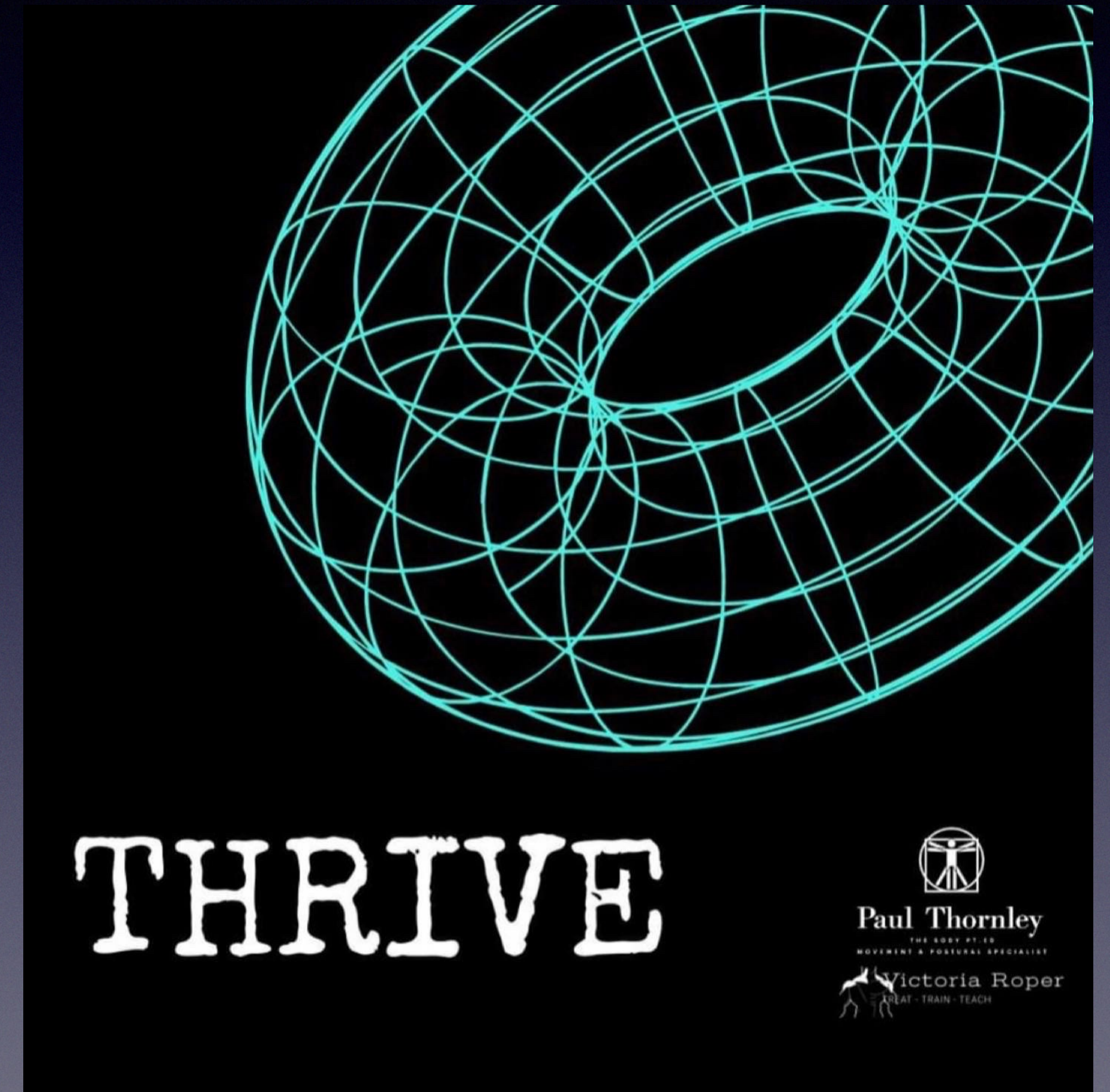


# Creating Extraordinary Instructors Fasciategrity In Motion

## The Lymphatic System



Bringing 21st Century Anatomy & Physiology  
to the United Arab Emirates & Beyond.

