

10 ways to get your lymph flowing

- ✓ Drink 6-8 glasses of water every day
- ✓ Breathe deeply, right into your belly
- ✓ Go for a long, brisk walk
- ✓ Rebound on a mini-trampoline for 5 to 30 minutes
- ✓ Dry brush your skin
- ✓ Get a lymphatic massage
- ✓ Eat lots of raw fruits and vegetables
- ✓ Drink red root, echinacea, cleavers, wild indigo or red clover tea
- ✓ Skip the underwires (in your bra)
- ✓ Relax in an infrared sauna