

## Waste Away

Waste away. Are you aware that 30% of our waste comes through our skin? That's an amazing amount of waste. So what's the importance of moving the waste in the body? Well, if we don't move the waste from the curb, in our neighborhoods, we bring in all the germs, creating an environment where we all get sick. We literally waste away from waste. It's the same in the body.

We have systems in the body that take care of waste. The primary one is the lymph. The lymph system moves the waste. Once the cell has pushed waste out of the cell, it falls into the lymph system for clean up. This lymph system gathers in waste to process before it returns the flow to the cardiovascular system.

The lymph system moves through atmospheric pressure. It doesn't move through exercise and it does not normally happen without some effort on our part. So how do we move waste? Moving waste out of the cells is a matter of changing atmospheric pressure.

As the waste moves out, the clean fluid with nutrition because as you move in nutrition, you move out waste. As the flushing of the lymph occurs, the lymph system prepares the next immune response to keep us healthy.

How do we do that?

In a rocking chair, we do it naturally. We rock back and we rock forward. That's a change your direction. And the nodes in our lymph system pop open with that change of direction.

We can do the same thing on a swing, simply swinging for 10 minutes or rocking for 10 minutes will completely flushed the entire lymph system.

Do that daily. Why? Because a daily flush of our lymph system keeps our immune system primed for what is going on in our body, for what it has to fight daily. It is a wonderful way to have good health. So don't waste away, rock or swing.

No swing or a rocking chair available? Simply move your body from the left side of the body to the right side of the body. Let your arms hang and dangle like ropes. And the turning of the waist slightly will begin moving those arms. That is the easiest way to swing and with 10 minutes of swinging. You have flushed the entire immune system.

Bend into your knee and absorb the difference of your height as you go across one side of the body to the other. Make the ground your trampoline creating a trampoline effect. Which brings me to another way to move the lymph. You can use a trampoline. If you do not let your feet separate from the surface of the trampoline. Each time you move up and down the reversing of direction opens every node in your lymph system.

It's not bouncing, it's not running. It's not walking. Bend your knees a little to get that motion going. 10 minutes later, you will have flushed your entire lymph system. Rock away or swing away, it is a wonderful way to find good health.