

# UNLOCK HEALING

*The Role of Your  
Lymphatics in Chronic Illness,  
Autoimmune Disease,  
Lyme, and Fatigue*



DR. CHRISTINE  
**SCHAFFNER**

“ *In my opinion, the lymphatic system is one of the most overlooked systems of the body, especially in the treatment of modern day chronic disease. It is one of the critical drainage systems in the body, carrying the waste out of your systems and allowing cells to continue their daily work. Your average physician will only focus on the lymphatic system if you have severe pathology, but as a system, it performs some of the most crucial day to day functions for our bodies.*

*Our immune systems are largely made up of lymphatic tissues and organs, so our lymphatic system plays a vital role in addressing disease. Lymph congestion causes the build-up of toxins within the body, and proper cell function cannot continue until you cleanse and remove the waste.*”

- Dr. Christine Schaffner



## *DrChristineSchaffner.com*

Since graduating from Bastyr University as a Naturopathic physician, Dr. Christine Schaffner has worked to create a new kind of health journey, creating Immanence Health with clinics in WA and CA.

Dr. Christine has cultivated unique skills and very advanced knowledge on uncommon treatment protocols, like frequency and energy medicine and worked with very elite practitioners on treating chronic illnesses and persistent Lyme disease. She strives to improve access, outcomes, and speed of recovery for patients, wherever they may be on their health journey.

WHAT IS  
YOUR LYMPH  
SYSTEM AND  
WHY DO YOU  
NEED IT?

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YOUR  
LYMPH IS  
A FULL  
BODY  
SYSTEM

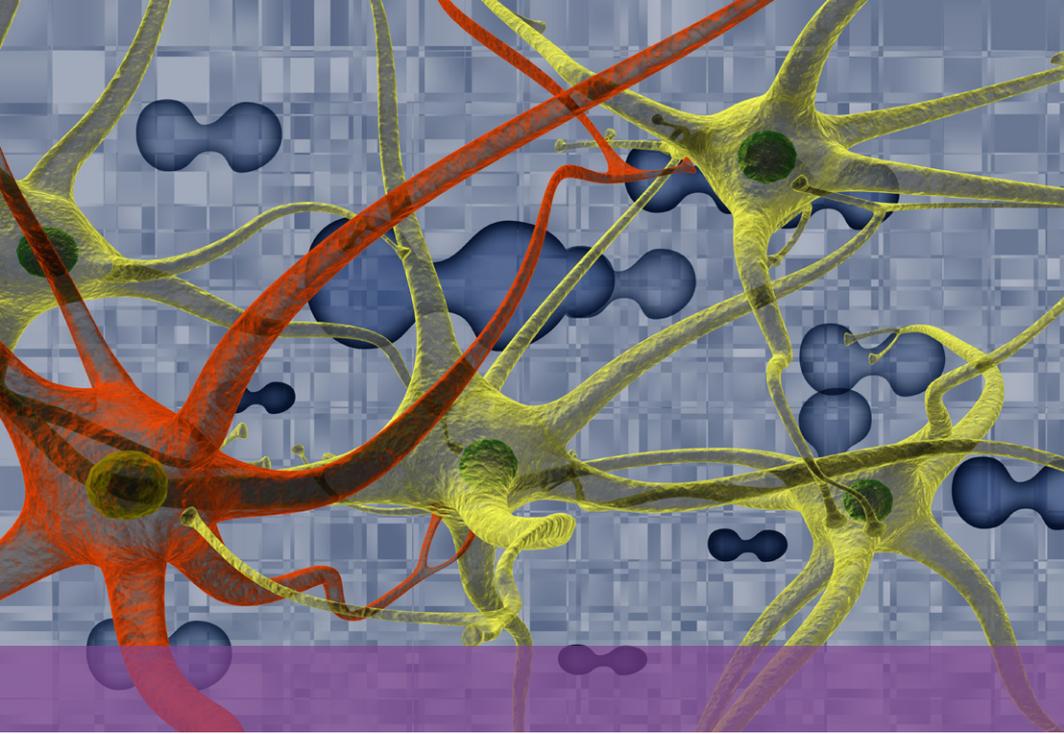
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# LYMPH

*What is it good for?*

# ABSOLUTELY EVERYTHING!

In my opinion, the lymphatic system is the most overlooked system in the body. Most physicians will only focus on the lymphatic system if you have severe pathology, but as a system, it performs some of the most important day-to-day functions for our bodies.

