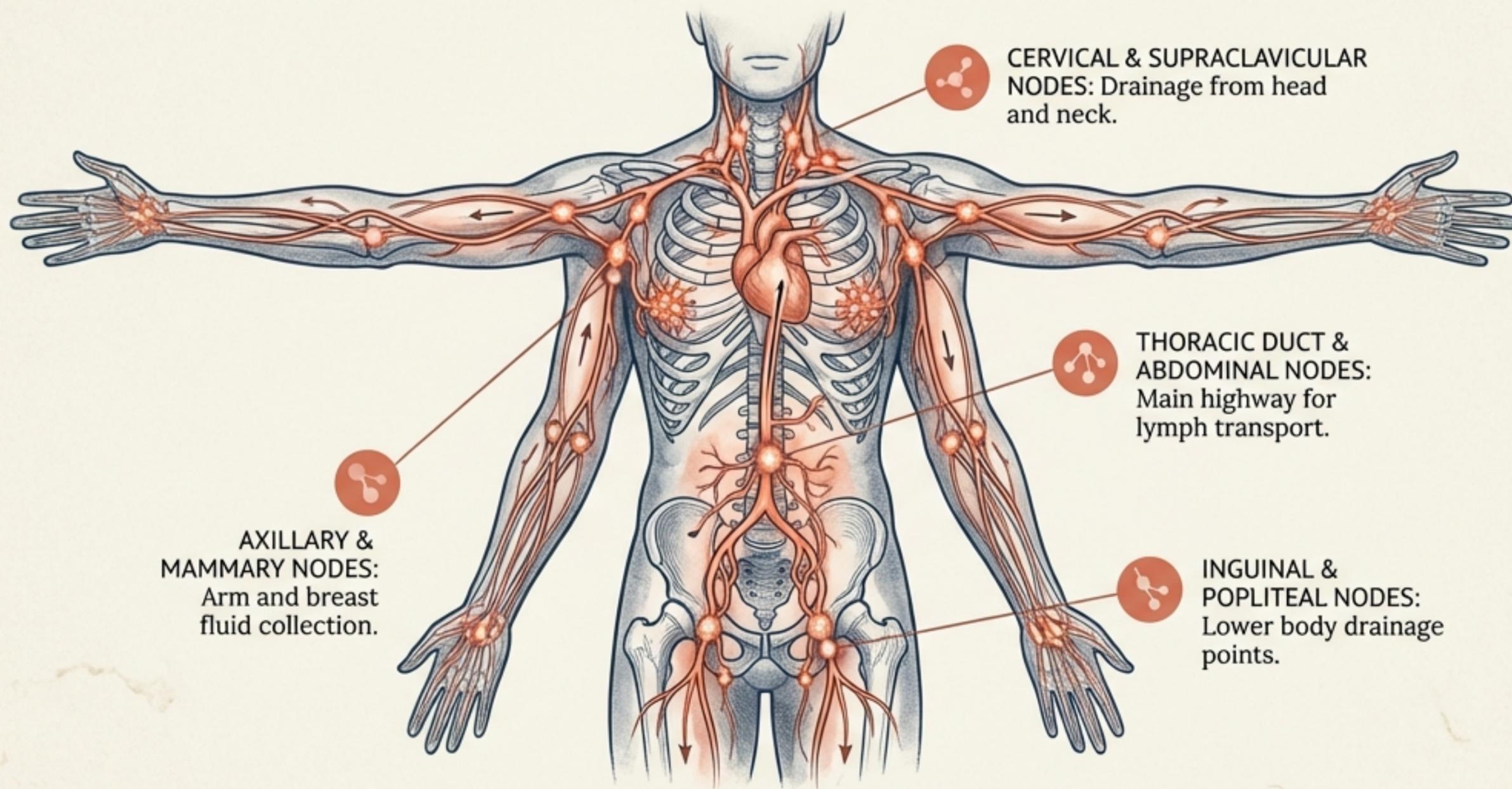


THE LYMPHATIC WAKE-UP

A step-by-step guide to activating your body's internal healing system.