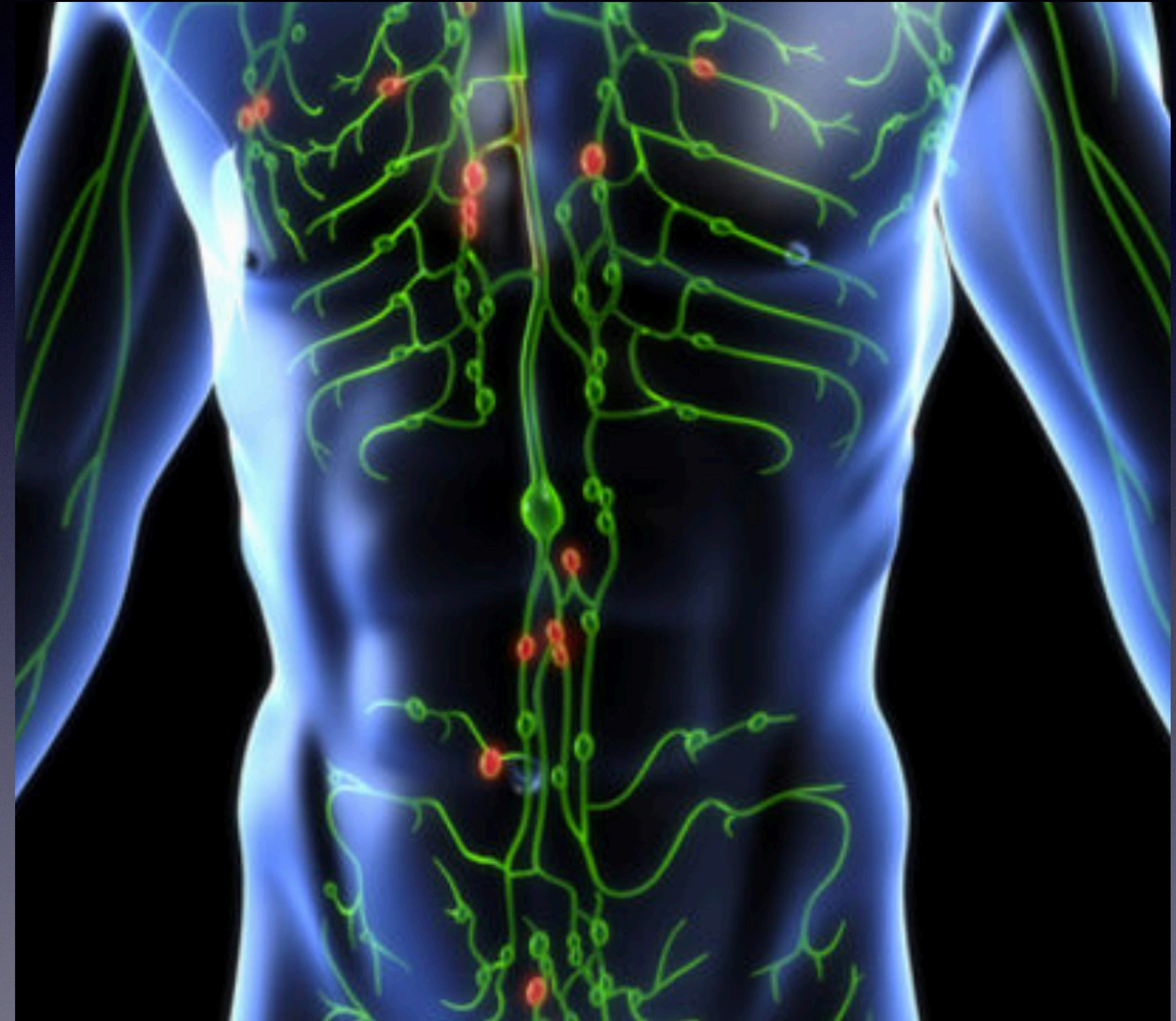
# The lymphatic System

- What is the role of the lymphatic System within us?
- How does it function within our body's & what collaborative relationships can we foster to ensure it exists and works harmoniously ?
- What effects & sources can inhibit its ability to perform appropriately at an optimal state?
- How can we maintain & improve its effectiveness to manage it's essential functions?
- Identifying other approaches & modalities that can collaborate to enhance this vital health system.

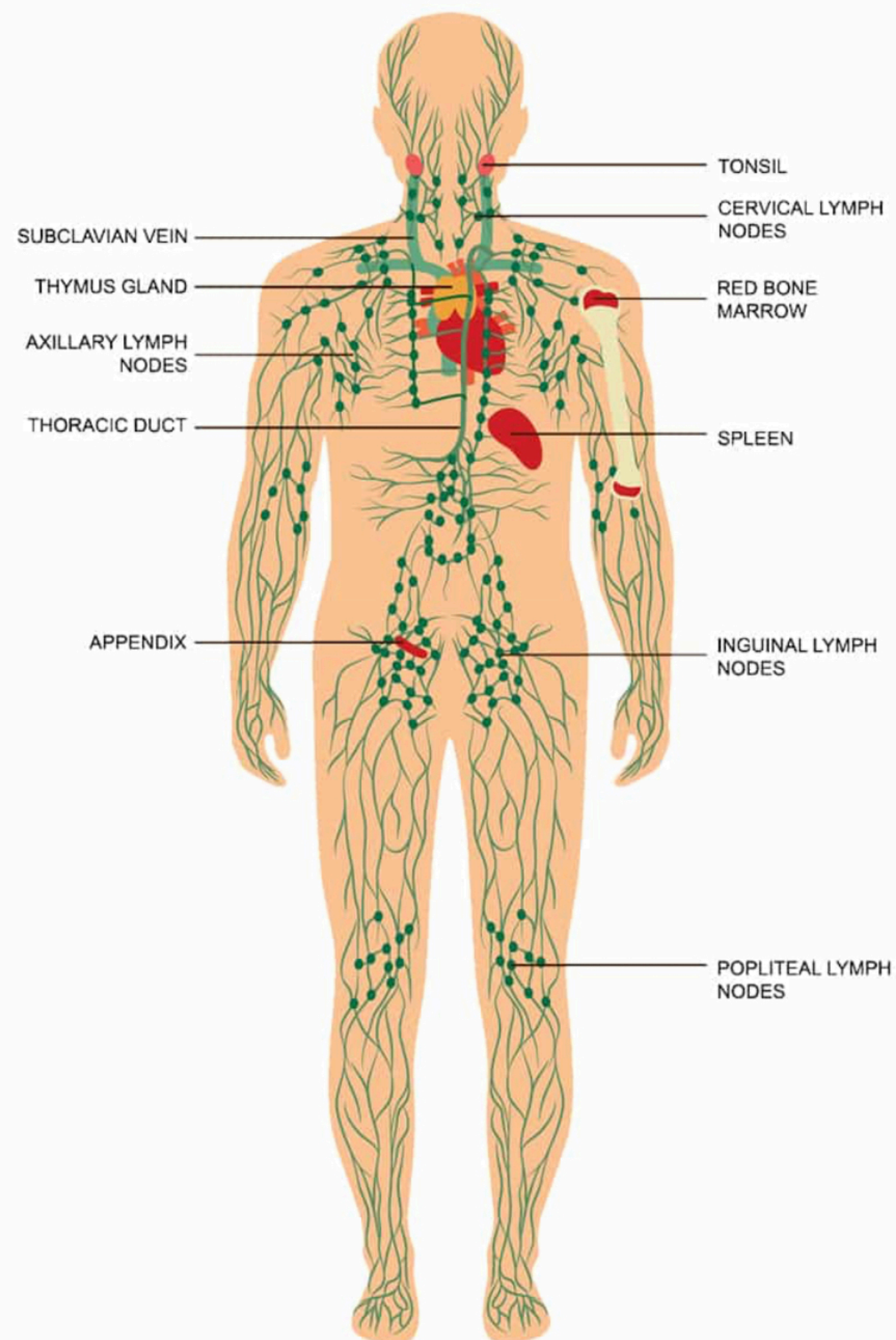


# What is the lymphatic System?

- Is it simply the waste product filter & removal system.
- The functionality of the lymphatic system ensures we remain healthy at an optimal level of efficiency.
- Our immune systems require the lymphatic architecture to be uninhibited as it facilitates our ability to defend our bodies from infections & diseases.
- Ensures that damaged blood cells plasma are recycled back into our circulatory system.
- Can indicate and Inform us of imminent attack from life threatening scenarios



