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The lymphatic system program which is a part of our circulatory program is a very important network of lymphatic system vessels which performs a pivotal part for the immunity process. This important program in our body system performs a very vital part in stimulating an defense response in the lymph nodes. these tissues can become inflamed and the proteins get stored in the lymph nodes. Over a period of time these harmful toxins go on mustering up hindering the functions of the cells and affects the metabolism of the cells.

In very simple terms if we detoxify and stimulate the the lymphatic system program then it will positively help us with the removal of the harmful toxins accumulated in our body system over the years. The the lymphatic system program in our human is a very complicated drainage arrangement in our body system which get rids of the harmful pollutants and chemicals in our body system. Its fundamental part is to clear the body system of the substance wastes, extra fluid, unwanted micro organisms and other foreign agents and maintain the substance balance of the body system. It is through the lymph nodes that the harmful toxins that have been stored in our bodies are thrown out of the program and purification takes place.

A clear watery fluid called lymph is transported through the lymphatic system. This fluid is the main carrier of the immune cells in our body. These immune cells better known as â€œlymphocytesâ€• protects the body against various antigens that harm the body. Our body contains roughly six to ten liters of lymph which circulates in our body through the contraction of muscles. This flow is a one way flow that is towards the heart. Various factors like stress, dehydration, lack of physical activities, infection, etc., these tissues can become inflamed and the proteins get stored in the lymph nodes. Over a period of time these harmful toxins go on mustering up hindering the functions of the cells and affects the metabolism of the cells.

The harmful toxins in the body are accumulated in various ways like the fat deposits in the cells, cholesterol and mucus as well. Detoxification helps in stimulating these wastes and allows better lymphatic flow which helps reducing the body's toxic level. By engaging yourself in a Detox cleanse routine, you can provoke the lymphatic flow in your body. You can try these through massages, exercises, aerobics, muscular activities, dry brushing of the body, etc. You can also engage in the therapy of alternate cold and hot bath which is a very good way to stimulate the nerves.

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