

Lymph Flo (Item # 4006)

For a Healthy Lymphatic System

Lymph-Flo is a superior combination of seven different herbs that are specifically formulated to assist in cleansing and rejuvenating the lymphatic system. Lymph-Flo helps to cleanse the blood and supports a stronger immune response in times of infection or other disease. In addition to this herbal combination, Universal Formulas has added Tracite, our proprietary blend of fulvic trace elements and macro-minerals. Tracite is known to increase the absorption of nutrients directly into the cells for increased bio-availability.

Lymph-Flo contains herbs traditionally used for cleansing and rejuvenating the lymphatic system. A healthy lymph system will ensure a cleaner bloodstream and a stronger immune response in times of infection or other disease.

Freeing the body of toxins starts with cleansing the lymphatic system!

The Lymphatic System

The lymphatic system bathes every active tissue of the body and plays a key role in resisting disease. Lymph-Flo is an herbal formulation designed to aid the lymph system in this vital cleansing process. Our formula contains herbs used for centuries by experienced herbalists for the purpose of keeping body fluids free of toxins.

Dr. C. Samuel West, chemist and lymphologist, states in his amazing book, **The Golden Seven Plus One**, "The primary obstruction in the body of the typical person is protein trapped in the intercellular lymph fluid between the cells. The whole process of detoxification consists of removing these obstructions from the lymph fluid and washing them out of the body. As your body is lightened by obstructions, your health will rise accordingly."

Keeping your body fluids pure and free of toxic waste is your best insurance for a long and healthy life. Lymph-Flo was created with this purpose in mind. With proper diet, exercise, and a little help from Lymph-Flo, you can maintain a healthy lymphatic system for life!

What is the Lymphatic System?

The lymph system is the body's foremost defense against infection. It consists of the spleen, tonsils, thymus, lymph nodes, lymph vessels and lymph fluid. Lymph nodes are soft, bean-shaped nodules that cluster in various parts of the body, such as the neck, armpit and groin. There are approximately 465 lymph nodes in the human body whose function is to produce immune cells and filter out pathogenic microorganisms and foreign matter such as bacteria and cancer cells from the lymph fluid. There are about 45 pints of this intrinsic lymph fluid compared to 15 pints of blood in the human body!

The lymph fluid consists of:

- White blood cells such as lymphocytes (which is a type of white blood cell that attacks unwanted bacteria)
- Red blood cells
- Chyle (fluid from the intestines that contains post- digestion proteins and fats)

What are some indications of a blocked Lymph System?

When the lymph vessels are blocked, a swelling of the lymph nodes (lymph edema) occurs, which is an early warning sign that indicates excessive protein or bacteria in the blood and lymph fluid. Blocked lymph may also be associated with allergies, arthritis, eczema, loss of energy and fatigue, high blood pressure, headaches and stress. Left unchecked, a host of conditions may develop from a blocked lymph system, including: Cancer of the lymph nodes (lymphoma), blood disorders, bowel diseases to name a few.

How do I dose Lymph-Flo?

If a regular maintenance dose is desired, simply take 2 vegi-capsules three times daily or as directed by a qualified health professional. We also strongly recommend the use of enzymes such as our Flora-Zymes (item #1003) to assist with the lymphatic drainage/cleansing process.

Using Lymph-Flo as a Lymphatic cleanser for 30 days is recommended at a weight scalable dosage as follows:

75 - 100lbs:	2 Vegi-Capsules 3 times daily
100 - 150lbs:	3 Vegi-Capsules 3 times daily
150 - 200lbs:	4 Vegi-Capsules 3 times daily
200 - 250lbs+:	5 Vegi-Capsules 3 times daily

Ordering Information

Lymph-Flo (Item #4006) 100 Vegi-Capsules

Conveniently Order On-line at: <http://UniversalFormulas.com>

**Please DO NOT modify levels of any prescribed medication
without first consulting your physician.**

Required FDA Statement:

The FDA has not evaluated these statements. This product is not intended to diagnose or treat any disease nor is this information intended to prescribe or diagnose in any way. Those who are sick should see a doctor. Neither the authors nor the owner directly or indirectly dispense medical advice or prescribe the use of these products as a form of treatment. We assume no responsibility if you prescribe for yourself without your doctor's approval.

What is a healing Crisis?

When clearing out the lymphatic system, there is a possibility of a "healing crisis." A healing crisis may be mistaken for a "bad reaction" to cleansing. When the cells of our body begin to upgrade (to improved cellular respiration and function), the cells are able to take in more oxygen and rid themselves of waste in a more efficient manner. Once this upgrading begins, our internal organs (including the bowel, liver, kidneys, skin, lymphatic system, blood and lungs) become a conduit for removing cellular waste.

Herbs, enzymes and fulvic trace minerals for aiding in detoxification are best when accompanied with appropriate supplementation before, during and after their use, since the cleansing process can be demanding on the body. While the process of detoxification is integral to improved cellular health, proper nutrition is imperative to a sustained well-being. Here are some practices to help improve your lymphatic health on a daily basis:

Exercise: One of the best exercises for the Lymph System is jogging and bouncing in place, on a mini-trampoline for example, or jumping rope. The bouncing action stimulates and massages the lymph glands. You can start with five minutes daily and work your way up to 20 minutes daily.

Foods for a Healthier Lymph System: Trapped blood protein, from over consumption of meat and other animal foods, is a major contributor to disease according to many medical, nutritional and research authorities. Egg whites, ocean white fish, cottage cheese and yogurt are sources of animal protein that generally digest well and therefore are less of a burden to the lymph system. When the lymph nodes are swollen, it is best to avoid all animal protein for at least one week. Brown rice, millet, rye, adzuki beans, black beans and quinoa are best for a weak lymph system. Celery, apples, pears and strawberries are fruits containing generous amounts of organic sodium essential for proper lymphatic function. All green vegetables, especially in juice form, are beneficial to the lymph system. Use organic butter sparingly with the majority of your fats coming from healthier, nutrient rich oils such as extra virgin cold pressed olive oil, rice oil, flax seed oil or borage oil.

Foods to Avoid: White sugar (sucrose) is probably the single most health-damaging substance consumed on a regular basis. Soft drinks, ice cream (one of the worst foods for the lymph system) and candy all have high levels of processed sugars. Natural sweeteners like raw honey, maple syrup and agave nectar could be considered as replacements, to be used in conservative amounts. Although it is best to stay away from cow dairy as much as possible, cheeses such as provolone, mozzarella or Parmesan are milder and more appropriate to allowing a lymph system cleanse. Also, fresh goat dairy can be a delicious 'alternative' cheese. Meats to avoid are beef, pork, lamb, chicken, shrimp, lobster, crab and tuna whenever possible, as well as fried foods or overheated fats. Turkey and wild game meats are suggested over these.