# Lymphatic System

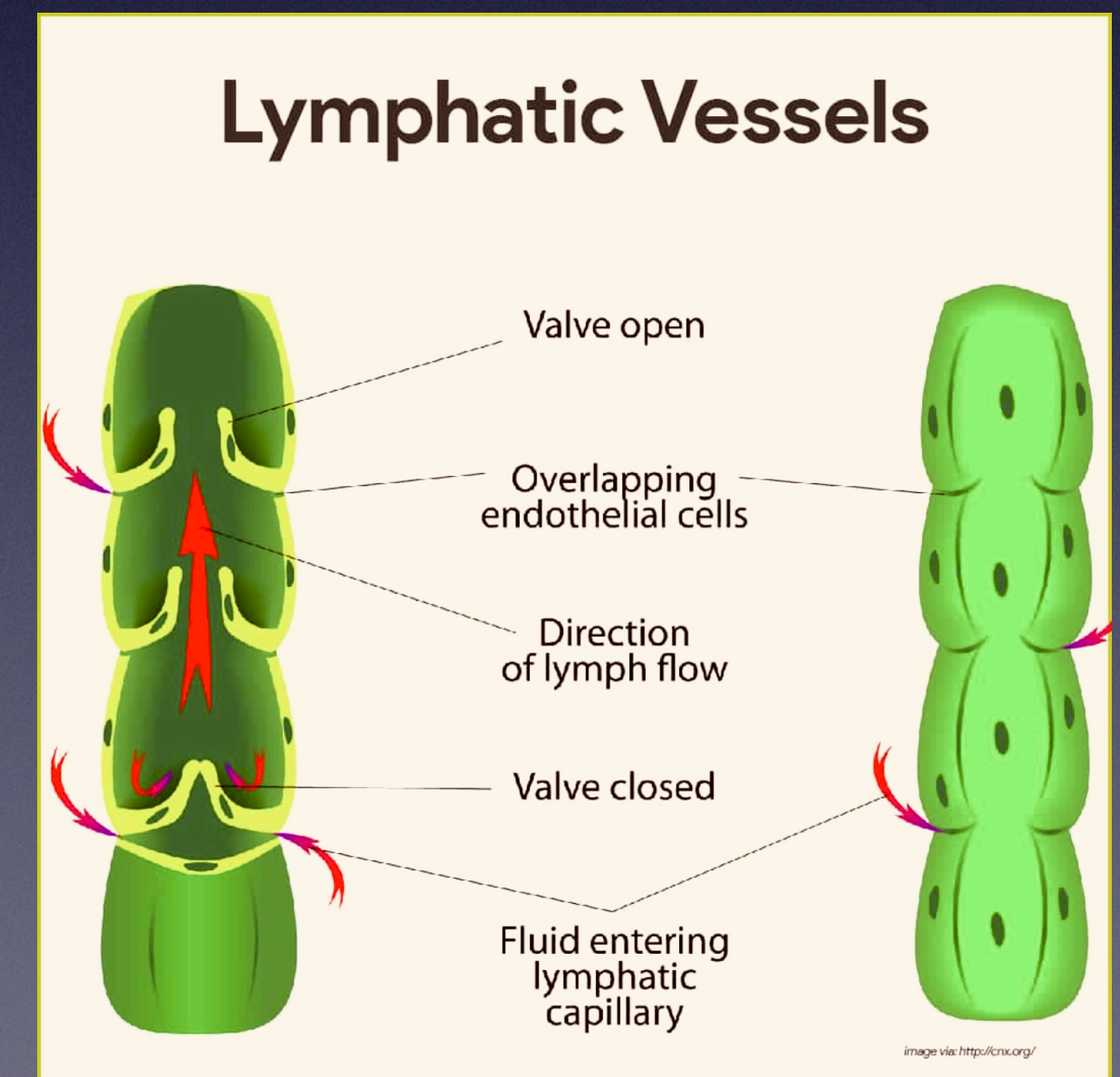
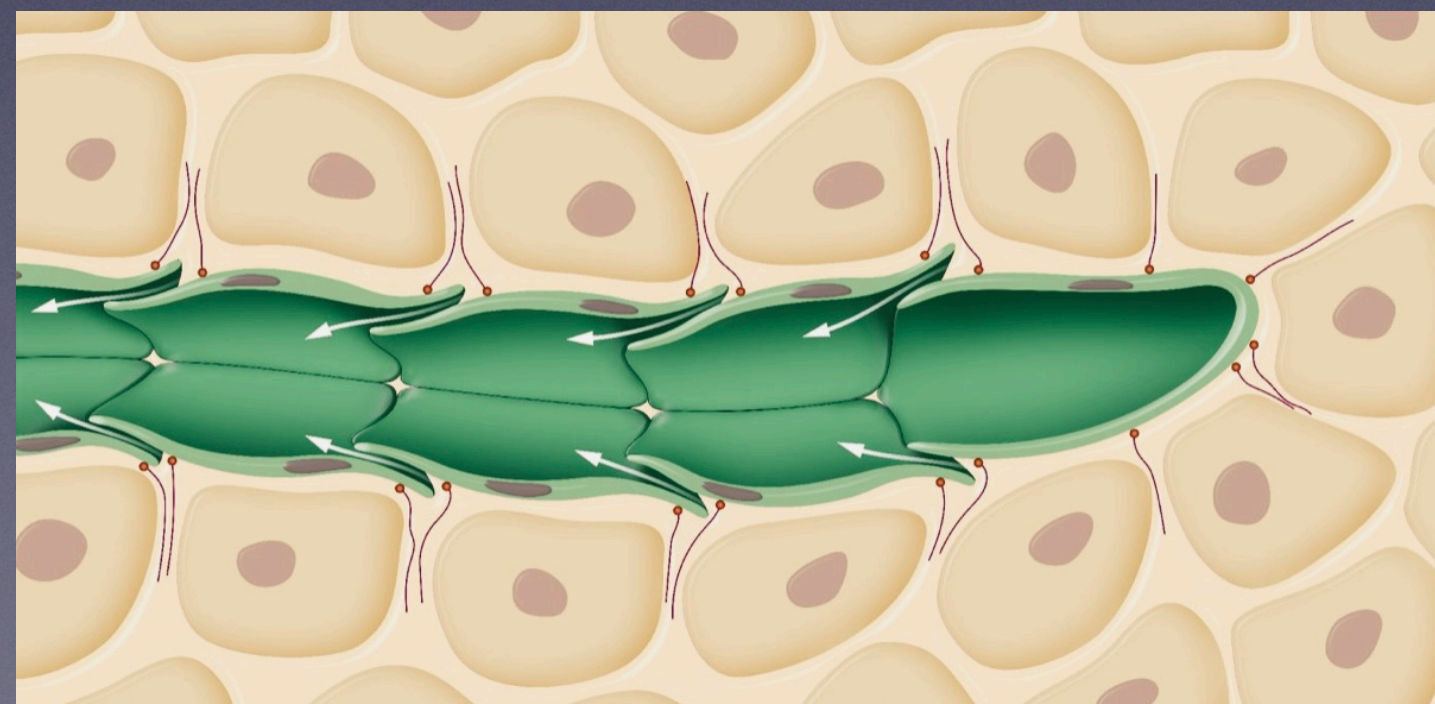
