

Utilizing Plant Medicine + Whole Foods for Health

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We will be discussing how to support lymphatic system naturally:

The Lymphatic System is the key component of our immune system; it removes toxins, dead cells and unwelcome guests from the body while maintaining the health of our blood and fluids within the body. It is a tremendously fascinating and complex system.

The most important aspect of the Lymphatic System is that it regulates the quality and health of our blood; the life force that keeps us going. In today's society, stress and poor diet lead to imbalance, manifesting as inflammation. We will be addressing how the Immune + Lymphatic system work hand in hand to keep the body balanced.

So how can we care for,
strengthen + support such a
complex system?

By being mindful of
stressors, reducing
inflammatory response
through whole foods +
plant medicine.

**What is inflammation
+ how does it affect
the Lymphatic
System?**

Inflammation is:

Inflammation is your Immune + Lymphatic Systems natural response to foreign invaders. This means your body's natural defenses are trying isolate an invading influence {bacteria, virus, parasite, fungus or splinter} and utilizing killer TCells and Lymph plasma to remove it from the body.

There are two categories of inflammation - Acute + Chronic.

Inflammation {continued}:

Acute inflammation is the body's initial response to invaders that have compromised a certain area, the immune system sends immune cells and plasma to treat the area, kill invaders and wick away the damaged or dead tissues and cells.

Chronic Inflammation is when there is prolonged activity in a compromised area, where the invaders cannot be removed quickly or when an auto-immune response is triggered, where your TCells begin to attacks a certain area. Chronic Inflammation can lead to tissue damage, deterioration, infection and excessive fluid retention. Chronic Inflammation is initially triggered in the gut due to an allergen entering the digestive tract, repetitive exposure to such allergens perpetuates the condition.

**What are
inflammatory
triggers?**

Inflammatory triggers are:

Due to so many aspects of life, our society today is typically in a state of 'survival' - stressors from every aspect of life and not knowing how to deal or manage such stress affects the body greatly.

Not only is hormone production compromised, but quality of sleep and food consumption - the essential elements that allow us to function optimally fall to the wayside, thus causing a deficiency over time.

This deficiency or prolonged habits that hinder the body cause weakness where your Immune + Lymphatic System are not strong enough to fight off invaders or small triggers.

Inflammatory triggers {continued}:

Triggers for a weakened state are typically foods, pollens, animal dander, microbes or bacteria floating in the air. Immuno excess often reflects in allergies or asthma, and often manifests in the respiratory tract or digestive system. There is often chronic and systemic inflammation, joint pain, arthritis, digestive issues, connective tissue damage, or autoimmune disorders. They are typically in the heat/excitation tissue state.

Inflammatory triggers {continued}:

Here are a few key triggers that can cause inflammation:

Nightshades {Tomatoes, Peppers, Eggplant, White Potatoes + Goji Berries}

Red Meat Consumption

Shellfish or any seafood that harbors extensive toxins

Gluten/Wheat

White Sugar

Processed Foods

How does this affect breast health?

There are 20 lymph nodes located under each arm + additional clusters located under each collarbone + on either side of the breast bone.

Key items to note:

Enlargement of the Lymph nodes is caused by toxin build up + inflammation.

The lymph nodes under the arm is typically the first place that breast cancer typically spreads.

What are some key
herbs that help balance
the Immune System +
support the Lymphatic
System?

Herbs for Lymphatic + Immune Support:

Astragalus Root | Known as one of the great Immune tonic herbs, it promotes a balance and harmony, when partnered with other herbs for a compromised immune system it works well with others to provide an extra kick!

Dandelion Root + Leaf | Dandelion is used as a detoxifying and purifying agent; it can grow in extremely polluted environments, and therefore has resistance to an array of harmful substances. Great for cleansing the lymph system of any built-up waste.

Devil's Claw | The lymph-stimulating properties of this herb make it important for improving the body's natural lymphatic drainage. Promotes detoxification and cleansing of the lymphatic system.

Herbs for Lymphatic + Immune Support {continued}:

Goldenseal | Primarily used as an anti-inflammatory, goldenseal also boosts the cleansing process of the lymphatic system.

Knotted Figwort | This plant is used to treat swelling and inflammation of lymph nodes, ears, nose, and respiratory system. It can also be used to treat infections and help with general weakness.

Clubmoss {aka Wolf's Foot} | Wolf's foot is used to relieve swollen lymph nodes and tonsils. It is also used as a treatment for ear infections, inflammation throughout the body, and liver support.

What are some key essential oils that help balance the Immune System + support the Lymphatic System?

Essential Oils for Lymphatic Support:

Cedarwood | Wonderful for adrenals / skin / breaks down mucous / antidepressant / anti itching / acne / kidneys / chronic congestion / hair loss / baldness. Aids in increasing sexual energy / aphrodisiac / skin diseases / lymph system supporter / scalp ailments.

Chamomile | Antibacterial / aphrodisiac / hepatic / neuro-tonic / parasiticide / painful menstruation / dermatitis / liver + spleen congestion / insomnia / wound healing / antidepressant.

Greenland Moss | Anti-tumor / aids in liver + glandular toxemia / thyroid regulator / viral hepatitis A / B / C. Addresses gallbladder issues. Aids in solar plexus spasms. Aids inflammation of lymph nodes / muscles / glands / prostate. Aids in water retention.

Essential Oils for Lymphatic Support {continued}:

Myrtle | Ailments of respiratory infections / inflammations of the bladder / kidney / urethra; prostatitis / insomnia / anti-fermentation / gas / reduces blood congestion in lymph vessels + veins / hemorrhoids / colds / spasmic enterocolitis / aids in hormone balancing. Hypo/hyper thyroid harmonization / adrenal stimulant / supports central nervous system.

Nerolina | Skin revitalizer / antibacterial / antiviral / heals wounds / anti-rheumatic / TB / headaches {cluster + migraines} / lymphatic (cellulite + fluids). Used for bursitis / arthritis / rheumatism.

Ylang Ylang | Cardiac / aphrodisiac / body regenerator / sedative / euphoriant / aids in clearing infections of the genitals in both female + male / breast toner / opens up feelings / promotes restful sleep / aids against the enlargement of prostate + prostatitis.

Interested in more?

Reach out + Connect:

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