee left & right

Credit to Dr Perry Nickelston from Stop Chasing Pain

Then spend at least 3 minutes moving these areas ie shoulder circles, neck rotations, hip circles. And/or do some rebounding with your calves, a rebounder or BOSU Ball. Sunrise light, Earthing, bioenergetic shaking & dry brushing can also be very effective to help the lymph FLOW



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