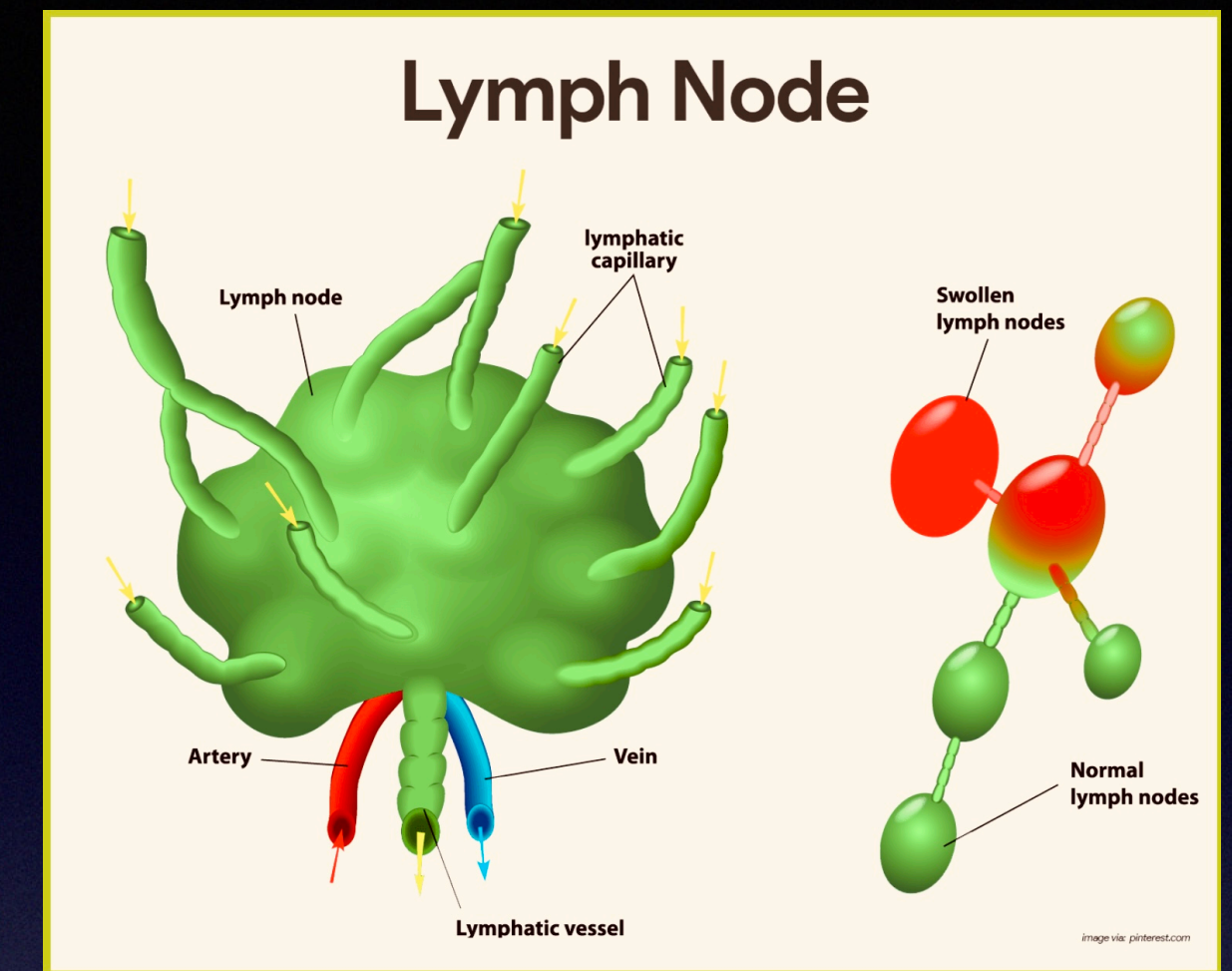
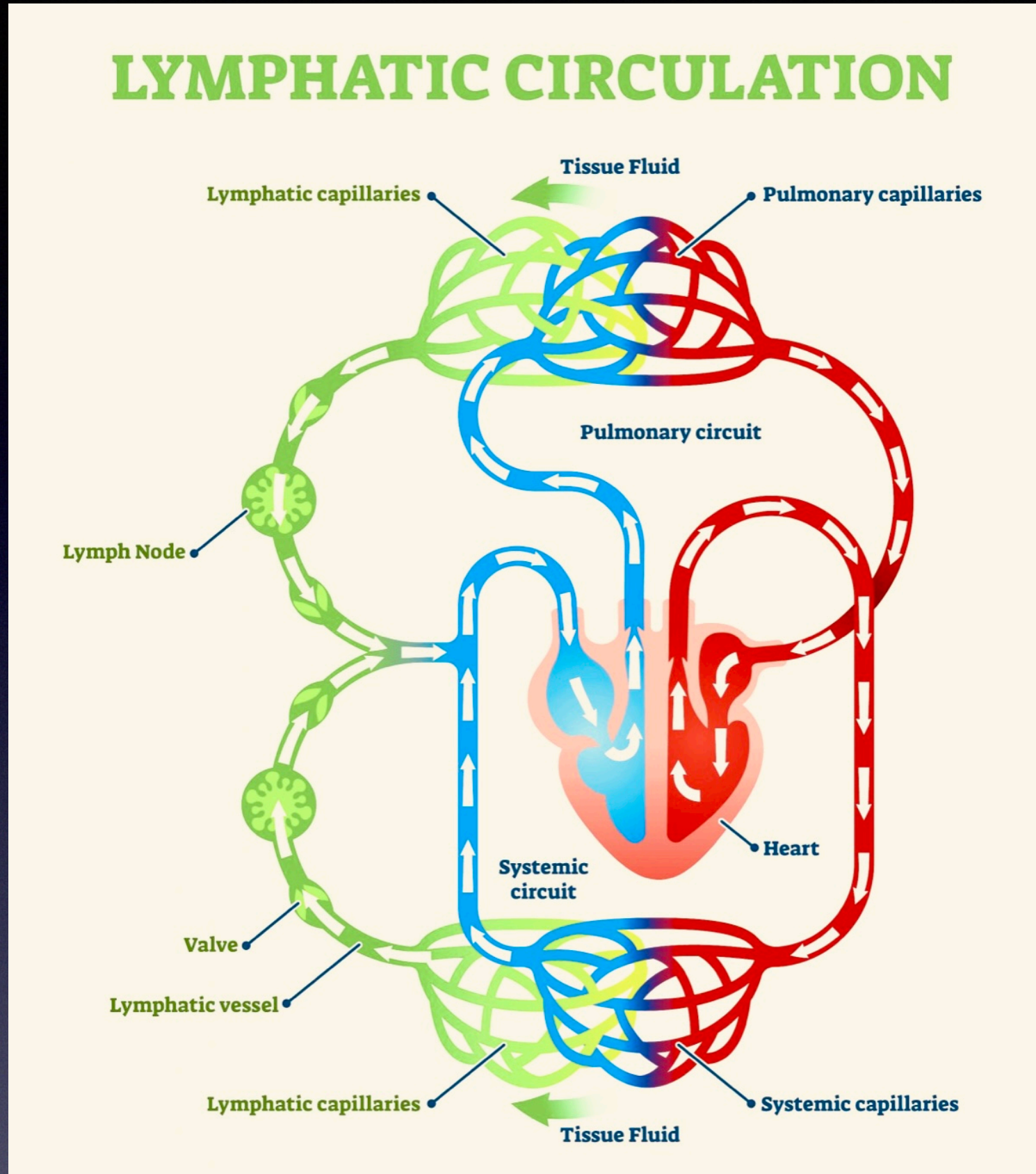