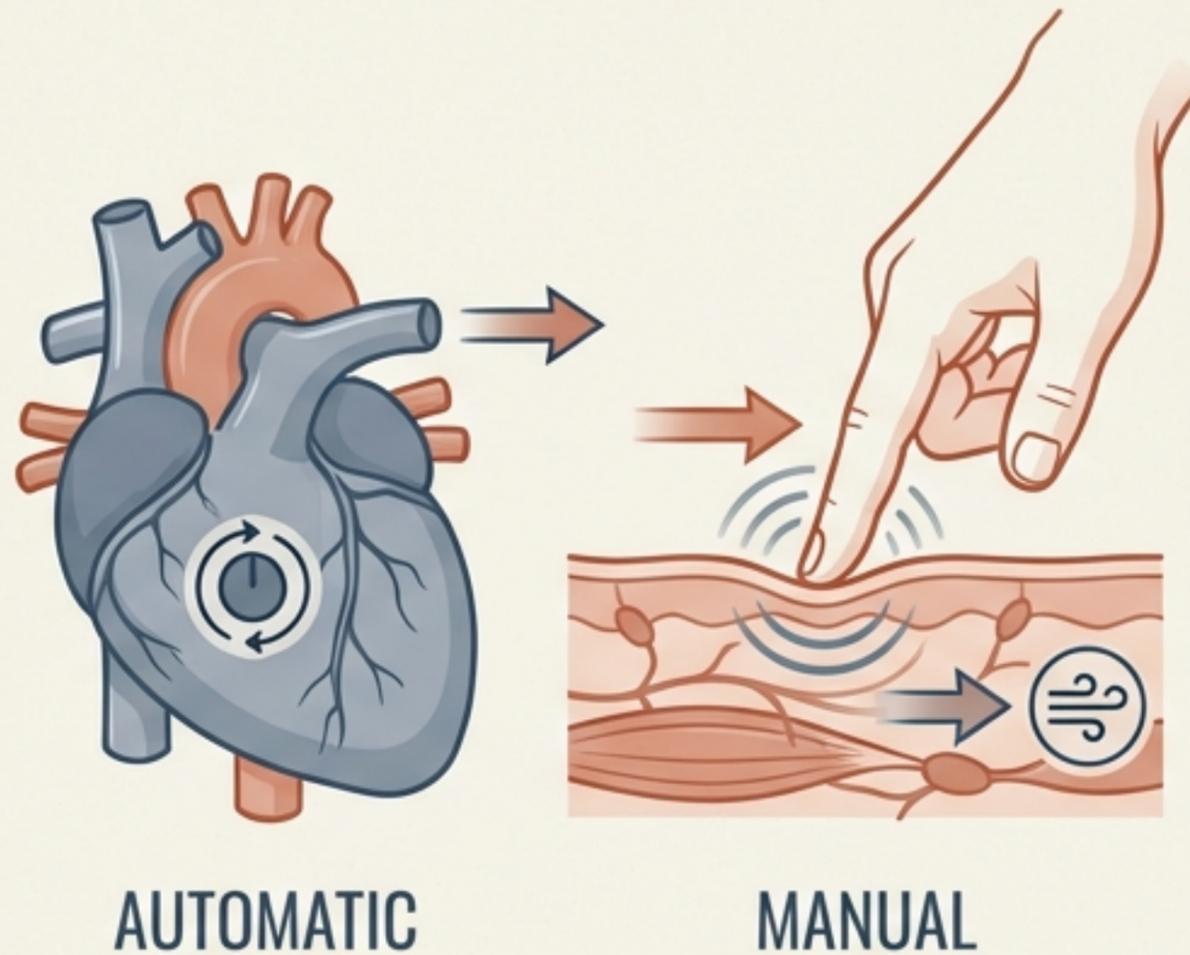
Based on the transcript of a guided activation session.

THE MANUAL PUMP

The lymphatic system is the key to your healing.

Unlike your blood, which relies on the heart to pump it, lymph fluid has no automatic pump. It relies on movement.

You have to move it manually to clear blockages and stagnation.



THE RULES

THE MINDSET:

Don't be afraid to dig. Many nodes sit behind muscle. Press firmly.

THE RHYTHM:

The Rule of 9. For every point in this guide, pulse or rub for a count of 9.