The lymph system has three primary functions for our health, and those functions are **watching over the immune system, helping large molecules like hormones and lipids enter the bloodstream, and returning fluid to the heart.** These three things are essential processes.



## YOUR IMMUNE SYSTEM

Our lymphatic system is like the body's alarm system, performing the all important task of immune surveillance. This not only helps to identify when pathogens are harming our bodies, but it also is a function that serves to monitor how effectively that system is fighting those pathogens. Our immune system is constantly engaging and mounting a response to pathogens and sounding the alarm through reactions such as swollen lymph nodes, the hallmark of our lymphatic system. Although swollen lymph nodes are a sign of acute infection, they are also a known sign of chronic infections, an issue that pops up around autoimmune disorders. Lyme disease, which hangs out in the heart, brain and connective tissues, is a prime example of stealth pathogens at work.

### *Why does this matter?*

The chronic environmental toxic burden we all have can lead to immunosuppression and make us more vulnerable to opportunistic infections, which is why we need to take care of our lymphatic system so it can do its vital work. Initially when you get a localized infection, the first line of defense are local immune cells known as macrophages. The immune system, however, has a stronger defense with B and T cells. Created in the bone marrow and then educated in the thymus and lymph nodes, these cells react to specific viruses and pathogens and are much more effective at destroying these infections than the macrophages.

The bone marrow is a big part of the lymphatic system. The bone marrow signals our white blood cells and our immune system to act. The bacteria causing the infection, or macrophages that are trying to fight the bacteria, get swept into the lymphatic system, traveling alongside the lymph fluid into the lymph nodes. There the B and T cells are alerted to the localized infection and can be sent to those specific tissues to fight against the invaders.



## ABSORPTION OF MOLECULES

Absorbing fats is a key building block to maintaining hormones, cell membranes and the nervous system. Our food breaks down as it enters the stomach and goes through the digestive tract. Foods break down into sugars, fatty acids, and proteins, amongst other things. These molecules absorb into the cells of the small intestine, and any waste then passes through the body. For smaller molecules such as glucose, they diffuse through the small intestine cells and into the capillaries. They are small enough to fit well within the capillaries. Fatty acids have to go through a different process that is supported by the lymphatic system.

Fatty acids enter the small intestine cells and begin to group in larger spherical molecules called chylomicrons. These chylomicrons are larger than the capillaries and cannot fit within them. This is where the lymphatic system comes into play. The chylomicrons can easily fit within the lymphatic vessels, and coast along within the lymphatic fluid throughout the body. There they are broken down so they can get to the places they are needed within the body. Without the lymphatic system, our body would have no way to absorb these fats properly, and they would accumulate within our digestive tract. When your lymphatic system is blocked, the fats have nowhere to move and can cause blocks within the gastrointestinal tract.

Fatty acids are not the only large molecules the lymphatic system moves within the body. Large proteins such as our hormones are too big to fit in the capillaries of the circulation system, so they are moved within our lymphatic system and break down so they can join in the blood.

# YOUR HEART

Our heart serves a primary function of moving blood around and around in a never-ending loop. As our blood circulates, it secretes fluids in a natural cycle. These fluids are moved through the lymph nodes and become lymph fluid. Within the lymph node, the fluid goes through a process that removes bacteria, abnormal cells, and other matter. The fluid that is left after this process is lymph fluid. Afterward, this fluid returns to the heart. This process is one of the ways that the lymphatic system helps the body to keep up with the fluids it needs for daily function.