# The Recycling Centre.

- This is an incredibly complex system that requires help from our motion & movement options for it to run smooth & seamlessly.
- It is primarily a vacuum fed configuration, whereby the forces you create during movement dictate how the lymph is stimulated to move through its lymphatic vessels.
- Lymphatic nodes are located at various sites around the body to collect and store lymph before continuing the journey.
- All lymph must head superiorly to access the filtration systems and be reinvested into the lymph reservoir via the subclavian vein.
- This process is vital for detoxification and purification of our circulatory systems including the spleen, liver & kidneys.

# Lymphatic Flow & Functions

- The Lymphatic System is the drainage system that collects & recycles plasma, other blood compounds & cellular waste back into the circulatory system.
- The system is based on pressure created from tensioning of your MyoFascia which directs the lymph through a network of vessels that contain a series of one way overlapping valves.
- It's know as a vacuum rather than pump arrangement.
- All lymph flows towards the heart!



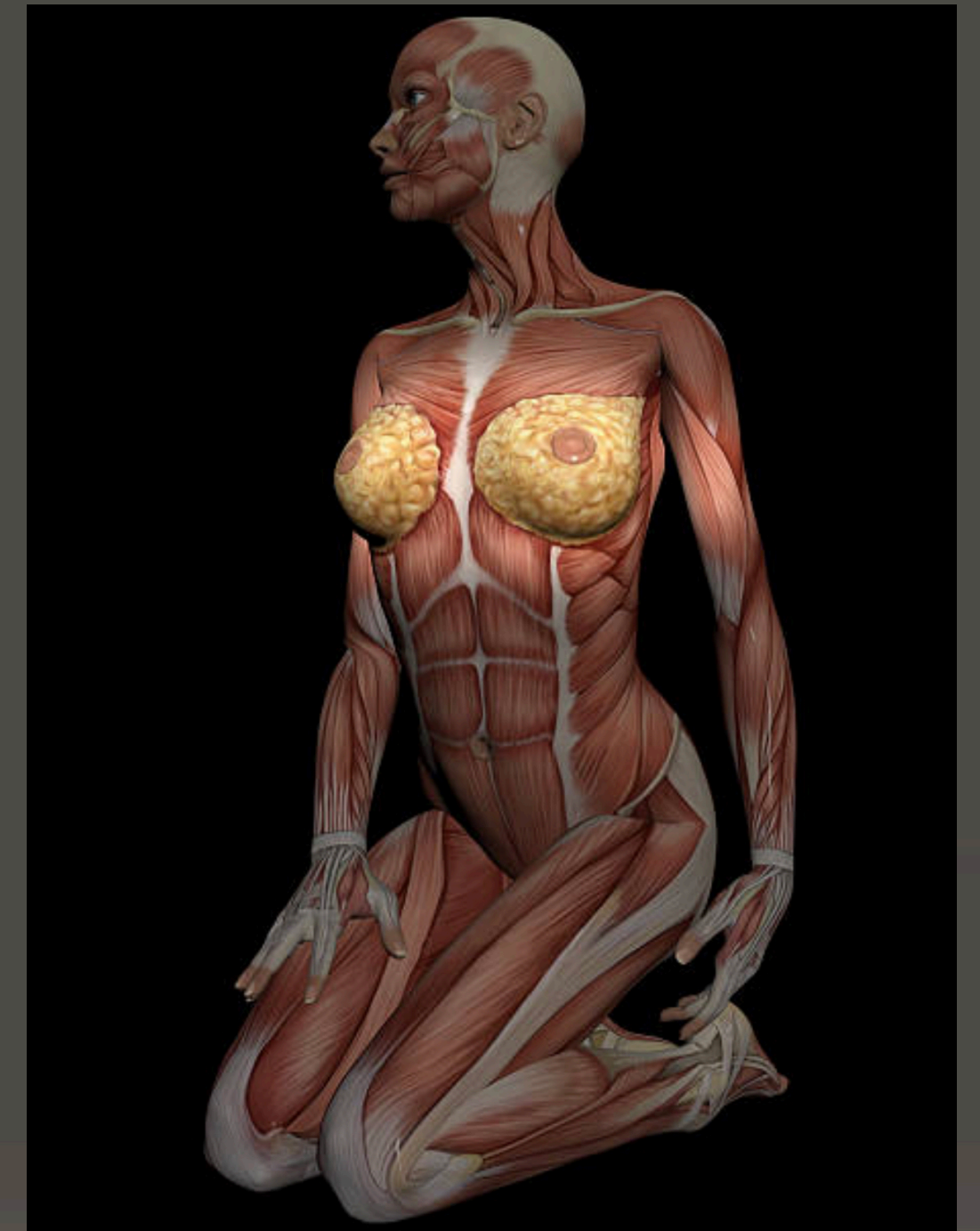
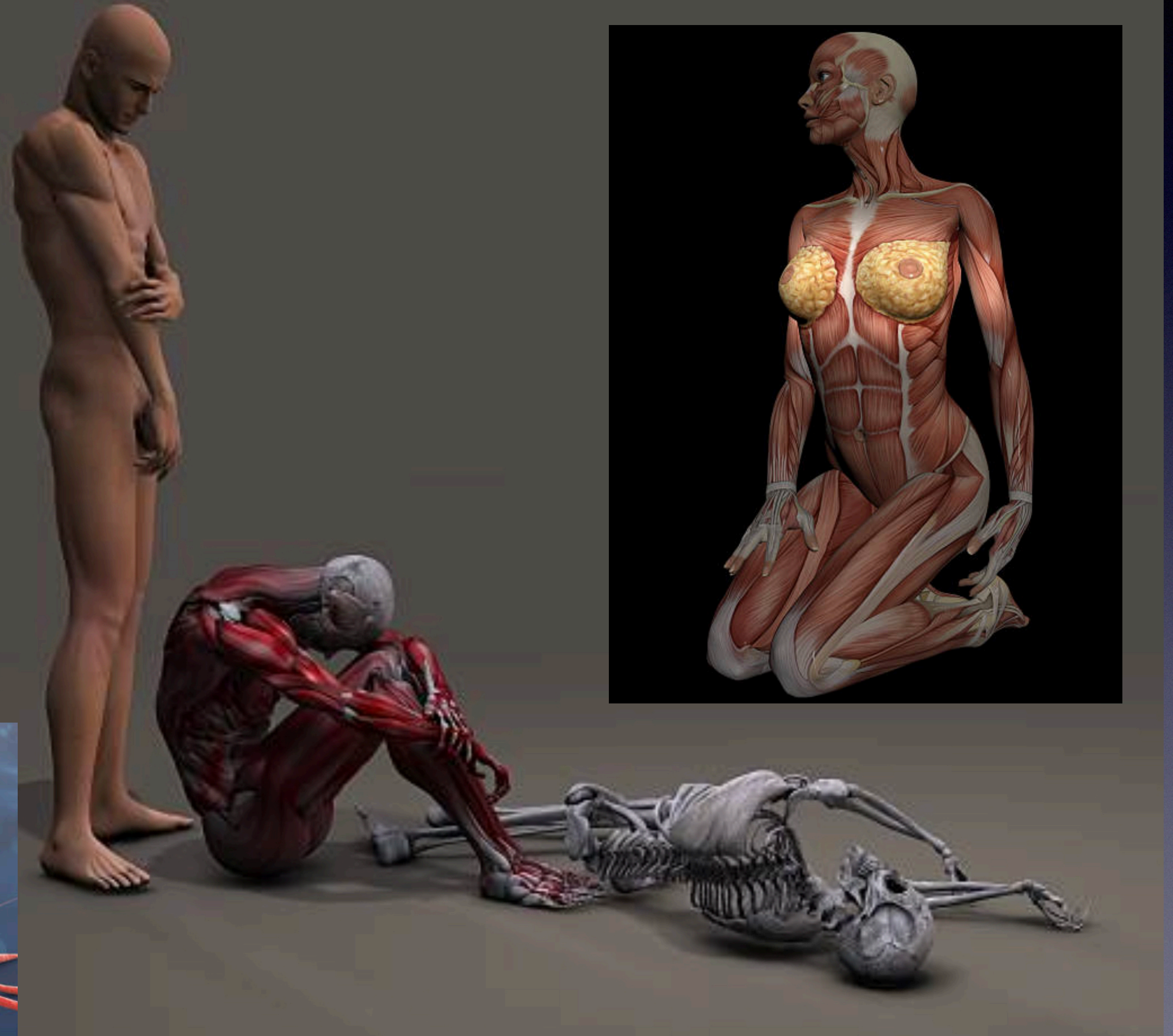
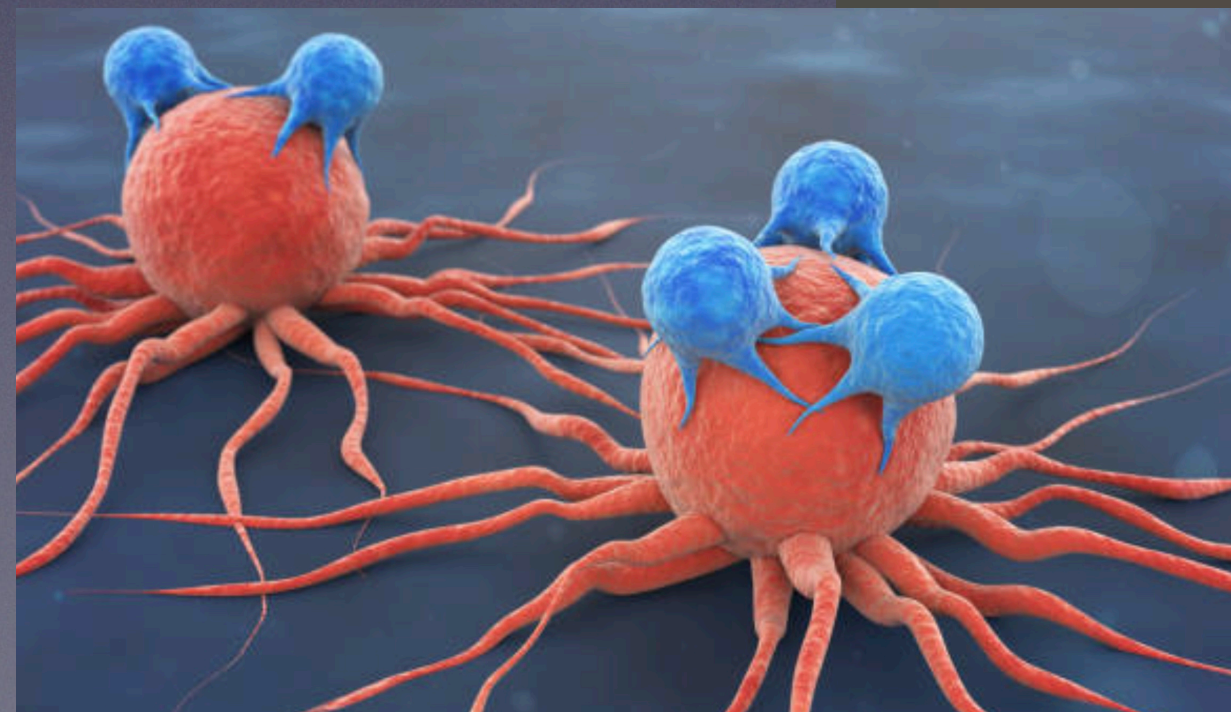
# Just Breathe!