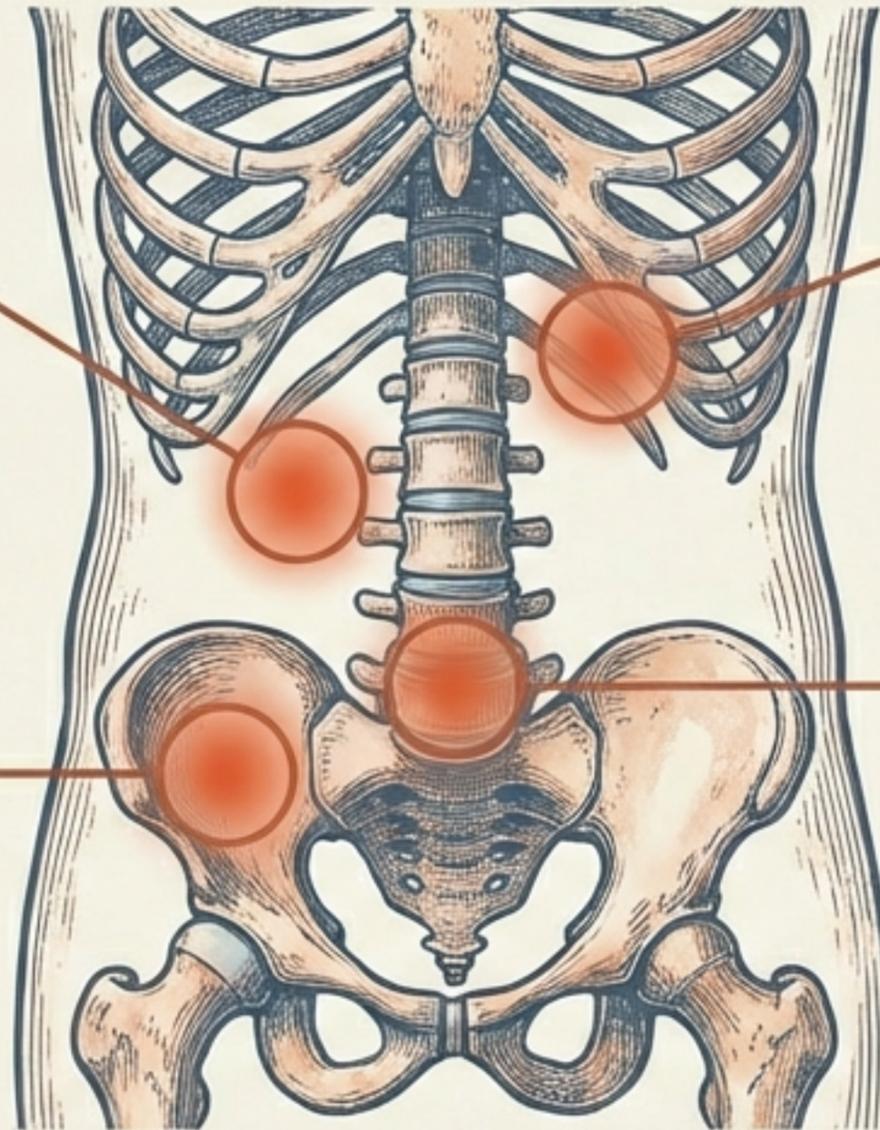
ZONE 1: OPEN THE CORE

STOMACH & SPLEEN

On the LEFT side,
behind the stomach.
Dig in.

THE ILIAC

Locate the hip bone
area. Rub firmly.



THE LIVER

On the RIGHT side.
Under the rib cage.

PEYER'S PATCHES

The line directly
across the belly
button. Go deep
under the liver.

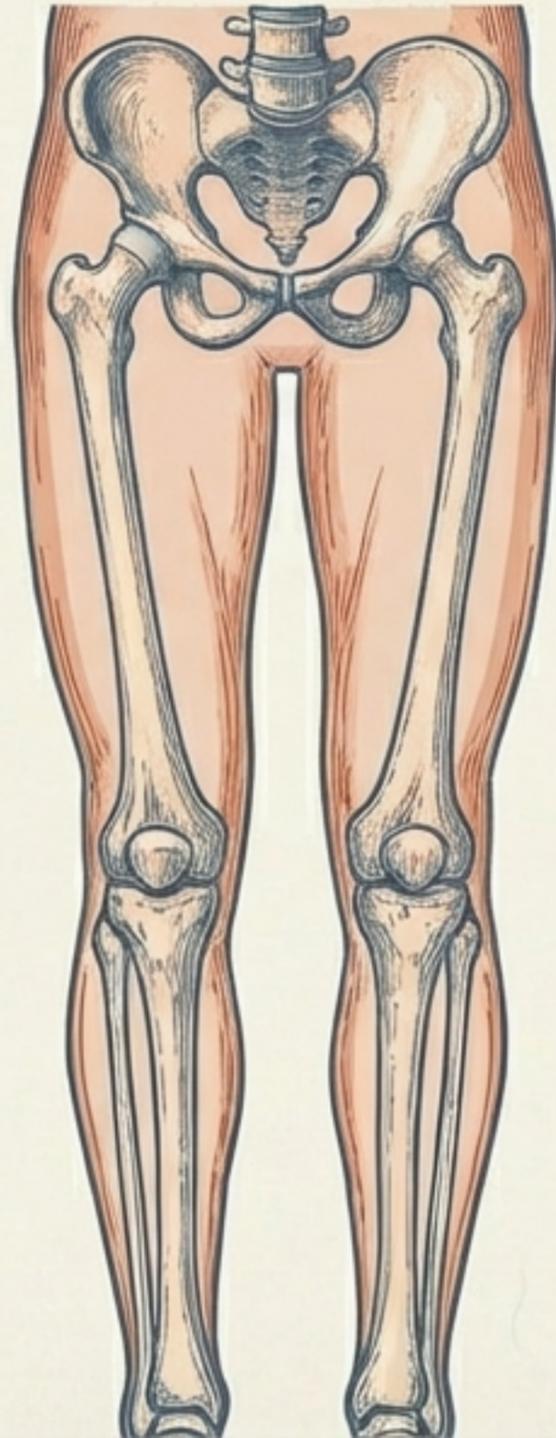
*“Your stomach is on your left, your liver
is on your right... dig in there.”*

ZONE 2: DRAIN THE LOWER BODY

INGUINAL NODES



Spread legs slightly. Dig into the crease like you are putting hands in pockets.



POPLITEAL NODES



Reaching behind the knees. There are 8 nodes here.

