



# LYMPHATIC HEALTH

**The Art of**  
Your Body's Detox Highway

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# 1

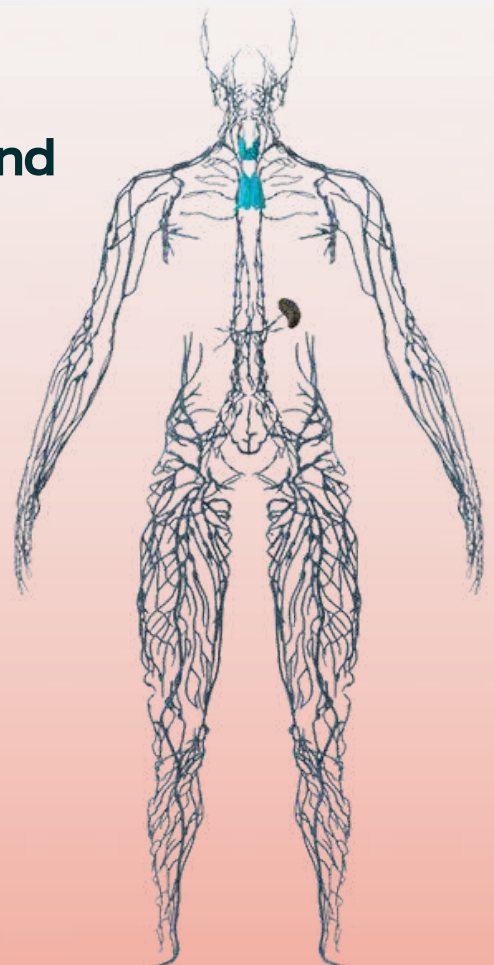
## Meet Your Inner Flow: The Hidden World of Your **LYMPHATIC SYSTEM**

The lymphatic system is an unsung hero in health—an intricate network of vessels, nodes, and organs running quietly beneath the surface. It balances body fluids, filters toxins, and supports your immune defense. Problems in this system can lead to swelling, discomfort, and a higher risk of frequent infections.

By understanding how to care for your lymphatic system and knowing when to seek professional help, you can improve your comfort, reduce risk, and feel your best every day.

### What Is the Lymphatic System and Why Does It Matter?

The lymphatic system is a **key part of your circulatory and immune systems**. Working quietly behind the scenes, it balances fluids, fights infection, and nourishes cells. If it's not functioning well, you may experience swelling, frequent infections, or lasting discomfort.