Harmonise Your Breath Your Heart & Magical  
Effects Take Place

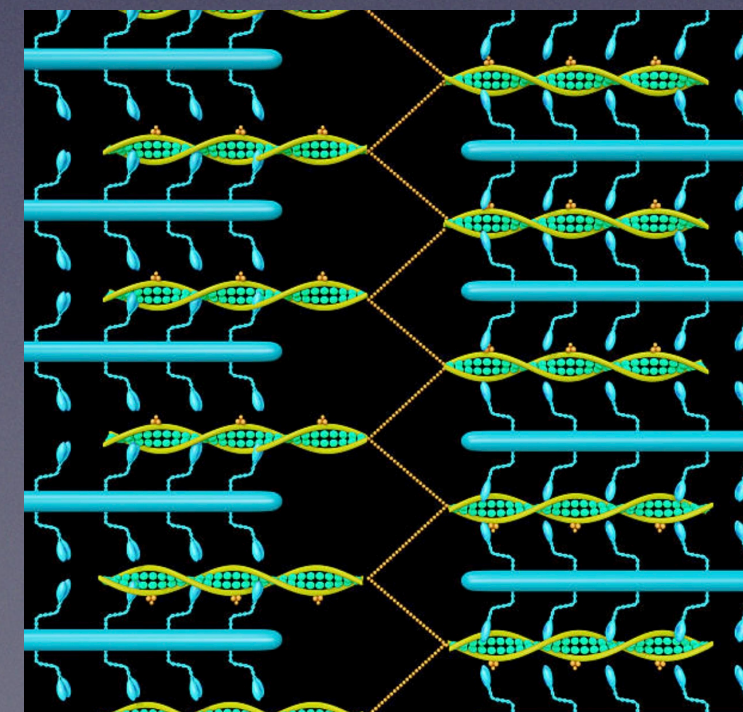
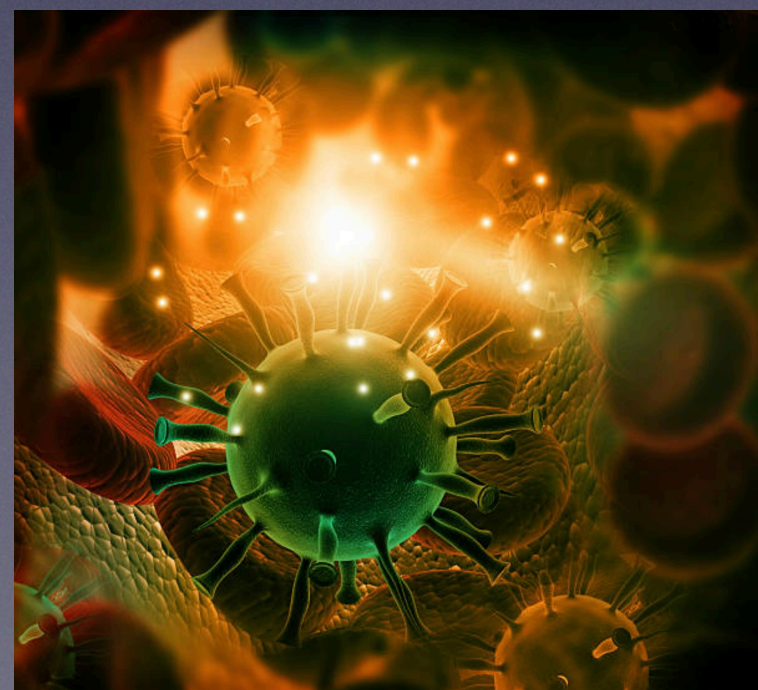
# What Can Inhibit it's Ability to Perform Optimally?

- Sedentary lifestyle.....
- Excessive Training.....
- Infectious Diseases.....
- Poor Nutrition.....
- Stress.....
- Anxiety.....
- Injuries.....
- Inflammation
- The Big C.....



# Essential Lymphatic Function!

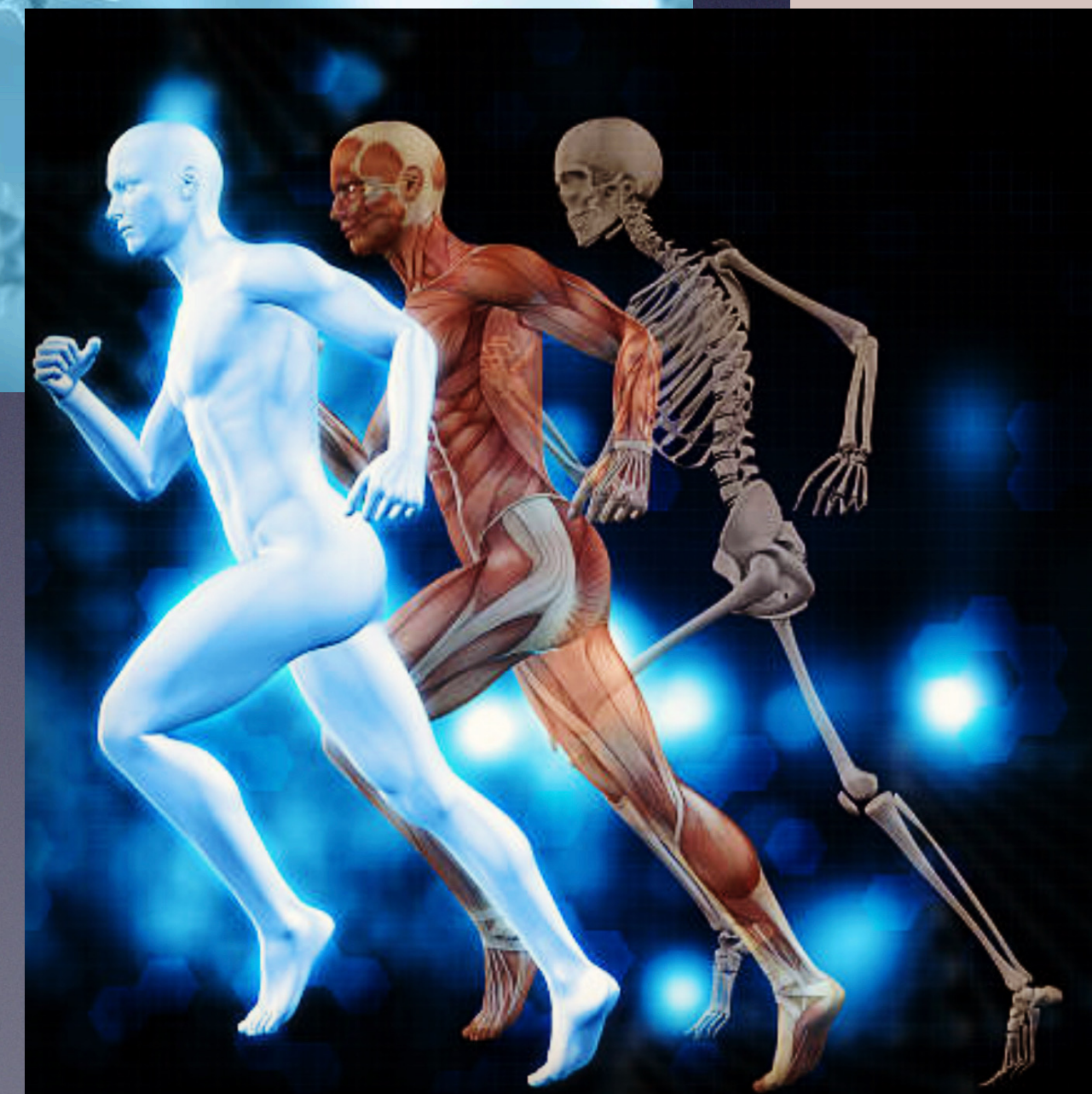
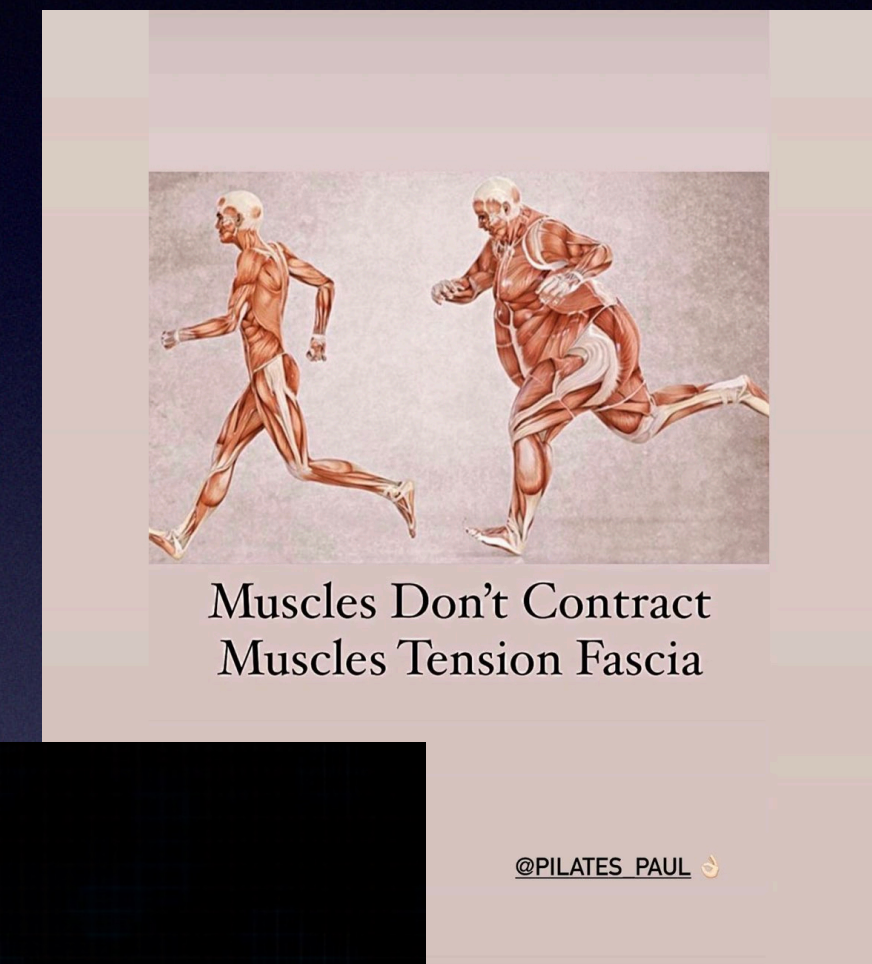
- Understanding Fasciategrity!
- Quality of Movement Choices.
- Lifestyle Management
- Nutritional Awareness
- Environmental Influences
- Stress Management
- Personal Care!