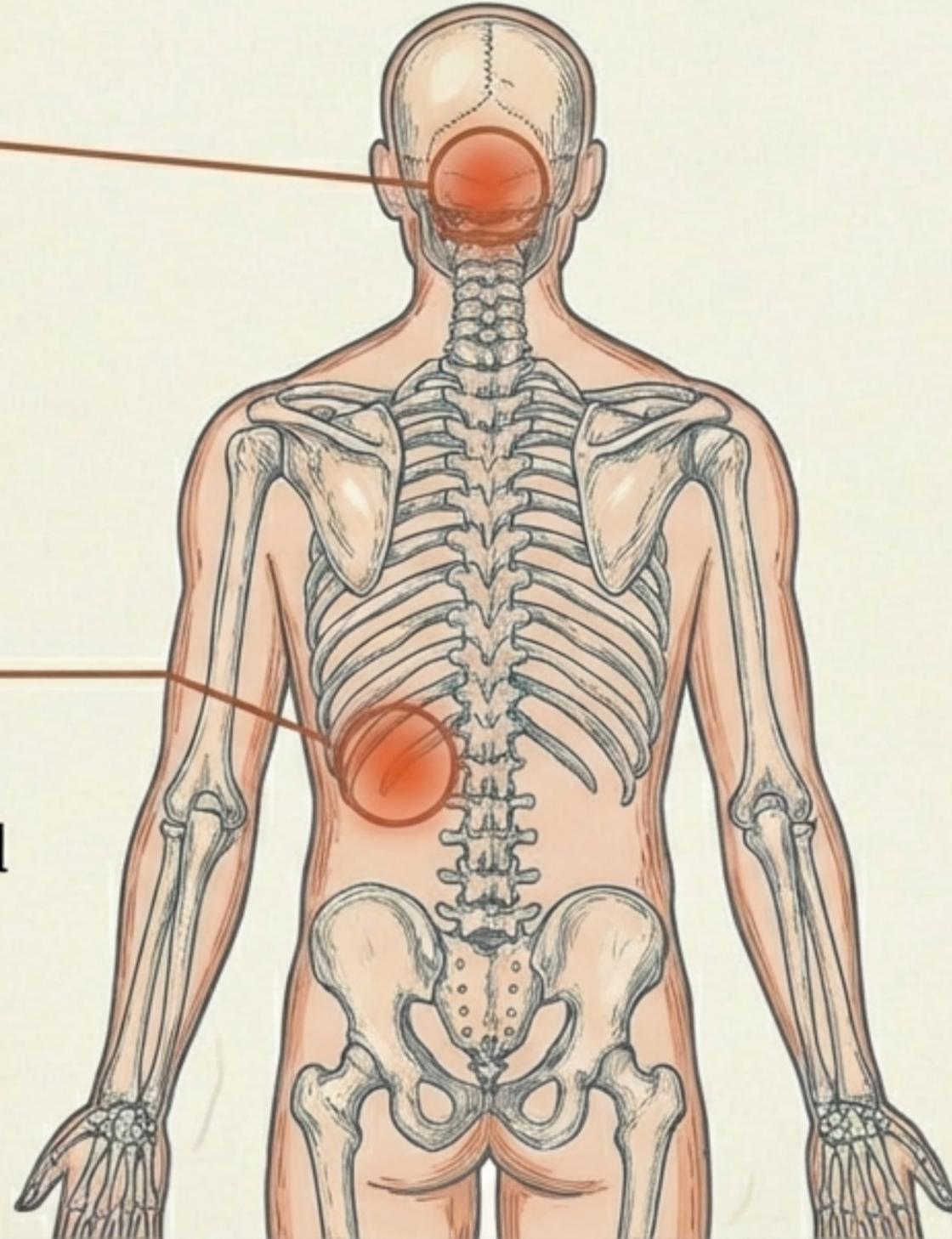
ZONE 3: THE BACK & BRAIN STEM

KIDNEYS & ADRENALS

Rub the lower back ribcage area.

OCCIPITAL

Use a “Head Leverage” motion. Lift up on the head while pressing into the 6 nodes at the base of the skull.



INSIGHTS

The Neurological Connection:

The speaker connects blockages here to neurological flow.

“If you can’t pull your head up, you’re not on it.”

ZONE 4: AWAKENING THE FACE

SPHENOID

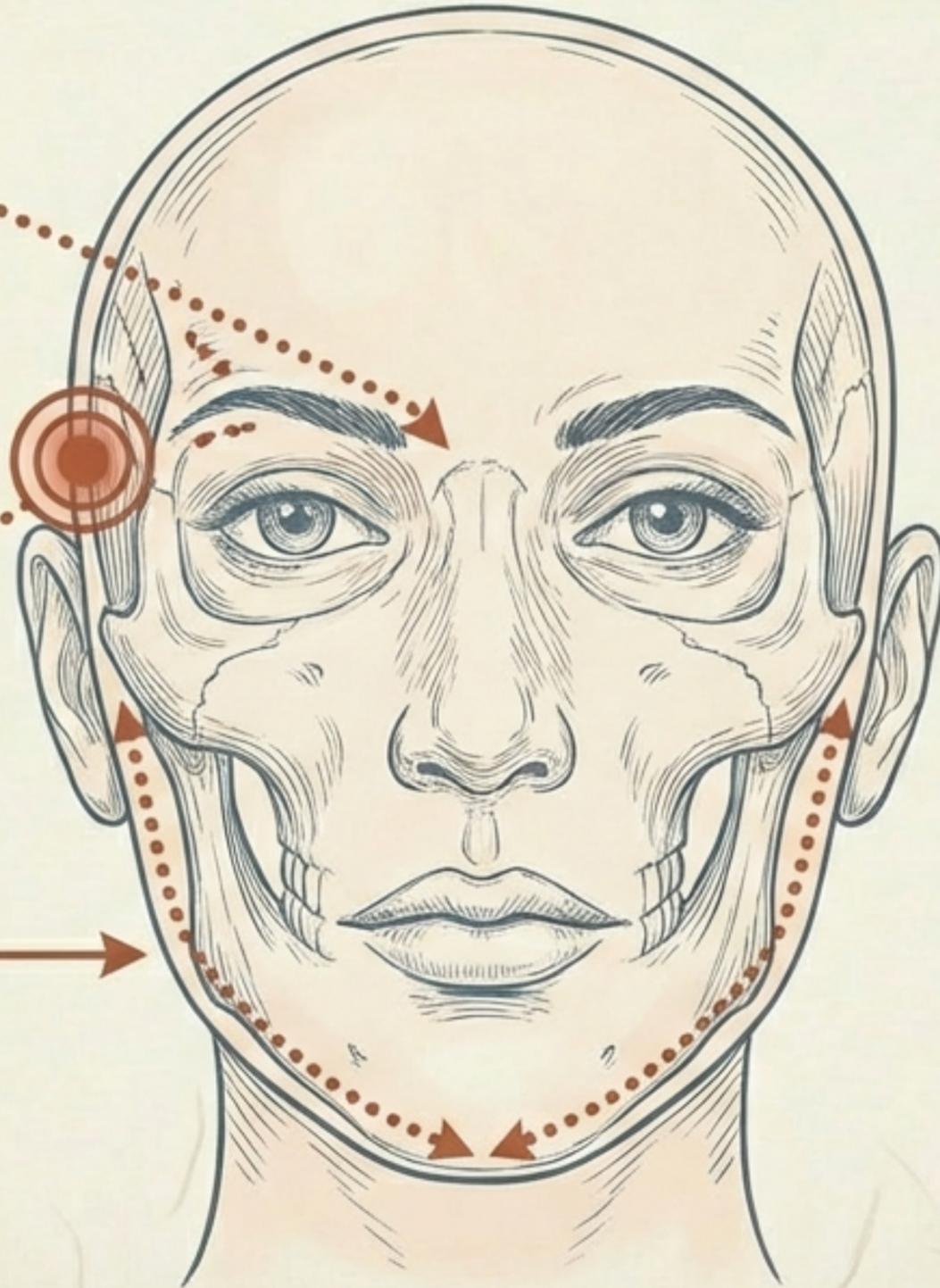
Start at tip of eyebrow and trace down.

