NATURAL SOLUTIONS
Clinical Kinesiology, Acupuncture, & (w)Holistic Healthcare
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Detoxifying the Lymphatic System

HERBS	FOOD & FRESH JUICES	OTHER MEASURES
Astragalus	Collard Greens	Activated Charcoal Capsules *resulting black stool is common*
Burdock	Cranberries	Deep-Breathing *& cleansing breaths*
Cayenne	Dandelion Greens	Hot & Cold Showers
Chaparral	Grapefruit	Lymphatic Massages
Garlic	Kale	Mini-Trampoline *jump 3-5 minutes* *increase duration as tolerated*
Cilantro	Lemon	Pure Water
Parsley	Oranges	Sauna
Poke Root	Seaweed	Skin Brushing
Red Clover	Swiss Chard	Walking
Stillingia	Tangerine	Yoga

Your AGING Body Can Talk, pages 131-132, *... and Trash the Rest: Detoxing for Longevity*

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