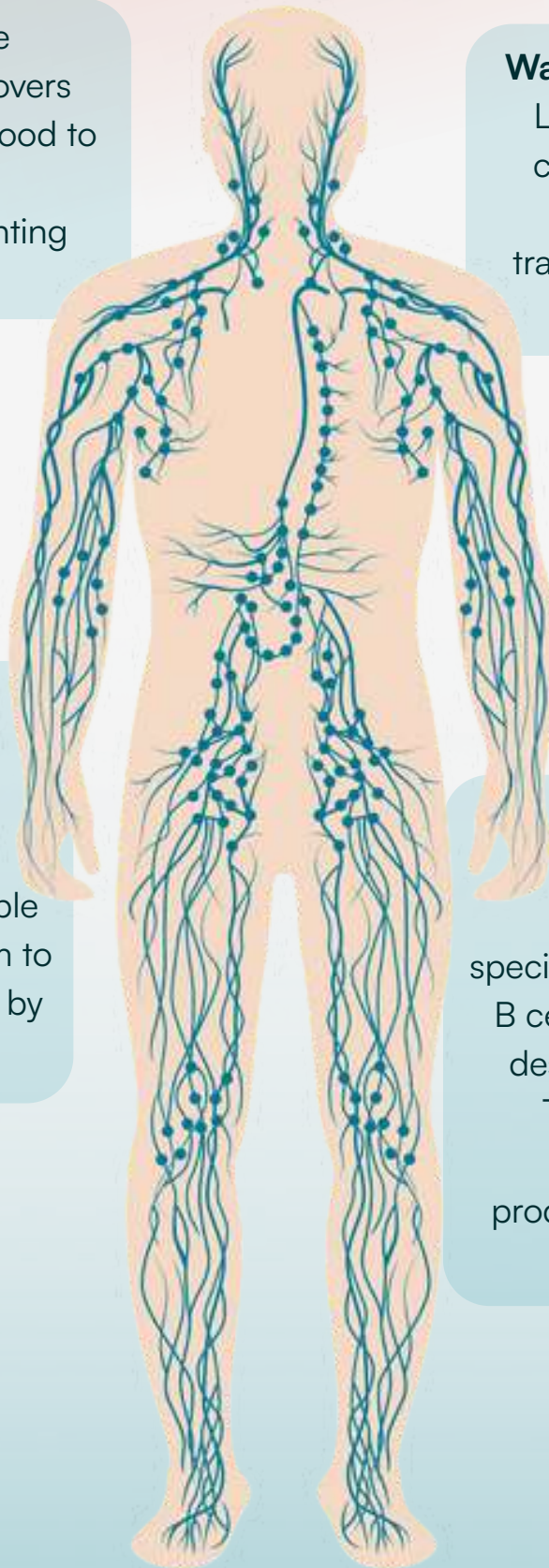
# Functions of the Lymphatic System

**Fluid Regulation:** The lymphatic system recovers daily fluid lost from blood to tissues, returning it to circulation and preventing swelling and edema.

**Waste and Toxin Removal:** Lymphatic vessels remove cellular debris, toxins, and pathogens from tissues, transporting them to lymph nodes for filtration.

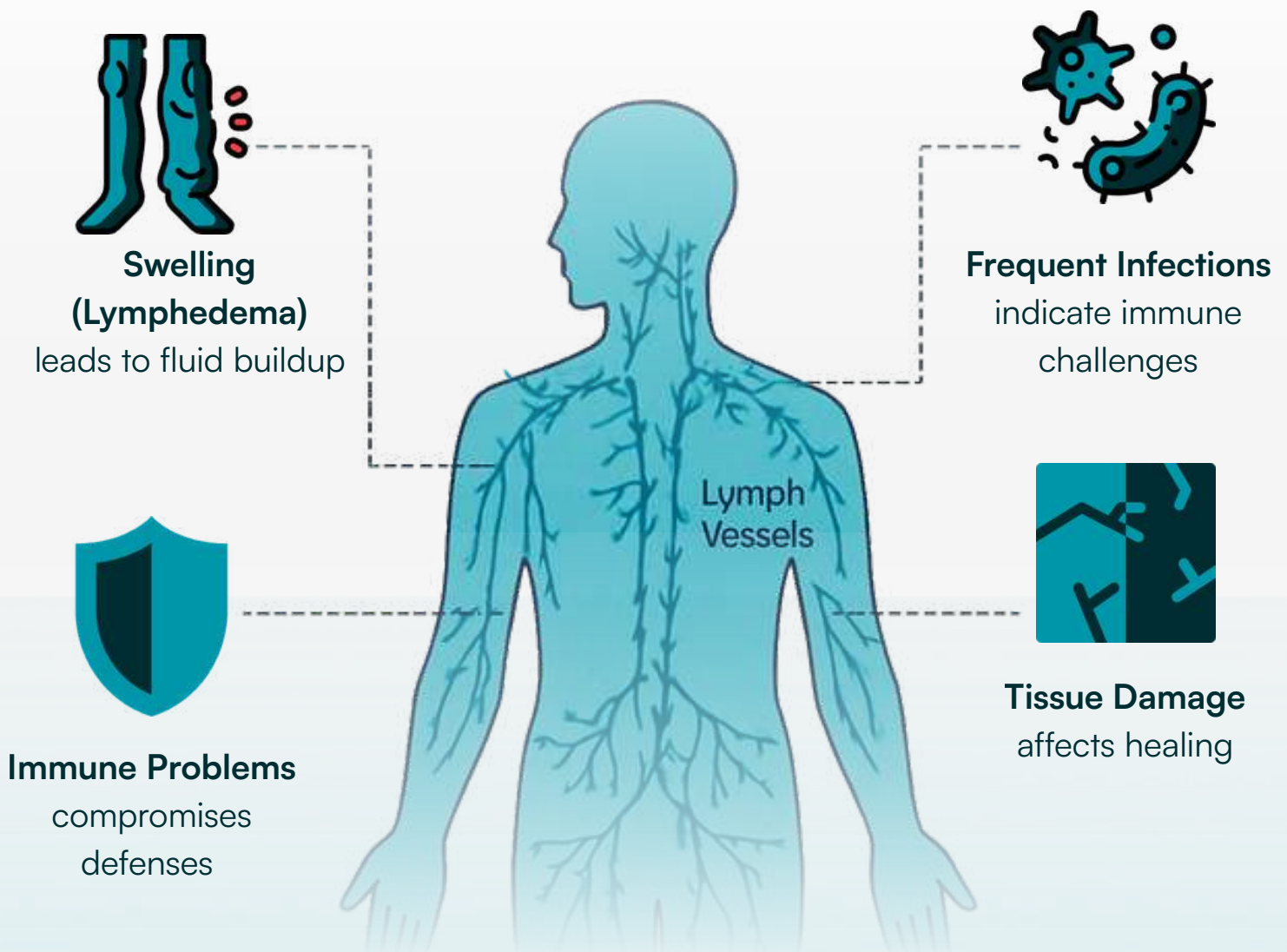
**Fat Absorption:** Specialized lymphatic vessels in the intestines, called lacteals, absorb dietary fats and fat-soluble vitamins, delivering them to the bloodstream for use by the body.