TEMPLES

Pulse on the soft spot.

JAWLINE

Trace the bone to meet at the chin.



“It feel
good,
don’t it?”

ZONE 5: THE MAXILLARY FLUSH

LOCATION

The cheek area above the jaw.

ACTION

Stroke downward to drain towards the neck. This is a flushing motion, not just a pulse.



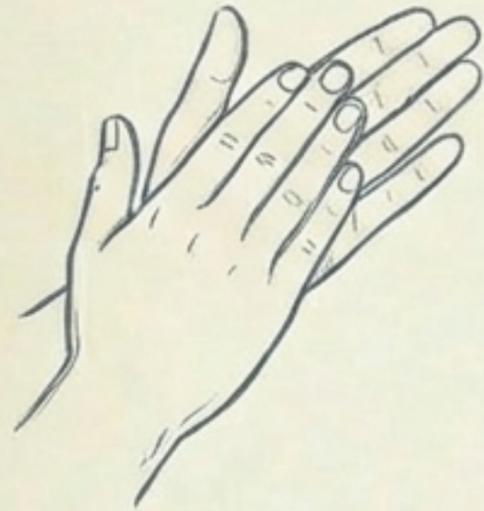
“You can feel it moving.”

ZONE 6: UPPER BODY ACTIVATION

PREPARATION