One of the ways that the lymphatic system differs from the circulatory system is that the lymph has no pump. It's common knowledge that the heart pumps blood through the veins, arteries, and capillaries that make up our circulatory system. The blood is always in a state of motion, traveling the equivalent of about 12000 miles a day.

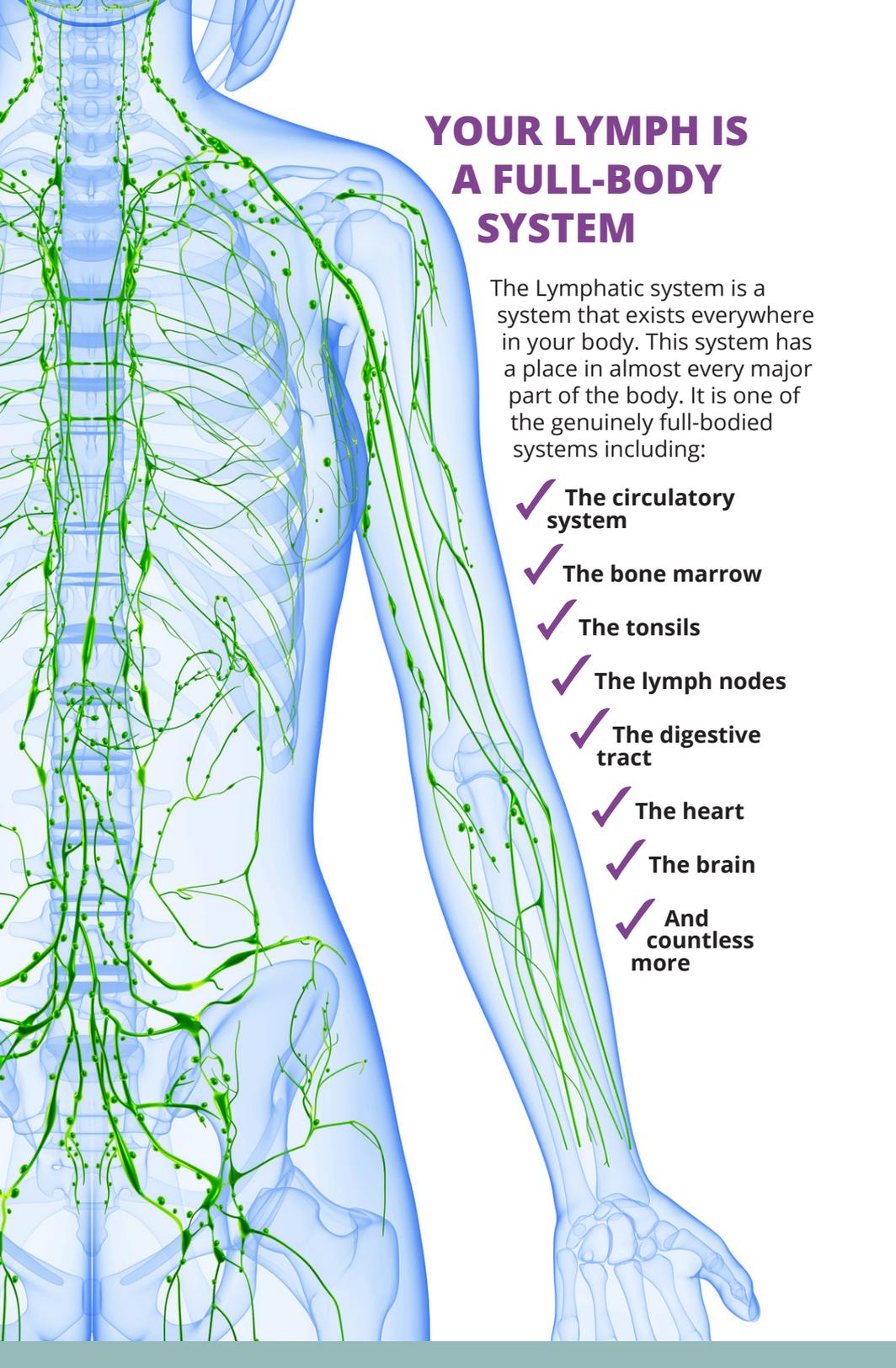
## *But what about our lymph systems?*

The lymph moves through mechanical means, the only way lymph moves is if we do. This is the reason why when you practice dry brushing, you have to direct it towards the heart. Otherwise, the dry brushing just moves the lymph around the body instead of moving it towards its primary function.

There is also the issue of lack of movement and a modern-day sedentary lifestyle.

A decrease in exercise in our society has led to a decrease in proper lymph flow. This is especially prevalent amongst those with chronic illness, particularly autoimmunity. When you're in pain, you're less likely to move around, less likely to get up and exercise, so your lymph system continues to suffer from disuse.

It is perfectly normal to feel some side effects when you initially get the lymph system to flow better. When you have a lot of congestion in your lymph system, it can lead to an immune blockage. Once you get everything moving again, you have a rush of immune activity, which can lead