**Immunity and Disease Defense:** Lymph nodes house specialized cells (T cells and B cells) that recognize and destroy infectious agents. The thymus and spleen further help the body produce and filter immune cells.



## Why Lymphatic Health Matters

If any part of this network becomes blocked, injured, or weakened, several health problems can develop—sometimes immediately and sometimes over months or years.



Maintaining lymphatic health is not only about preventing swelling or disease. The system plays a central role in how the body feels every day, recovers from injury, and wards off illness.

# 2

## Signals from Beneath: Spotting Lymphatic Trouble **BEFORE IT GROWS**

Imagine waking up one morning and noticing that one of your arms feels unusually heavy and tight. It's not just mild puffiness—your sleeve fits differently. By midday, the swelling has worsened, making it harder to bend your elbow or grasp your coffee mug. This is often the first **subtle sign of lymphatic dysfunction**, setting off a chain of experiences that are common yet deeply personal for many.

### Swelling (Lymphedema): *More Than Just Puffiness*

A hallmark of lymphatic problems, lymphedema usually appears gradually as swelling in the arms, legs, face, or abdomen. Early signs may be mistaken for extra weight or fluid, but over time skin tightens, mobility drops, and routine tasks grow difficult.



For some, this swelling may emerge after cancer treatment, surgery, or injury that damages the lymphatic vessels or nodes. For others, genetics play a role. Regardless of the cause...

**Swelling can carry emotional weight as well—  
affecting confidence and daily independence.**



## Pain and Discomfort: *The Hidden Strain*

Swelling often brings discomfort as tissues stretch with trapped lymph fluid, causing soreness that can sharpen with movement. Skin may become warm, tender, and sensitive, making even light contact unpleasant.

**This pain can disrupt sleep, limit physical activity, and create a persistent sense of fatigue or frustration.**

People sometimes describe it as a “full” or “tight” feeling beneath the surface, a constant reminder that something isn’t quite right.

## Frequent Infections: *An Open Door to Germs*

The lymphatic system acts as your body's “**filter station**”—removing bacteria, viruses, and other invaders. When flow is blocked, defenses weaken and tissues become vulnerable—making even small cuts prone to infections like cellulitis, which can spread quickly.



Many people living with lymphedema or chronic swelling experience repeated bouts of infection. Each episode can bring fever, chills, redness, and more swelling—further damaging the lymphatic system and creating a difficult cycle to break.



## Inflammation:

### *The Body's Alarm System*

Inflammation is the **body's quick response to trouble**, but in the lymphatic system, it can linger. Swollen lymph nodes may be red, warm, and tender, and red streaks along lymph vessels signal the need for urgent medical care.

## How It Feels

Lymphatic problems affect people in many ways. For some, changes develop slowly; for others, they appear suddenly after illness or surgery. What all share is the way these issues impact daily life—touching, physical ability, energy, emotional resilience, and social ease.



