

# Lymphatic Detoxification

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Nearly 80% of your total body weight is water. (That is why you should drink half your weight in fluid ounces of water every day.) The internal environment of the human body consists of blood and lymph fluid. 12% of your body fluid is blood inside blood vessels. 52% of your body fluid is composed of interstitial fluid (intercellular fluid or tissue fluid) around body cells. Each cell in the body is bathed by the interstitial fluid, which consists of material from the bloodstream together with substances passed out of the cells. All cells depend directly on extracellular water for food. When plasma is filtered by blood capillaries, it passes into the interstitial spaces; it is then known as interstitial fluid (substance that bathes cells, protects them from extreme temperatures, toxic chemicals, and pH changes and feeds them). That fluid movement between blood capillaries and body cells depends on hydrostatic and osmotic pressures (whether fluids leave or enter capillaries depends on how the pressures relate to each other). 36% of your body fluid is lymph fluid inside lymph vessels. There's 3 times more lymph fluid in the body than blood. Interstitial fluid and lymph fluid are similar in composition to plasma (extracellular fluid found in blood vessels). The main chemical difference is that they contain less protein than plasma and they contain variable numbers of leucocytes (white blood cells which are small, colorless cells in the blood, lymph, and tissues, which move like amoeba and destroy unfriendly organisms).

The lymphatic system consists of lymph, ducts that transport lymph called lymphatic vessels, and a number of structures and organs that contain lymphatic tissue. The lymphatic system has several functions. Lymphatic vessels drain tissue spaces that have protein-containing fluid that escapes from blood capillaries. The proteins, which cannot be directly reabsorbed by blood vessels, are returned to the cardiovascular system by lymphatic vessels. The removal of proteins from the interstitial spaces is absolutely essential because without this function, we would die within 24 hours.

Lymphatic vessels also transport fats from the gastrointestinal tract to the blood. Lymphatic tissue also performs surveillance and defense; that is lymphocytes (colorless extremely small particles), with the aid of macrophages (cells with short branching projections capable of engulfing bacteria and cellular debris), protect the body from foreign cells, microbes, and cancer cells. Lymphocytes recognize foreign cells and substances, microbes, and cancer cells and respond to them in two general ways. Some lymphocytes (T cells) destroy them directly or indirectly by releasing various substances. Other lymphocytes (B cells) differentiate into plasma cells that secrete antibodies against foreign substances to help eliminate them. Overall, the lymphatic system concentrates foreign substances in certain lymphatic organs, circulates lymphocytes through the organs to make contact with the foreign substances, and destroys the foreign substances and eliminates them from the body. When this fluid passes from interstitial spaces into lymph capillaries, it is called lymph (clear water).

Lymph picks up materials including wastes from interstitial fluid, cleanses them of bacteria, and returns them to the blood. Lymph from lymph capillaries is then passed to lymphatic vessels. When a lymph vessel becomes stretched with fluid, the smooth muscles in the wall of the vessel automatically contract that moves the fluid toward lymph nodes. At the nodes, afferent vessels (carry fluid to) penetrate the capsules at numerous points, and the lymph passes through the sinuses of the nodes. Efferent vessels (carry fluid away) from the nodes, either run with afferent vessels into another node of the same group or pass on to another group of nodes. From the most proximal group of each chain of nodes, the efferent vessels unite to form lymph trunks. The main trunks pass their lymph into two main channels. The thoracic duct is the main collecting duct of the lymphatic system and receives lymph from the left side of the head, neck, and chest, the left upper extremity, and the entire body below the ribs. The right lymphatic duct drains lymph

from the upper right side of the body. It collects lymph from the right jugular trunk, which drains the right side of the head and neck, from the right sub-clavian (under the clavical or collarbone) trunk, which drains the right upper extremity, and from the right broncho-mediastinal trunk, which drains the right side of the thorax, right lung, right side of the heart, and part of the convex surface of the liver. Ultimately, the thoracic duct empties all its lymph into the junction of the left internal jugular vein and left sub-clavian vein, and the right lymphatic duct empties all its lymph into the junction of the right internal jugular vein and right sub-clavian vein. Thus, lymph is drained back into the blood, and the cycle repeats itself continuously.