to your body feeling ill. That's not a sign that you're doing the wrong thing. It's just the sign that there's a lot of immune activity that's happening once you get a stagnant system moving in the body. These first hurdles are similar to any issue one may encounter when you begin the process of healing.



# YOUR LYMPH IS A FULL-BODY SYSTEM

The Lymphatic system is a system that exists everywhere in your body. This system has a place in almost every major part of the body. It is one of the genuinely full-bodied systems including:

- ✓ **The circulatory system**
- ✓ **The bone marrow**
- ✓ **The tonsils**
- ✓ **The lymph nodes**
- ✓ **The digestive tract**
- ✓ **The heart**
- ✓ **The brain**
- ✓ **And countless more**

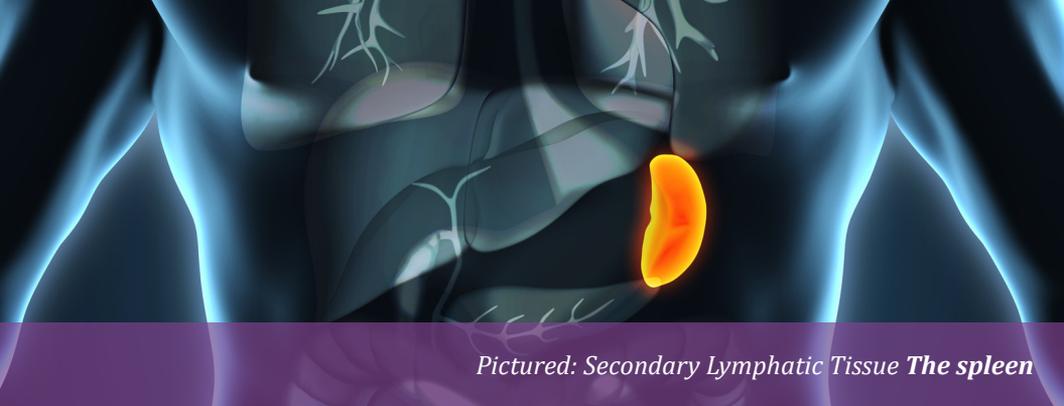


*Pictured: Lymphatic Tissue* **The thymus gland**

## *Primary Lymphatic Tissue*

**The thymus gland** sits on top of the sternum under the sternal notch and is one of the silent powerhouses of your immune system. This lymphoid organ produces the T cells that fight against pathogens and cancer within your body. The thymus is a severely unrecognized organ within the body. Helping your thymus can give your immune system the boost it may need. One way to help stimulate this organ is with Thymus Thumping. You can tap your thymus from the outside of the body, and this upregulates your gland and boosts your immune system.