## The Importance of Vigilance and Self-Care

Recognizing signs like swelling, aches, skin changes, or frequent infections helps you seek care early and prevent complications. Pairing self-care with timely medical support protects your quality of life—**know when to rest, move, and reach out for help.**

# 3

## The Drainage Solution: **MYTHS, TRUTHS,** and Transformative Techniques

Lymphatic drainage helps keep your body's detox system moving. It uses gentle techniques to encourage the flow of lymph — a fluid that, unlike blood, has no heart to pump it. Instead, it depends on movement, muscle contractions, and external stimulation.

“When flow slows from illness, surgery, or chronic conditions, these methods can restore circulation and reduce fluid buildup.”

There are three main approaches to lymphatic drainage:

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**Manual Lymphatic Drainage (MLD):** A therapeutic form of massage using gentle, rhythmic, and precise hand movements to stimulate lymph flow. It is most often performed by trained therapists but can be taught as self-massage.



**Movement-Based Drainage:** Activities such as walking, deep breathing, stretching, swimming, and yoga naturally support the contraction of muscles, which gently “pump” lymph through the vessels.



**Medical or Device-Assisted Drainage:** For more advanced swelling (like lymphedema), pneumatic compression devices or provider-prescribed therapies may enhance lymph movement and help manage chronic conditions.





## Facial Drainage

Facial lymphatic drainage uses ***gentle techniques on the face and neck to reduce puffiness, refresh skin, and soothe congestion***—ideal after allergies, colds, or travel. These simple, light movements are safe for most to do at home and help promote a brighter, healthier look.

## Body Drainage

Body drainage ***targets persistent or significant swelling in the arms, legs, trunk, or abdomen***—often following surgery or with chronic lymphedema. Through gentle techniques, it helps redirect lymph fluid from congested areas to healthy lymph nodes, reducing discomfort and stiffness. Because it can be complex, body drainage is safest when taught or performed by a certified therapist, particularly for ongoing or severe swelling.

| Aspect        | Facial Drainage                                                          | Body Drainage                                                                           |
|---------------|--------------------------------------------------------------------------|-----------------------------------------------------------------------------------------|
| Focus Area    | Face and neck                                                            | Limbs, trunk, abdomen                                                                   |
| Primary Goals | People experiencing puffiness from allergies, illness, stress, or travel | Those with arm/leg swelling, post-cancer surgery patients, chronic lymphedema sufferers |
| Techniques    | Delicate, surface-level massage and tapping                              | More systematic, involves sweeping, upward strokes, or guided movement                  |

| Aspect    | Facial Drainage                                              | Body Drainage                                                                   |
|-----------|--------------------------------------------------------------|---------------------------------------------------------------------------------|
| Frequency | Can be performed routinely, even at home                     | Performed as part of medical treatment plans or guided self-care after training |
| Outcome   | Enhanced tone, brighter complexion, reduced sinus discomfort | Decreased limb swelling, improved mobility, reduced discomfort                  |

## Why Is Lymphatic Drainage Important?

### *Fundamentals and Benefits*



**Fluid Balance**  
Reduces swelling



**Wellness & Appearance**  
Enhance skin & beauty



**Immunity**  
Boost immune function



**Tissue Recovery**  
Support healing



**Toxin & Waste Removal**  
Cleanses the body

## When Does Lymphatic Drainage Help?

- ☐ **Persistent or Chronic Swelling:** After cancer treatment, injury, or surgery, especially when lymph nodes are removed or damaged.
- ☐ **Mild Swelling/Puffiness:** Travel (long flights), hormonal changes, or mild fluid retention.
- ☐ **Maintenance and Prevention:** For people prone to swelling due to genetics, chronic venous insufficiency, or sedentary lifestyles.
- ☐ **Post-Illness Recovery:** Speeds the resolution of swelling or heaviness after infections or allergic reactions.
- ☐ **Supporting Mobility:** Regular drainage decreases the risk of skin changes, improves comfort during movement, and may help prevent wound complications.

## The Fundamentals: Safe and Effective Practice



**Gentleness Is Key:** Whether for the face or body, lymphatic drainage must use light, careful pressure to avoid damaging delicate vessels or tissues.



**Individualized Approach:** People with underlying medical conditions (infection, heart problems, active cancer, blood clots) should consult healthcare providers before starting any drainage regimen.



**Professional Guidance:** Chronic or severe swelling is best evaluated by specialists to identify the root cause, customize treatment, and prevent complications.