The flow of lymph from tissue spaces to the large lymphatic ducts to the sub-clavian veins is maintained primarily by the movement of skeletal muscles. Skeletal muscle contractions compress lymphatic vessels and force lymph toward the sub-clavian veins. Lymphatic vessels, like veins, contain valves, and the valves ensure the movement of lymph toward the sub-clavian veins.

Another factor that maintains lymph flow is respiratory movements. These movements create a pressure gradient between the two ends of the lymphatic system. Lymph flows from the abdominal region, where the pressure is higher, toward the thoracic region, where it is lower as each inhalation occurs. In other words, exercise and movement of the body are very important.

**TO SUMMARIZE:** The lymphatic system carries away toxins from all body cells. Its proper function is important to the health of the entire body. Lymph is filled with nutrients on their way to the cells, waste products thrown off by the cells hormones, and enzymes. Leukocytes, lymphocytes, monocytes, antibodies and other white blood cells are able to travel wherever water exists. Just as the air around your body is in motion constantly, the lymph fluid that surrounds the cells is also in constant motion. Cells are able to function better with fresh lymph fluid filled with the proper concentrations of hydrogen, oxygen, glucose and all other nutrients. When fresh supplies replace the waste products of cells--toxins (chemicals), bacteria, virus, dead cells--cells are healthier, and so are you.

### **When the lymph system is not working, health issues develop.**

- **INFLAMMATION** occurs when cells are damaged by microbes, physical agents, or chemical agents. Inflammation is a defensive response due to tissue damage that is usually characterized by four fundamental symptoms – Redness, Pain, Heat, Swelling, and Loss of function in the injured area.

The inflammatory response serves as a protective and defensive role. It is an attempt to dispose of microbes, toxins, or foreign material at the site of injury, to prevent their spread to other organs, and to prepare the site for tissue repair. Thus, the inflammatory response is an attempt to restore tissue homeostasis or the internal environment must be kept within normal physiological limits, which is not easy to do! The body cells are too specialized to adjust to more than very limited changes in their environment.

- **CONGESTION**, whether it is in the lungs, sinuses, lymph glands, or digestive tract is an excellent indication that your lymph system is back-logged. The colon is the principal organ through which mucoid matter from the lymph is eliminated. When the lymphatic system becomes extremely full of mucoid material, a pressure is created that is felt all over the body. It starts as a tension in the muscles that becomes an aching of the muscles as the pressure increases.
- **FEVER** occurs in order to thin the lymph mucoid, improving its ability to flow and to pass through the walls of the colon. All lymph-purifying influences reduce fever by lessening the necessity for

using fever to thin the lymph. If the colon cannot perform the necessary rate of purification of the lymph, then, the body uses the liver to do the work instead. The toxins taken up by the liver are excreted as part of the bile. When the flow of bile becomes excessive, bile backs up into the stomach, and the result is nausea. Now we can see how problems can originate when the colon becomes clogged. When this happens, waste material gets backed up into the lymphatic system. As this process continues, waste material backs up into the body tissues and disease can result. This process can affect any body part because the lymphatic system serves all body cells.

### Some symptoms that occur from a toxic lymph system are:

- o colds
- o poisoning
- o swelling
- o tendonitis
- o liver toxicity
- o back pains
- o edema
- o flu
- o allergies
- o asthma
- o insomnia
- o migraines
- o bursitis
- o muscle spasms . . . and the list goes on and on.
- o diabetes
- o arthritis
- o athletes foot
- o kidney issues
- o neuropathy
- o gout
- o thrombosis
- o sinus infections
- o blood pressure problems
- o painful, or sore joints
- o gland swelling
- o poor circulation

Basically, when your body is not healing, or you are healing very slowly, your lymph system has been compromised. It needs the assistance of the Detoxifying Foot Patches to remove the toxins and debris, so the immune system can get to work and heal your body.

The detoxifying foot patch is not intended to diagnose, treat, cure or prevent any disease. Statements contained herein have not been evaluated by the Food and Drug Administration. As in all health situations, qualified professionals should be consulted.