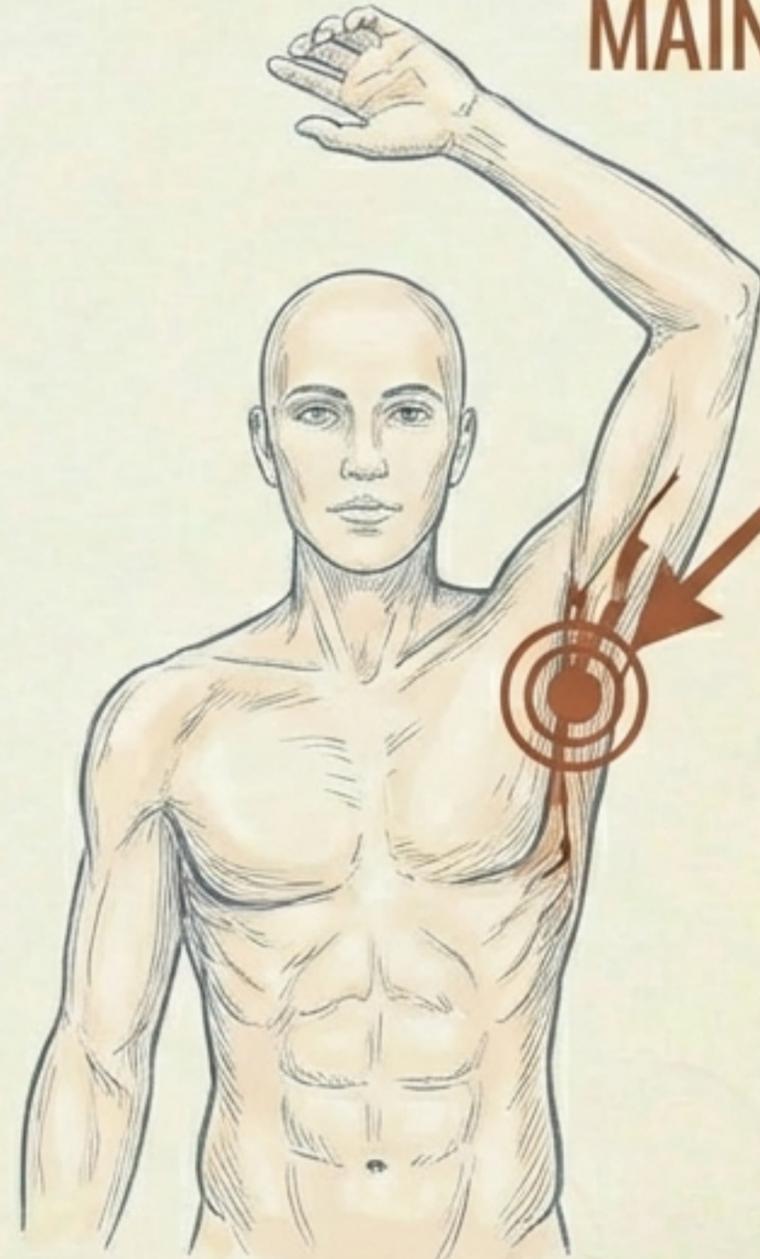
Cupped Claps



Flat Claps

Warm up with 9x Cupped Claps
and 9x Flat Claps.

MAIN EVENT



AXILLARY NODES

Lift arm. Dig deep hom into the pit. Get under there.

ZONE 7: CHEST & NECK CENTER

COLLARBONE: ①

Tap or rub along the clavicle.

② CERVICAL:

Stimulate the neck area.

MAMMARY

("Memory Gland")

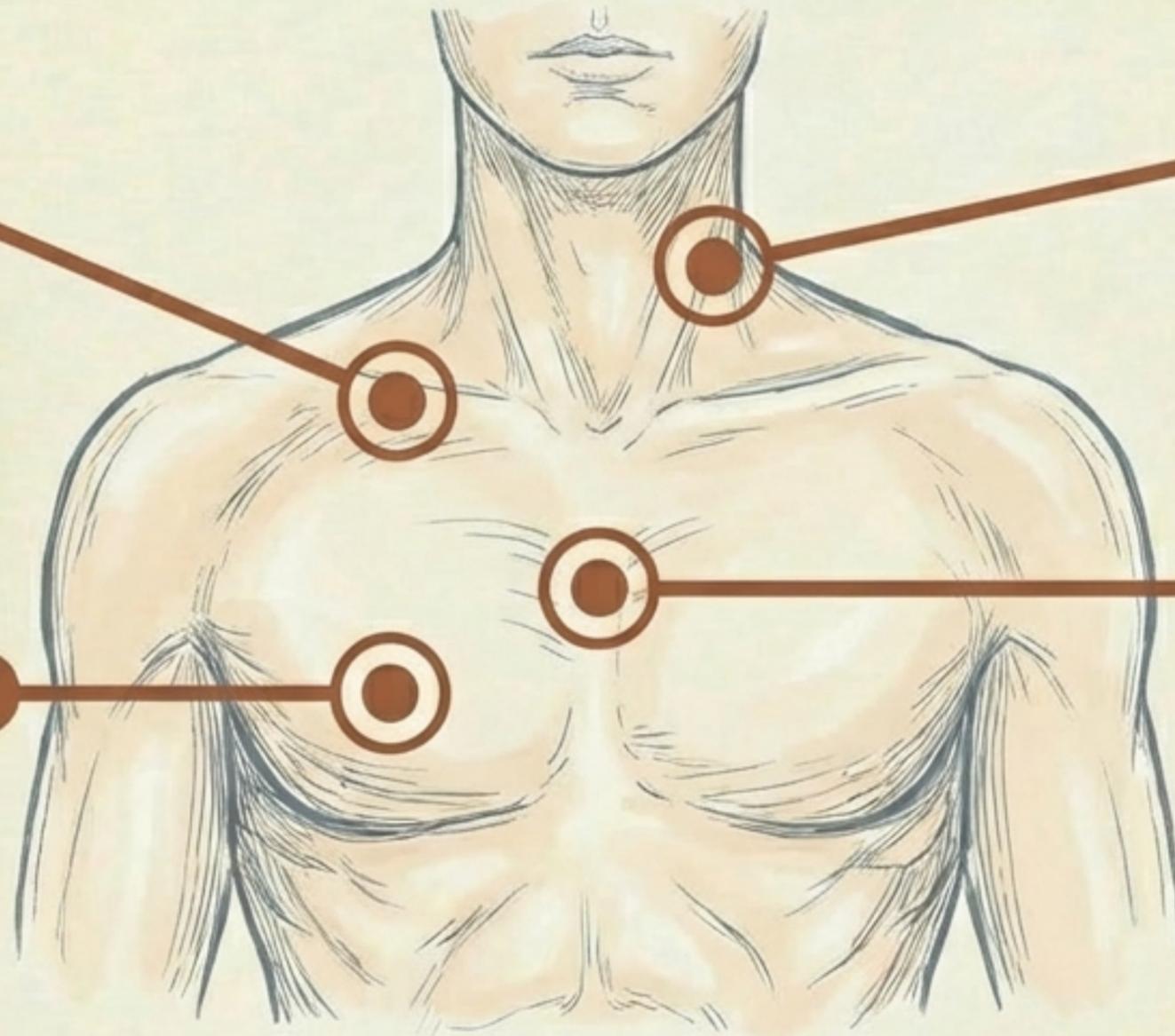
Firm pressure on the chest tissue/pecs.