# 4

## Everyday Rituals for a **FLOWING LIFE**

Caring for your lymphatic system does not require expensive equipment or hard-to-follow routines. ***Many of the most effective strategies are simple, can be performed at home, and fit easily into your daily life.*** Focusing on both physical habits and healthy food choices helps keep lymph fluid moving, reduces swelling, and strengthens your body's natural defenses.

### The Importance of Daily Physical Habits

Your body relies on movement and gentle care to keep lymph liquid flowing smoothly. Without a central pump like the heart, the lymphatic system depends on muscle contractions and simple actions to circulate fluid and clear out waste.

**These practical habits  
can make a difference in  
comfort and long-term  
lymphatic health.**



## Actionable Physical Habits

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**Gentle Movement:** Activities such as walking, swimming, cycling, or light yoga are ideal. These exercises activate multiple muscle groups, helping move lymph fluid and prevent it from stagnating. Aim for at least 30 minutes most days of the week for best results.



**Elevation:** If you notice swelling in your arms or legs, elevate them above the level of your heart when sitting or lying down. This practice helps excess fluid drain more easily back into circulation.



**Compression:** Use medically prescribed compression sleeves or stockings if you have persistent swelling or a diagnosis like lymphedema. These garments gently squeeze the area, supporting fluid movement and reducing discomfort.



**Dry Brushing:** Using a soft brush to gently stroke the skin toward the heart can stimulate surface lymph flow. Only use this technique on healthy, unbroken skin, and stop if you notice irritation.



**Skin Hygiene:** Cleanse and moisturize daily to prevent infection. Dry, cracked skin can create entry points for bacteria, so keeping skin in good condition is essential, especially in swollen areas.



# The Role of Food and Lifestyle in Lymphatic Health

What you eat and drink shapes the health of your lymphatic system. Hydration, antioxidants, and balanced nutrition support tissue repair, reduce inflammation, and help your body recover from stress or injury.

## Doable Food and Lifestyle Choices

**Stay Hydrated:** Drinking enough water keeps lymph fluid thin and mobile, making it easier for your body to clear waste products. Aim for 8–10 cups of fluid daily, unless your provider instructs otherwise.



**Antioxidant-Rich Foods:** Berries, leafy greens, and citrus are loaded with compounds that repair tissue and fight inflammation. Try to include fruits or vegetables with every meal.

**Lean Proteins:** Foods such as fish, chicken, tofu, or beans promote healing and help maintain muscle mass, which further supports circulation.



**Reduce Salt:** High sodium intake can cause your body to retain fluid, making swelling worse. Using herbs and spices for flavor instead of salt is a simple way to cut back.

## Quick Reference Table

| Self-Care Habit                | Why It Helps                                         | Example                                                                                                             |
|--------------------------------|------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| <b>Gentle movement</b>         | Stimulates lymph flow through muscle activity        |  Walking, swimming, yoga         |
| <b>Elevating swollen limbs</b> | Reduces swelling by supporting lymph vessel function |  Propping legs on pillows        |
| <b>Compression garments</b>    | Stimulates lymph flow through muscle activity        |  Medical sleeves/stockings       |
| <b>Daily skin care</b>         | Prevents infection by protecting skin barrier        |  Cleanse and moisturize        |
| <b>Hydration</b>               | Keeps lymph fluid moving efficiently                 |  Drink water throughout day    |
| <b>Antioxidant-rich foods</b>  | Repairs tissues, reduces inflammation                |  Berries, leafy greens, citrus |
| <b>Lean proteins</b>           | Supports healing and muscle tone                     |  Chicken, fish, tofu           |
| <b>Reduced salt</b>            | Prevents excess fluid retention                      |  Limit processed foods         |

# 5

## Yellow Lights: When to Pause, Reconsider, and **SEEK SAFE GUIDANCE**

Understanding when lymphatic drainage is unsafe is just as critical as knowing when it provides benefits. While gentle lymphatic massage and related therapies can help many individuals, there are specific situations where such approaches may pose serious risks.

Recognizing these contraindications is essential to avoid worsening your condition or causing unnecessary harm.

### Why Caution Is Needed



The **Lymphatic System** works closely with your immune response, inflammation pathways, circulation, and wound healing. In certain circumstances, **stimulating lymph flow** can inadvertently **spread infection**, **worsen inflammation**, or **interfere with your body's natural healing process**. For some people, especially those with **critical underlying health conditions**, lymphatic drainage may aggravate issues that require **prompt medical attention** instead of self-care or massage.



