

Dr. Kwang

Wellness & Healing Teas

The Lymphatic System

You are alive and able to read this health letter because your lymphatic (lymph) system is working. Without the lymph system, you would have dropped dead after shaking the hand of the person you just met. After reading this health letter, you will gain a better understanding of the function and significance of the lymph system.

Multiple Levels Affected

The longer a person is sick, the more the problem has affected multiple levels of the body. Let's say, for example, someone has a cold. Initially, the person may have a scratchy throat, loss of appetite or feel lethargic, but it has not really progressed yet. Then a few days later, the cold enters the next stage—the person experiences mucus, headaches, insomnia, body aches, and stomach pain. The symptoms described are actually due to the immune system trying to fight an infection.

MORE Systems Affected

My clients that have been ill for a longer period of time usually have more systems in their body affected. For example, the liver's ability to detoxify weakens and white blood cell function decreases because they are working overtime. As a result, the lymphatic system is affected.

The Sewage System

The lymph system is basically the body's sewage system. It moves waste away from healthy cells and carries germ-killing agents (e.g. lymphocytes such as T-cells and B-cells) to cells when the body is under attack by bacteria, viruses, and other pathogens. Lymph, which is the fluid that surrounds and bathes the cells, provides nutrition to the cells and removes waste from them. It is watery fluid that travels throughout lymph vessels and can be found in the skin. The lymph system plays a key part in the body's ability to clean itself out and heal.

Unfortunately, the body's ability to heal is compromised when you have a long-term infection. The body continues to have the same problem over and over again because now the lymph system is working overtime, and the liver is not cleansing and resetting itself. You then have this endless loop of infection and no restoration.

The Liver Must Live

What does all this mean? The lymph fluid drains to the liver. The liver receives the lymphatic fluid from the lymph system and pulls toxins out and then removes it through the stool. If the liver cannot remove the lymph fluid, the fluid gets backed up and that is explains the "yucky" feeling people sometimes experience. Unlike blood which circulates through the body via the pumping of the heart, the lymph moves through the body when you use your muscles. This explains why exercising makes the lymphatic system more effective, getting rid of wastes and toxins faster.

Chronic Diseases

A chronic disease, which medical doctors may diagnose, is a long-term illness that require long-term management. These diseases may be present for an indefinite period of time or may resurface on and off. Some examples of chronic disease are cancer, Multiple Sclerosis, and Epstein Barr. The health of the lymph system determines how quickly one's body will heal. Therefore, it is more probable that chronic diseases will develop in those with a compromised lymph system.

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"...People get stuck because they are not looking at the big and complete picture..."

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The Lymph Nodes

The individual lymph nodes actually form a chain and perform the task that the liver is supposed to do, which is drain the lymph fluid (contains waste material that your body does not need). However, the lymph nodes are not designed for that function. They are meant to remove any infections along the lymph system drainage pathway. That is why the speed of your body's healing ability depends on how fast the lymph system removes waste from the cells into the lymph, and from the lymph into the liver. In order to ensure that the lymph system is moving properly, a certain type of remedy is required.

Complete Cleansing

Another question related to healing is: what are some other things in the body that need to be expelled in order for complete healing to take place? Answering this question will dictate the necessary steps to thoroughly clean out the body so that reoccurrence of toxins or a buildup of toxins can be eliminated. Once most of the toxins in the body are removed, a complete cleansing of the body may be obtained.

Financial Expenditure

It is extremely difficult to predict the amount of time it will take for your body to heal. A certain sickness that takes one person three days to heal may take another person three weeks, or even three months. You have the natural capacity to heal if you (1) manage your stress in healthy ways; (2) eat a healthy and balanced diet; and (3) exercise or increase physical activity. Stress is the number one way to suppress your immune system. As stated earlier, when your immune system is compromised, then toxins will have a better opportunity to thrive and disrupt the body's natural healing capacity.

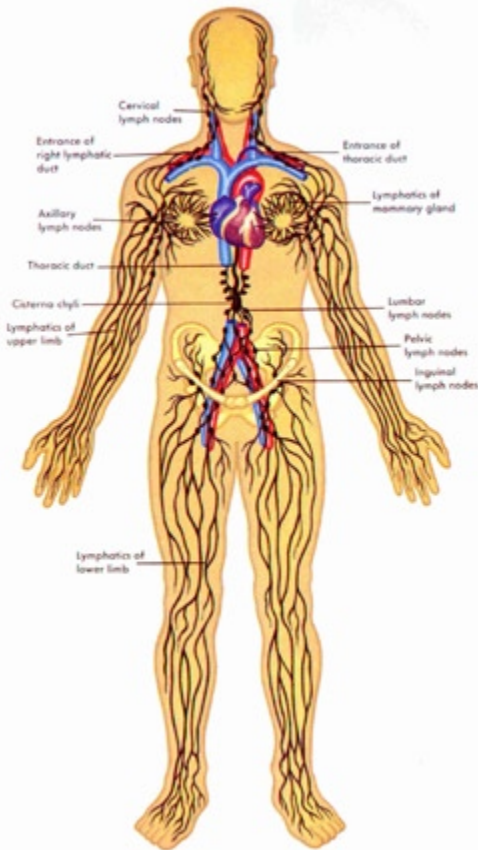


Figure 1. The Lymphatic System: Collection of lymph vessels, nodes, and organs (spleen, appendix)

My cleansing and nutritional teas can help the body heal more quickly, depending on how much time and money you want to spend on getting healthy. Recently, a patient who reached end phenomena asked if he would have to return soon. My response was "do you manage your stress, eat well, and exercise?" His answer was "no" to each question. So my reply was "then I will see you soon." My goal is not to keep seeing the same patients over and over—you have to help me help you so that your natural healing abilities are working at full capacity.

Lofty Lymph

The lymphatic fluid makes up about 15 percent of your body weight. A lot of my clients tell me, "I feel bloated" and that feeling is often related to the lymph system not draining properly. Certain symptoms or manifestations are related to the lymph system not working optimally. The lymphatic system is vital for cleaning out the body, and it is overlooked by many but should be looked at initially and continuously examined and supported with nutrients and exercise.

Interesting Fact #1:

When you are sick, the germ-fighting cells migrate 10 times as quickly to your lymph nodes, which leads to the swelling of the lymph nodes.

Interesting Fact #2:

Your skin and lungs play a major role in lymphatic drainage. The toxins evaporate from the skin into the air and coughing expels toxins as well.

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