③

④ THYMUS

Tap the center of the sternum with fingertips.

You gotta wake them up.

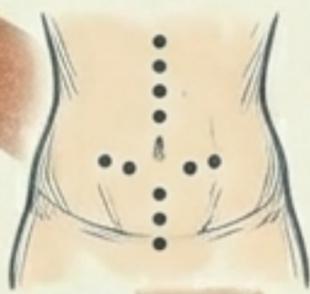


RECAP: THE "LAZY BOY" LOOP

STEP 1: ILIAC
(Hips)



**STEP 2: PEYER'S
PATCHES**
(Belly Button Line)

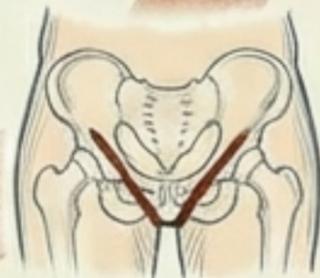


Repeat for
Maintenance.

STEP 4: POPLITEAL
(Behind Knees)



STEP 3: INGUINAL
(Groin Crease)

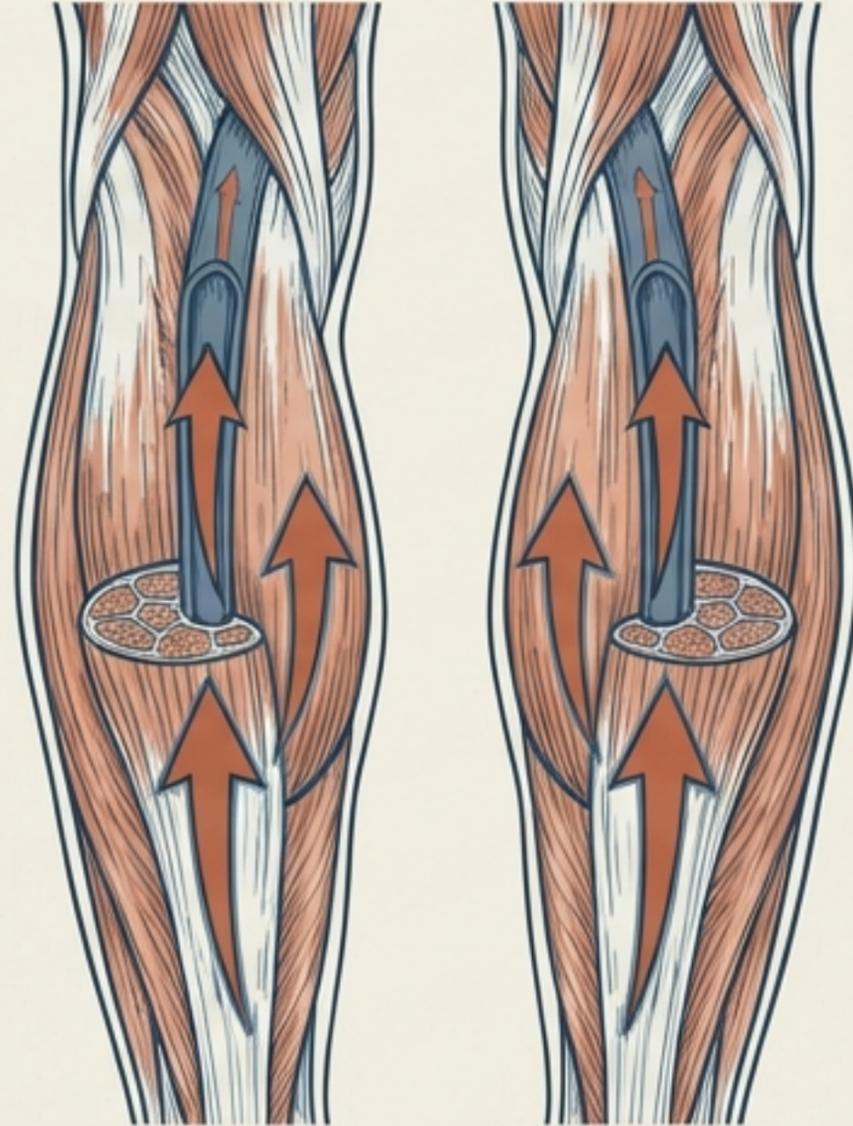


A fast-paced review of the primary flow to keep the system moving.

THE FINALE: THE GRAVITY PUMP

EXERCISE: STANDING CALF RAISES

High Repetition.
Count to 20.
Turn around and
literally pump it.