## Situations Where **Lymphatic Drainage** Should Be Avoided

### 1. Active Infection

- **Signs:** Red, hot, swollen, and painful skin, often with fever or chills.
- **Reason:** Massaging or manipulating infected tissue can rapidly spread bacteria via the lymphatic or blood system, increasing the risk of serious complications such as sepsis.
- **Examples:** Cellulitis, infected wounds, lymphangitis.

### 2. Sudden, Unexplained, or Rapidly Worsening Swelling

- **Reason:** This may indicate a blood clot, acute infection, heart/kidney problems, or even undiagnosed malignancy. Any manual therapy, including drainage, could worsen the underlying cause or delay a correct diagnosis.
- **Action:** Seek prompt medical evaluation before attempting any massage or lymphatic treatments.

### 3. Recent Surgery or Unhealed Incisions

- **Reason:** Surgical wounds are sensitive and prone to injury; manipulation can disrupt sutures, reopen wounds, or introduce bacteria, delaying healing and promoting infection.
- **Guideline:** Wait until incisions are fully closed and cleared by your healthcare provider before resuming any lymphatic massage or compression treatments.



#### 4. **Blood Clots** (Deep Vein Thrombosis) **or** **Active Cancer** (Without Medical Clearance)

- **Reason (Blood Clots):** Manipulation may dislodge a clot, risking a life-threatening embolism (a blockage in essential organs).
- **Reason (Cancer):** Manipulation could facilitate the movement of malignant cells through lymphatic channels.
- **Guideline:** Only proceed with explicit clearance from your healthcare provider, ideally as part of an integrated care plan.

#### 5. **New Numbness, Severe Pain, or Sudden Weakness in a Limb**

- **Reason:** These are red-flag symptoms, often signaling nerve involvement, acute vascular events, or other serious conditions. Lymphatic drainage is not appropriate; immediate professional evaluation is required.

### General Rule: When in Doubt, Ask a Professional

If you are uncertain about whether lymphatic drainage is safe for your situation—or you develop new or unexplained symptoms—the safest approach is to consult a licensed healthcare provider. Early medical input prevents complications and ensures you receive the right care at the right time.



## Why Professional Guidance Matters: *At Peak Medical Center*

Navigating lymphatic health, especially when warning signs or complex conditions are present, should not be done alone.

**At Peak Medical Center, we specialize in carefully assessing each individual's health status to determine the safest and most effective approach.**

Our team collaborates with you and your existing healthcare providers to ensure any lymphatic therapy is medically appropriate and tailored to your unique needs.

If you are experiencing any of the symptoms mentioned above, have ongoing swelling or discomfort, or are unsure whether lymphatic drainage is right for you, **connect with Peak Medical Center for expert assessment and compassionate, evidence-based care.**



# 6

## IS IT YOUR TIME FOR DRAINAGE?

### Signs You Should (or Should Not) Start

Not every instance of swelling or discomfort means you need lymphatic drainage. However, certain signs suggest it may be time to talk to a professional about whether this therapy is right for you.

#### Signs That Lymphatic Drainage May Help

##### Persistent Swelling

- Swelling in the arms, legs, face, or trunk that lasts for weeks or months, especially after surgery, injury, or cancer treatments.



##### Recurring Puffiness

- Ongoing puffiness in the face or extremities that can't be explained by allergies, minor injuries, or hormonal changes.



##### Heaviness or Tightness

- A constant sense of heaviness, tightness, or decreased mobility in a limb or body part, making movement or daily activities harder.



##### Home Care Isn't Enough

- Symptoms that don't improve with movement, hydration, elevating the area, or wearing prescribed compression garments.





**This is also a sign to seek help when these conditions persists.**

## Why Professional Assessment Matters

If you notice any of the above signs, self-care alone might not be enough. A healthcare provider or certified lymphatic therapist can:



- Identify the underlying cause of your symptoms.
- Rule out serious underlying conditions.
- Develop a personalized plan—including manual drainage, exercise routines, or medical devices—tailored to your needs.

Early, targeted treatment reduces the risk of complications, helps avoid infections, and improves your comfort and mobility.