#### References:

Principles of Anatomy and Physiology, Sixth Edition, Gerard J. Tortora & Nicholas P. Anagnostakos pp. 109, 546, 566, 655, 661, 662, 663, 666, G42, G39

## The Verseo Detoxifying Foot Patch

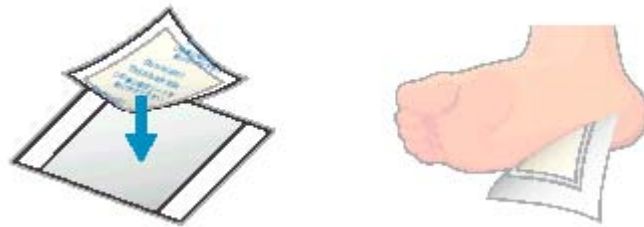
The Verseo Detoxifying Foot Patch provides a *"One-Two Punch"* as it gives you an unparalleled detoxification and cleansing experience. First, it contains Tourmaline which is a mineral found in Brazil. Tourmaline possesses a unique property of emitting far infrared rays, which generate negative ions. Negative ions are known for having a soothing therapeutic effect on your body, which explains why people feel so relaxed after a rainstorm or being next to a waterfall. When worn on your foot, the negative ions stimulate acupuncture meridian points for various vital organs. This improves circulation and detoxification activity in your body, and, at the same time, helps you get a deep, relaxing sleep.

Second, The Verseo Detoxifying Foot Patch contains a wood vinegar essence. Chinese

villagers have known for thousands of years that the sap from Oak, Beech, and Sakura trees make a potent topical salve for treating infections and irritations. Scientists have discovered that a highly processed formulation of these ingredients has an amazing ability to absorb toxins through the skin.

### Ingredients:

- Dextrin (vegetable source)
- Eucalyptus
- Globulus Wood Vinegar
- Agaricus Mushroom
- Menthol (Peppermint)
- Tourmaline (natural mineral)
- Silica Dimethicone Silylate



**The Verseo Detoxifying Foot Patch does not contain Chitosan, which most other products have.** Chitosan is used for antibacterial purposes, and since this foot patch contains such a high percentage of wood vinegar - a natural antimicrobial - the added chitosan is not required anyway. Vegetarians, animal rights activists, people with shell-fish intolerance or allergies and certain religious groups prefer not to have chitosan as an ingredient

The Verseo Detox Foot Patch will help detoxify your system, restore balance to your nervous system, boost immunity, improve metabolism and circulation, and assist your body in healing itself.

### The Lymphatic System

The lymphatic system plays a vital role in the body by regulating the immune system. When the lymphatic system becomes blocked, lymphatic fluid builds up and stagnates causing the entire system to become toxic. The Verseo Detoxifying Foot Patch helps extract lymphatic fluid from the body and assists in clearing blockages, eliminates metabolic wastes and toxins from the body, transports nutrients to cells, and increases metabolic efficiency. All of this helps your body reduce excess fluid and lose weight. It also has a calming effect on the nervous system and helps relieve stress and tension. Frequent use of the Foot Patch can improve the appearance of your skin, and can reduce puffiness in your face. It helps rejuvenate collagen fibers and slow the aging process.

### Benefits for other parts of the body

Verseo Detox Foot Patches can be applied to other parts of the body to help eliminate discomfort and swelling, and to improve overall health. For knee problems, place patches on the back of the knee. For eye problems, place on the back of the ears, but never over the eyes. For those whose health condition is more critical, the Patch can be placed on the back, on either side of the spine, along the waistline, and over the kidneys to boost the functions and excretion powers of the kidneys.

New Improved Formula with Natural Peppermint



The detoxifying patch is a reservoir patch designed to promote stimulation of the body's systems and detoxifying using a minus ion and far-infrared reaction. This opens the pores allowing body waste, in the form of sweat, to be absorbed in the patch, and the process of osmosis allows the healing properties of the herbs to be absorbed. Made of herbs traditionally used to help nutritionally support the normal cleansing of the body of waste materials, including those resulting from the activity of heavy metals and chemicals. The use of the patches is a traditional use that is not intended to be prescribed for, to treat or claim to cure any disease, including diseases involving heavy metals and chemicals.

If you study the [Interactive Reflexology Foot Chart](#) on this website you will see how the soles of the feet correspond and connect to the various organs in your body.