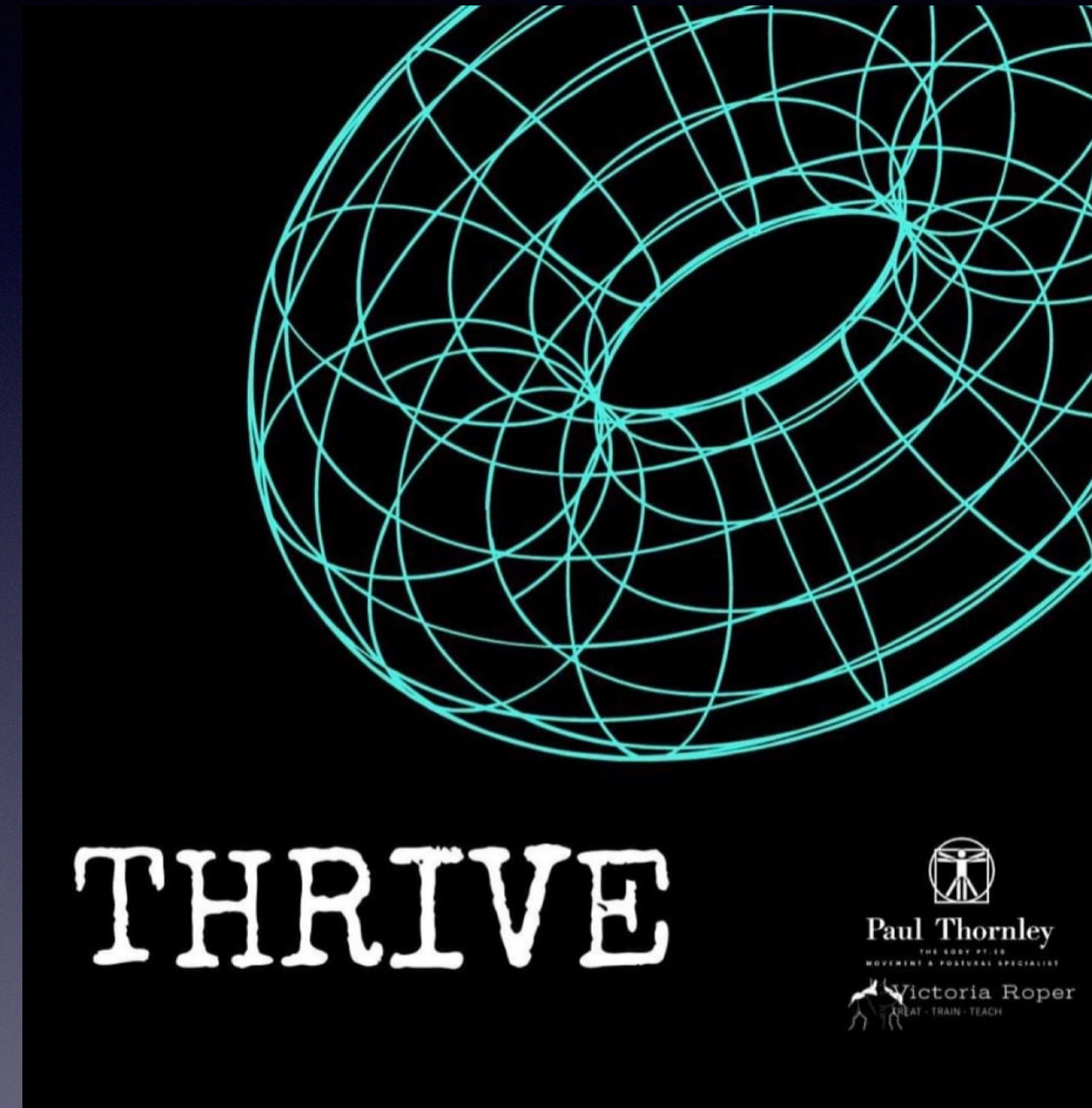


# Reward This Vital System.

- Move Regularly
- Sweat Often
- Hydrate More
- Have a Lymphatic Massage
- Dry Brush Your Skin Daily
- Be Mindful of How You Dress
- Eat A Deliciously Healthy None Inflammatory Diet
- Meditate A lot .....



# Helping Create Extraordinary Instructors Thank You.



21st Century Anatomy & Physiology  
Fasciategrity in Motion