

7 Signs Your Lymph needs some LOVE

- **Headaches**

Stagnant Lymph can cause persistent headaches that are resistant to medication. This is related to the body's ability to eliminate toxins.

- **Sluggish Body and Brain Fog**

Feeling heavy and slow in body and mind can be caused by an increase in toxicity that the body is struggling to excrete.

- **A Crabby mood and erratic emotions**

Can be related to changes in chemical levels within the brain and endocrine system. Lymphatic function is directly tied to these systems when it struggles they struggle.

- **Less of a tolerance for Alcohol or Spicy foods**

When our Livers are holding onto medications and a lifetime of food ingested chemicals they are in real need of support and drainage, this is the job of the Lymph.

- **Slow to Recover and Heal**

Lymphatics play a huge part of our immune system. It takes care of the alien invaders who would love to take us down. Therefore it makes sense that if our Lymph is struggling we will not be able to heal and recover as if we were fully functional and healthy. This goes all the way down to a cold or a cut on the finger.

- **Digestive issues**

Bloating, pain, loose stool or constipation, all these can be helped with improved lymph flow. A huge part of the Lymph system resides in the abdomen. Some of the largest nodes in the body sit against the spine above the belly button. All the Lymph from the legs goes through the belly so there's a lot happening here. If this is congested or slowed it can cause major issues for the digestive system and surrounding organs.

- **Strange symptoms**

The Lymph literally touches every part of the body it flows through and around all the organs even in and out of your brain. If you are having unusual symptoms or you have a failed and unresolved case there is help and it starts with Loving your Lymph.

Contact Fitbaksystems.com to learn more.