**Bone marrow** is one of the main signals for immune health. In the body, the bone marrow is responsible for the creation of all new cells. It sends alerts out to the white blood cells and other parts of the immune system to act when infections begin in the body.



*Pictured: Secondary Lymphatic Tissue **The spleen***

## *Secondary Lymphatic Tissue*

**The spleen** is the largest lymphatic organ in your body and can be affected by a host of infections that will congest and impair its function. Located on the left side of the abdomen underneath the heart, the spleen's main job is to cleanse your blood, getting rid of diseased cells and putting pathogens on a path to leave your system.

**The tonsils** are a major part of our immune system, which includes a whole area of lymphatic tissue around the tonsils called Waldeyer's ring. All of the waste that has to leave the brain has to go through the tonsils. This makes the tonsils a highly assaulted area of the body and one of the most significant sources of blockage for lymph drainage.

**Lymph nodes** are found throughout the body. A particularly important grouping of lymph nodes is called the cervical lymph nodes. The tonsils are the first barrier that waste from the brain must pass through and the cervical lymph nodes are the second barrier.

A fairly new concept out of Germany regarding lymph health is the idea of radix edema. Consider that one of the three important functions of the lymphatic system is the absorption of molecules, primarily through the small intestines in the digestive tract. These cells are so important that the lymph tissue in the small intestine have their own unique name. This tissue is called the lacteals and is a crucial part of making sure that you absorb nutrients from your food.

When there is lymph stagnation in the abdomen and the digestive tract, then essentially the lymphatic tissues in the head, neck and extremities cannot drain well. It is really important for the body to have good lymph drainage in order for the lymphatic system to work well. It's all about moving the lymph and getting this "radix edema" moving out of the abdomen.

# *10 Things that Clog Your Lymph*

## **HEAVY METALS**

Heavy metal toxicity is the bioaccumulation of metals such as aluminum, lead, mercury, and cadmium inside our bones, heart, brain, nerves and inside our cells all over the body. You may brush this off as not applicable to you, but every person is affected by heavy metal exposure. Pollution, medicine, and even many foods contain these dangerous metals, and the toxins become concentrated enough to block lymph flow.

## **GLYPHOSATE**

Glyphosate is the active ingredient in the herbicide Roundup, which is used to eliminate weeds at their roots. Thus, glyphosate infiltrates Roundup-ready crops, especially when used on wheat crops leads to food allergies. Glyphosate can be found in foods that are used as substitutes for common allergies when those crops are not grown organically. These are foods such as almonds, tea, coffee, and even oats. Glyphosate, as a toxin in your body, is detrimental to the lymph.

## **BIOTOXINS**

Biotoxins such as mycotoxins and Lyme biotoxins are produced by living organisms. Biotoxins build up in the tissue and the extracellular space, overburdening already stressed systems. The lymph flow slows and becomes stagnant and toxins are not able to be removed from the body.

## **LYME/VIRUSES/PATHOGENS**

Stealth pathogens such as Lyme, coinfections, viruses and parasitic infections are some of the worst causes of slow and congested lymph flow. These pathogens cause the lymph drainage system to slow down. When the body is focused on fighting biotoxins, it halts normal function of the lymphatic system and allows disease to build up in tissues.



*Pictured: Scars can disrupt the pathways for lymph in the body.*

## **SCARS**

Scars can hold toxins, trauma, disrupt the fascia, lymphatic drainage, and circulation of the tissues surrounding the scar. Our intricate lymph system is spread all over the body and can intersect with scars in many ways. These scars can disrupt the pathways for lymph in the body.

## **LACK OF MOVEMENT**

The lymph system, unlike the circulatory system, has no pump. Lymph flow does not happen automatically; for lymph to flow, it needs to be moved manually. This manual movement comes from any physical exercise. When your body moves, your lymph moves. A sedentary lifestyle is one of the biggest obstacles to proper lymph flow.

