

From the Introduction of this e-book:

Just as the currents of a river run through the mountains and valleys to cleanse out the landscape, the body's internal waterways made up of lymphatic fluids function as a "river of health," cleansing the body by carrying away accumulated wastes and foreign invaders. This powerful cleansing aqueduct is actually twice as large as there are twice as many lymph vessels as there are blood vessels.

The lymphatic system is the body's first line of defense against disease. As the body's internal cleansing waterway, it plays an indispensable role in immunity and in the body's immune surveillance against cancer. When immune surveillance fails, cancer grows and spreads (metastasizes), and inflammatory diseases like fibromyalgia, lupus, arthritis, and shingles progress into incapacitating disorders.

With just a slight compromise in the flow of this river of health, the body's is less able to resist viral infections and becomes prone to a vicious cycle of non-stop inflammation that leads to a wide spectrum of degenerative diseases.

The lymphatic system is the most forgotten and neglected system of the entire body. It is composed of a network of thin tubes that branch, like blood vessels. These lymphatic capillaries carry lymph fluid into tissues throughout the body. Lymph fluid is loaded with infection-fighting cells called lymphocytes that originate from clusters of bean-shaped organs called lymph nodes, which are found under the arms and in the groin, neck, chest, and abdomen.

Lymphatic organs include the spleen, thymus, tonsils, and bone marrow.

Lymphatic tissue also is found in other parts of the body, including the stomach, intestines, and skin.

The lymphatic system is designed to function as a cleansing aqueduct, bathing each cell and draining away detritus through the circulatory system. If the flow of lymphatic fluid is slowed due to lack of exercise, overburdened detoxification organs (such as kidneys and liver) or excessive exposure to man-made chemicals, the body will become toxic. At first, you may recognize this toxicity by the swollen lymph nodes in your neck area when you get a cold or the flu. But, then it progresses causing brain fog, chemical sensitivity, depression, fatigue, headaches and often a feeling of heaviness in the abdomen. Stagnant lymph interferes with the body's ability to cleanse viruses, bacteria, mutagenic cells, metabolic toxins and cancer, and it inhibits critical self-repair and self-healing mechanisms in the body.

As you will learn, the lymphatic system is also the body's "information highway," which harbors lymph nodes that manufacture infection-fighting cells produced to protect your body from infections. It interacts with your cardiovascular system and nervous system to keep you healthy.

When our river of health gets blocked by stagnation or congestion, a backup of free-flowing lymph causes acne, skin rashes, cysts, tumors, fibrocystic breast lumps, fatty tumors, and in advanced cases spider veins and cellulite. This e-book will show you how to keep your river of health flowing so you can solve all sorts of unresolved health problems that have their origin in the lymphatic system.

Like tributaries trickling into a stream that feeds a river, the lymphatic capillaries join with others and flow into larger vessels called pre-collectors and collectors. These vessels have smooth muscle in their walls much like blood vessels and one-way valves that prevent the back flow of lymph. The body has approximately 600 of these bean-shaped nodules called lymph nodes, which have a fibrous outer capsule and an internal collection of immunologically-active cells. The nodes filter and destroy foreign substances such as germs and toxins that may be present. The swelling that occurs after you get a sprained ankle or an injury is the lymphatic system carrying fluid to these areas to protect them.

Does your lymphatic system need attention? If you are overweight around the abdomen, have skin abnormalities, allergies, digestive disorders or have chronic fatigue, anxiety or nervous system issues, your lymphatic system is already moderately compromised. If you've been diagnosed with fibromyalgia, cancer, multiple sclerosis, multiple chemical sensitivity, Parkinson's or Alzheimer's disease, lupus, arthritis, asthma or have cellulite or varicose veins your lymphatic system is chronically compromised with no traditional medical cure available. My journey and search for multidisciplinary knowledge of the lymphatic system began with my personal recovery from two near-fatal illnesses and the news of having only one year to live when I was twenty years old. My findings saved my life, got me off medication for good, and, in part, formed the basic framework for what you are about to learn in this e-book.

This e-book tells a unique and new story about fabulous advances in lymphatic system research that that promises to help people with obesity and all sorts of lymphatic-related disorders. This safe, side effect-free method will help to vanish blues and depression, stop anxiety, and help you think more clearly and live your life with vibrant energy. You don't have to be stuck with unresolved health disorders, be enslaved to pharmaceutical drugs or be sentenced to the inevitable decline of aging. This breakthrough e-book can help you nourish and protect the most vital system in your body: your lymphatic system! www.quantafoods.com

