**Lymphatic Chat With Mitzi & Carrie**

**What is the Lymphatic System?**

**Why is it important?**

**How can I support it? What are the benefits of supporting it? Avoid if…**

**+Dry Brushing+**

**+Essential Oils & Carrier Oils+**

**+Rebounder+**

**+Exercises+**

**+Breathing/Movement+**

**+Draining the Lymph Nodes+**

**+Gua Sha Stone+**

**+No Magic Pill+**

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