## The Value of Tailored Care

Lymphatic drainage is most effective when it's individualized. Professional assessment ensures you receive the right therapy, frequency, and home instructions, so you get safe, long-term results.



# 7

## **Beyond Massage:** Acupuncture, Habit Shifts & **COMPLEMENTARY THERAPIES**

Acupuncture and other complementary therapies are increasingly recognized as helpful additions to lymphatic care, including for lymphedema. While not replacements for primary treatments like manual lymphatic drainage or medical management, they may ease certain symptoms and boost overall well-being when part of a complete care plan.

**Needles trace pathways of renewal—where  
ancient wisdom meets today's healing.**

### **Acupuncture:** **Mechanisms and Evidence**

Acupuncture involves the insertion of very fine needles at targeted body points with the intent to stimulate nerves, muscles, and connective tissue. This technique may enhance local blood circulation and potentially facilitate lymphatic flow, helping to alleviate swelling and discomfort.



## What Does Research Show?

It is important to note that the benefits of acupuncture for lymphedema are generally modest and most evident when used alongside standard treatments.

A 2013 prospective pilot study found that **acupuncture in women with breast cancer-related lymphedema** was associated with a significant mean **reduction in arm circumference difference**, with 33% of participants experiencing a reduction in swelling of 30% or greater. No serious adverse effects were noted in the trial.

A 2018 randomized controlled trial concluded acupuncture appeared safe for patients with persistent, moderate-to-severe lymphedema and found some reduction in swelling, but the difference compared to controls was not statistically significant.

Qualitative research and systematic reviews highlight that **acupuncture may improve pain, bodily discomfort, and quality of life for some individuals struggling with lymphedema**, though further high-quality studies are needed to validate these outcomes consistently.



# Integrating Acupuncture into Comprehensive Lymphatic Care

Acupuncture is best used as a complement,  
not a replacement for established therapies like:

Manual lymphatic  
drainage



Prescribed exercise or  
movement routines



Compression  
garments



Optimal results come from a collaborative care approach. Always choose a practitioner licensed and experienced in working with individuals affected by lymphatic or oncology-related concerns. It's essential to consult your main healthcare provider before starting acupuncture to ensure the therapy suits your individual medical profile, especially if you have complex health conditions.

## Other Complementary Therapies

**Therapeutic Massage**



**Gentle Exercise and  
Mind-Body Movement**



**Herbal Supplements  
and Hydrotherapy**



# 8

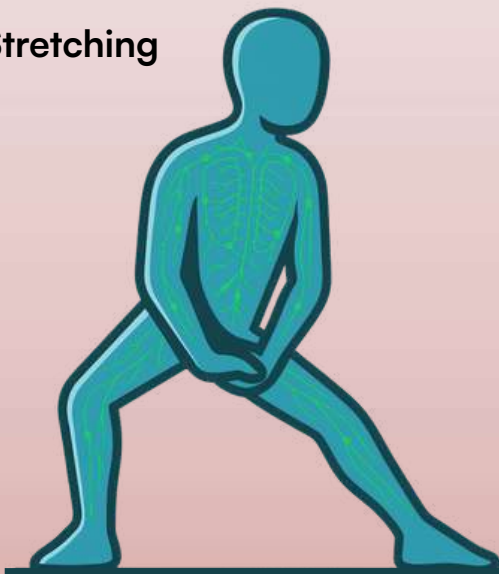
## Truths Untangled: **BUSTING MYTHS,** Answering Real-World Questions

Understanding how the lymphatic system works—and separating truth from misconception—empowers you to make the best choices for your health. This chapter presents essential facts, walks through common myths, and answers the questions people ask most often.

### Essential Facts

Muscle movement keeps lymph flowing. The lymphatic system relies on your body's movements and deep breathing—not a central pump like the heart. Stay active with regular walking or gentle stretching.

Stretching



Yoga





Compression wear reduces swelling. Medical compression garments, prescribed by a provider, help move lymph fluid and manage swelling from conditions like lymphedema.

Gentle care works best. Routine, mild exercise, hydration, and skin care are safer and more effective than forceful treatments. Avoid deep or aggressive massage, which can harm delicate tissues.



## Common Questions

### How do I distinguish lymphatic swelling from injury swelling?

Lymphatic swelling usually comes on slowly, affects a larger area (like a whole limb), and persists. Swelling from an injury develops quickly after a clear event and is localized. When in doubt, check with your healthcare provider.