## **DENTAL**

Teeth and areas throughout the mouth are at risk of being unknown sources of lymph congestion. Root canals, cavitations and amalgam fillings can all be hotbeds for infection and toxin buildup. These chronic infections and the mercury in the amalgam can affect Waldeyer's ring and be a constant source of stress from pathogens and toxins that can overwhelm the lymphatic system.

## EMF

Electromagnetic Fields are invisible areas of energy that are all around us, disrupting our own inner energy flow. From WiFi to Bluetooth to cell phone towers, there is no way to block out EMF in the modern world entirely. This constant onslaught increases stress in our bodies and decreases the effectiveness of the glymphatic and lymphatic systems. The glymphatic system, a highly sophisticated system for clearing waste from the brain at night, is very sensitive to the decrease in melatonin production that results from EMF exposure. This leads to toxins building up in the system from sluggish lymph movement.

## POOR SLEEP

Contrary to what one might think, the lymphatic system is highly active at night. In particular, the glymphatic system works at night to clear toxins from the brain. When you get inadequate sleep, this interaction cannot happen and this is another way the lymph system becomes congested with toxins, compromising your immune responses.

## POOR HYDRATION

The lymphatic system is made of 96% water. If our bodies are not properly hydrated, the lymph flow becomes sluggish and can quickly become congested in areas of high toxicity. One of the best ways to increase hydration and a healthy lymphatic system is Exclusion Zone Water or EZ water. Water has three phases: solid, liquid, and gas, but it has been found that water actually has a fourth phase. This fourth phase is EZ water or  $H_3O_2$  instead of  $H_2O$ . This water is more viscous and less fluid.

Exclusion zone water lives in cells and delivers energy to the mitochondria, which helps combat aging and stress. EZ water is found naturally in vegetable juices and fresh spring water, so a simple way to bring EZ water into your system is to drink a fresh green vegetable juice at least once a day. Sunlight is another excellent way to get EZ water in your cells. Sunlight is full spectrum light that has both UV and infrared light, which is used to treat normal water to make it EZ water. The  $H_3O_2$  forms in your cells when you expose your skin to unfiltered sunlight for a few minutes every day.



## *10 Signs of Lymphatic Congestion*

- ✓ **BRAIN FOG**
- ✓ **MIGRAINES**
- ✓ **INSOMNIA**
- ✓ **DEPRESSION**
- ✓ **CHRONIC SINUS ISSUES**
- ✓ **ALLERGIES**
- ✓ **ACNE + SKIN CONDITIONS**
- ✓ **SWELLING**
- ✓ **WEIGHT GAIN**
- ✓ **CELLULITE**

## HERE ARE SIX WAYS YOU CAN START TO MOVE YOUR LYMPHATIC SYSTEM TODAY:

- 1 MANUAL MASSAGE
- 2 EXERCISE
- 3 DRY BRUSHING
- 4 FLOW CREAM 
- 5 BIOPURE DEO 
- 6 LUMVI LYMPHA-GEM 

Lymphatic drainage techniques should be coupled with binders of some form. A binder is an insoluble particle that toxins latch onto. As the binder passes through your gastrointestinal tract, it attracts the toxins, and when the binder passes, it takes the toxins with it. This helps to get the toxins thoroughly flushed out of your system. The kind and type of binders needed to take for maximum effect are different for each individual based on needs and location of toxin buildup, so one binder does not fit all. Colonics and coffee enemas also help with lymph drainage and getting your lymph clear of toxin buildup. A coffee enema has several benefits outside of just flushing toxins, including an energy boost and benefits to your liver.

The lymphatic system plays such an important role in overall good health, from fighting disease to food digestion to sleep. A healthy flowing lymphatic system allows our bodies to effectively respond to pathogens and biotoxins, efficiently absorb nutrients and energetically keep our hearts pumping and strong.

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