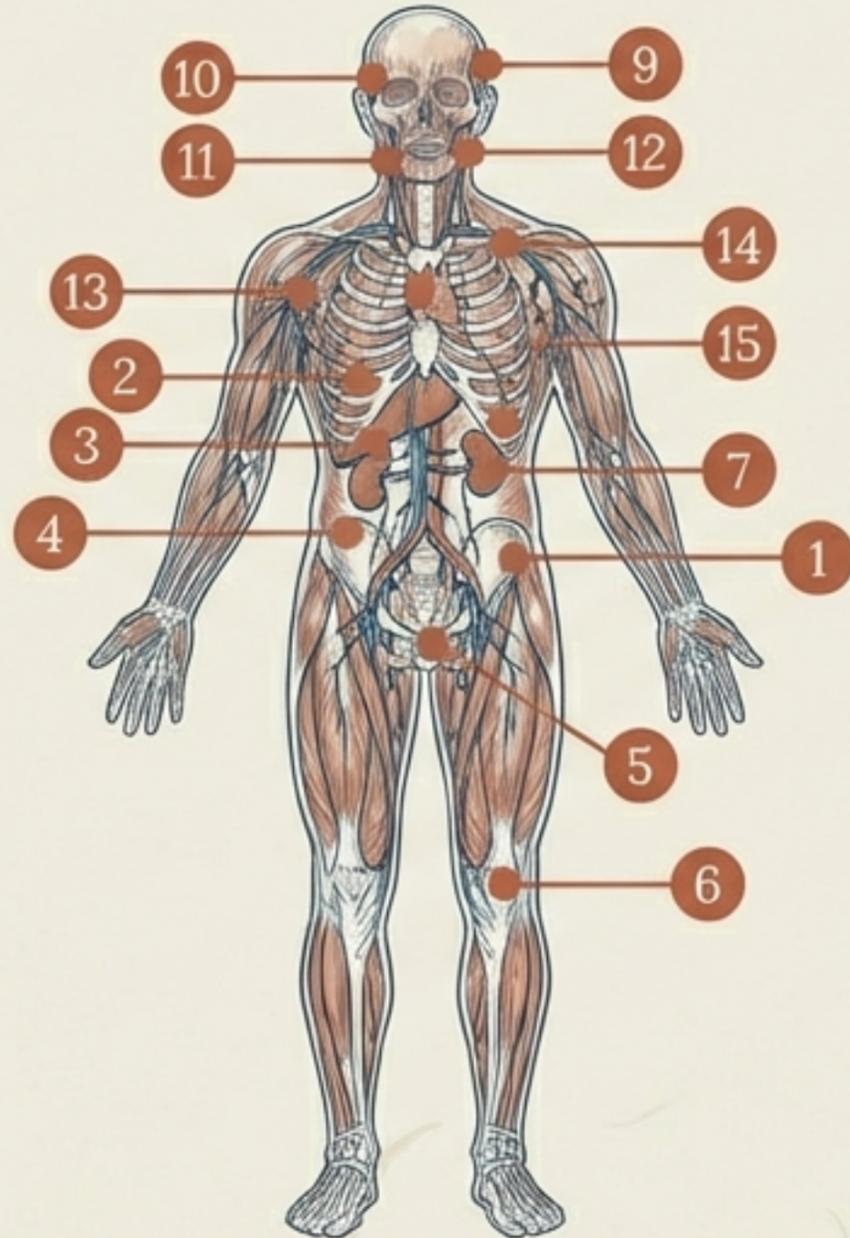
THE WHY:

The calf muscle acts as a pump to drive fluid back up the body against gravity.

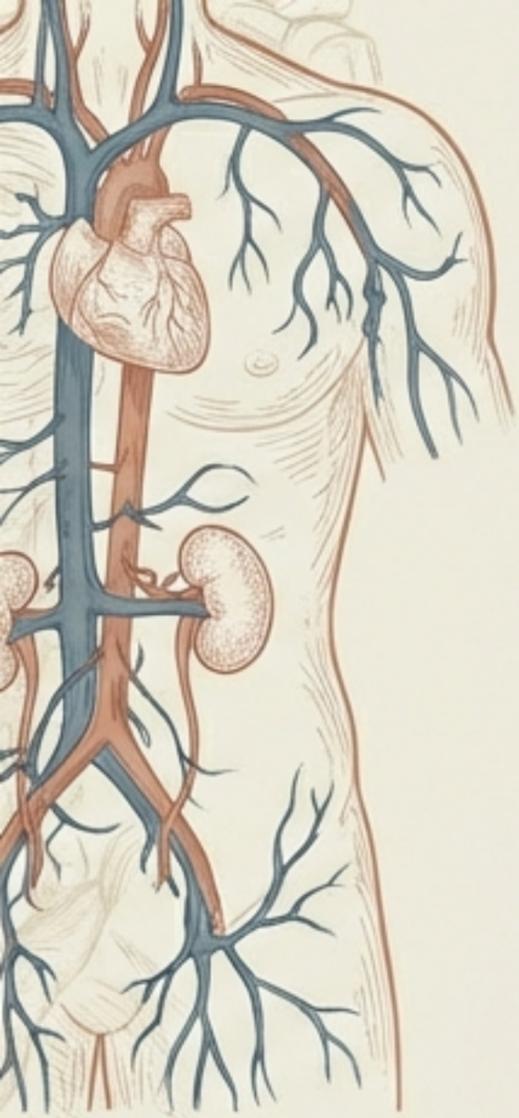
A powerful finish to ensure upward flow and circulation.

THE FULL BODY MAP

A cheat sheet for your daily routine.



1. Iliac
2. Spleen/Stomach
3. Liver
4. Peyer's Patches
5. Inguinal
6. Knees
7. Kidneys (Back)
8. Occipital (Head Base)
9. Sphenoid
10. Temples
11. Jawline
12. Maxillary (Cheek)
13. Axillary (Pits)
14. Collarbone/Cervical
15. Thymus/Chest



THAT FEEL GOOD, DON'T IT?

The lymphatic system is the key to your healing. Move it daily.



Disclaimer: This content is based on a transcription of a wellness session. It is for educational purposes only and not medical advice. Consult a doctor for health issues.