### Can food or supplements replace treatment?

Healthy eating supports your lymphatic system, but it does not replace therapies like lymphatic drainage, compression, or medical care. For ongoing or worsening swelling, always seek professional help.



# 9

## Your Next Steps **PEAK WELLNESS**

Becomes Your Partner  
for Long-Term Health

If you've reached the limits of home routines for lymphatic health, working with experienced professionals offers the expertise, proven care, and tailored guidance you need to progress with confidence.

### When Lymphatic Health Needs Expert Support

If swelling, discomfort, or daily limitations persist despite home care like walking, yoga, or Pilates, **Peak Medical & Wellness Center** is here to help. We provide personalized care focused on your goals, safety, and every step of your journey.

#### Our Services Include:



Therapeutic Lymphatic  
Drainage



Comprehensive  
Wellness Coaching



Ongoing  
Preventive Care



Personalized Physical  
Therapy

# What to Expect at Your First Visit

## PEAK MEDICAL



### **A Warm Welcome**

Your story matters.



### **Thorough Assessment**

We conduct a detailed evaluation.



### **A Collaborative Plan**

Together, we'll create an actionable plan.

## Ongoing Support

Your relationship with Peak doesn't end after the first appointment. You'll benefit from:

- Access to the Peak Wellness Newsletter
- Educational resources on our website
- Direct communication with your care team for any questions or support between visits

## **Ready to Take the Next Step?**

If you're seeking relief, better mobility, or simply more confidence managing your lymphatic health, don't wait. Reach out to schedule a consultation, ask questions, or explore our resource library. Peak Medical & Wellness Center is here for you—step by step, on your path to wellness.

**Your journey to better lymphatic health starts with partnership,  
education, and care you can trust.**

# APPENDICES

## Self-Care Routine: Daily Checklist

### Gentle Movement:

- ☐ Did you practice some walking, home yoga, Pilates, or another gentle physical activity today?



### Hydration:

- ☐ Have you had enough water (aim for at least 8–10 cups) to keep your body and lymphatic system hydrated?



### Compression Support:

- ☐ Are you wearing any prescribed compression garments as directed, especially if you have a history of swelling or lymphedema?



### Symptom Awareness:

- ☐ Have you noticed any new, worsening, or spreading swelling or discomfort? Are there any signs that you need to check in with your provider?



### Skin Health:

- ☐ Did you cleanse and moisturize vulnerable skin areas, especially where you tend to swell or use compression?



### Professional Guidance:

- ☐ Are you reaching out for expert help if symptoms persist, change, or you feel unsure?



## Meal Planning Essentials for Lymphatic Health

- Make half your plate fruits and vegetables for fiber and antioxidants.
- Include a serving of lean protein (chicken, fish, tofu, beans) at every meal.
- Avoid highly processed foods and keep salt intake low to reduce bloating.
- Stay hydrated with water, herbal teas, or infusions—strive for 8–10 cups a day.

### Sample One-Day Meal Plan Table

| Meal      | Healthy Option Example                                |
|-----------|-------------------------------------------------------|
| Breakfast | Oatmeal with berries and almonds, glass of water      |
| Lunch     | Grilled chicken salad with mixed greens and olive oil |
| Snack     | Sliced cucumber and hummus                            |
| Dinner    | Baked salmon, steamed broccoli, brown rice            |

### Keep In Mind

#### **Your lymphatic health thrives on small, sustainable habits:**

- Consistent movement (even at home with accessible routines)
- Healthy eating and proper hydration
- Keeping your skin protected and compression use as recommended
- Noticing changes early and seeking help when needed

Partner with experts such as Peak Medical & Wellness Center for personalized advice, ongoing support, and the confidence to care for your lymphatic system every day.

## Personalization Tip:



You can tailor the checklist with your preferred physical activities (like walking, yoga, Pilates), track your water intake, and update it as your needs and routines change. This close, hands-on approach makes daily lymphatic self-care more effective, engaging, and sustainable.

## Contact & Scheduling: Peak Medical

- Call or visit our website for appointments, questions, and resources
- Subscribe to the Peak Wellness Newsletter
- Scan QR code (see below) to schedule instantly



**Keep this section handy for quick answers and at-home support!**