

LYMPH LOVE GUIDE



THIS PODCAST IS GOLD

This podcast is GOLD! I highly suggest adding this to your list this week of things to listen to! This podcast truly changed the game for me. You'll see why. Everything I said above will make sense after you listen to this. Swear.

[LISTEN HERE](#)



BIG 6 RESET - WATCH HERE

Now, here is the how to video that goes along with the podcast I mentioned above! It is very easy to do, swear. I do this as soon as I wake up, before I workout, ride, get adjusted...all of it.

[WATCH HERE](#)

12 SIGNS OF POOR LYMPH DRAINAGE

WEAK IMMUNE SYSTEM

BRAIN FOG

FLUID RETENTION

ITCHY SKIN / RASHES

CHRONIC FATIGUE

EXCESSIVE BLOATING

DIFFICULTY SWEATING

CELLULITE

RASH FROM NATURAL DEODORANT

FEELING STIFF

HEADACHES

SINUS INFECTIONS

18 TOOLS TO STUMULATE LYMPHATIC DRAINAGE

GUA SHA

DAILY BM'S

SUN EXPOSURE

DRY BRUSHING

EMPSOM SALT BATH

INFARED SAUNA

FASCIA BLASTING

FLOWPRESSO

INVERTED YOGA

CASTOR OIL WRAP

EXERCISE & MOVEMENT

AVOID TIGHT CLOTHING

LYMPHATIC MASSAGE

DIAPHRAMATIC BREATHING

PROPER HYDRATION

VIBRATION PLATE

JUMPING ROPE

REBOUNTING



DRY BRUSHING

One of my favorite ways to take care of my lymph is dry brushing! However, PLEASE do the reset BEFORE you dry brush! I am attaching a how-to video as well as linking my favorite dry brush that won't break the bank. Dry brushing is AMAZING for cellulite! It also helps wake me up a bit in the morning! Do the Big 6 Lymph Reset FIRST!

[HOW TO VIDEO](#)

[MY DRY BRUSH](#)



GUA SHA

Gua Sha has literally changed my facial structure without botox, and expensive laser/lifting facials. It promotes blood circulation, helps detoxify, relieves muscle tension, promotes healthy skin, and you guessed it...moves lymphatic fluid thus helping you look less puffy! You can do this wrong, so follow the video below! I Gua Sha using soap and water in the bathtub. It works better for my skin than oil which tends to make my skin upset.

[HOW TO VIDEO](#)

[MY GUA SHA](#)



MY SECRET WEAPON

DUDE...The Rowe Casa Lymphatic Cream should be called "Bye Bye Double Chin" Cream. I am NOT joking. So after I do my Big 6 Reset (video above) and after I Gua Sha, I will apply the Lymphatic cream all over my neck and under my jaw before bed. You can also apply this to all the Big 6 Lymph spots for the best results. A little goes a very long way! Use just a tiny amount. The jar will last you forever!

This all-natural lymphatic release cream is formulated to stimulate lymph fluid drainage so our immune and circulatory systems can stay healthy and strong.

I also love the Lymphatic Cream for over my sinuses when I am not feeling well. I use it on my toddler as well when she is stuffy.

DISCOUNT CODE: JESSIE20 (20% OFF FIRST ORDER)

[LINKED HERE](#)



INFRARED SAUNA BLANKET

A fantastic way to get your lymphatic system moving and detox is to sweat! I LOVE my sauna blanket! This is an infrared sauna blanket that is easy to clean and easy to store! I am limited on space so it is PERFECT! Sauna increases endorphins which can reduce pain. It can also help with depression! Sauna used 4-7 times a week can reduce the risk of cardiovascular disease by 50%, reduce the risk of dementia by 66% and Alzheimers by 65%!

CODE: JESSIE15 THROUGH THIS LINK ONLY ->

[LINKED HERE](#)



PERSONAL SAUNA CHAIR

If you are a little closturphobic or have more space in your home, the sauna chair is a great option for you!

CODE: JESSIE THROUGH THIS LINK ONLY ->

[LINKED HERE](#)



VIBRATION PLATE

Vibration after the lymphatic reset is also a GREAT way to get your lymph system MOVING! I have linked my vibration plate that I use daily! It is totally NOT necessary, but it sure is a nice tool to have!

[STANDARD SIZE](#)