



#566 Top Signs Your Lymphatic System is Stagnant: Symptoms, Causes, and Natural Remedies to Boost Detox with Dr Jennifer Gramith

Dr. Wendy Myers

Hello, I'm Dr. Wendy Myers. Welcome to the Myers Detox Podcast. On this show, we talk about everything related to heavy metal and chemical detoxification, how to cleanse your body, how to detox your body, health issues caused by toxins and also touch on anti-aging, bioenergetics, and other advanced topics related to health, so, thanks for tuning in. Today we've got my friend Jennifer Gramith on the show. She's an expert in lymphatics and lymphatic drainage. She's going to be talking all about what are the symptoms of poor lymphatic function, what are the things that you can do to clear your lymphatics, how your blood sugar control is key in having healthy lymphatics, and a lot of the different health issues that could be caused by not having proper lymphatic flow.

So, we'll talk about exercise. We'll talk about rebounding. We'll talk about fasting, juice cleansing and how amazing juice cleansing is for clearing your lymphatics. Lots of amazing info on the show today. We also talk about emotional trauma and how feeling stuck can be one of the emotional traumas related to having poor lymphatic flow, like a lot of women in bad relationships can actually start having poor lymphatic flow or if they're at a job they don't like or what have you, they can feel stuck in that greater trauma that affects their physical lymphatic functioning. So, lots of really interesting tidbits like that on the show today.

Our guest, Dr. Jennifer Gramith, is a leading figure in holistic healthcare with over 25 years of experience. She holds a doctorate of naturopathy from the American Naturopathic Medical and Accreditation Board and a certification in the practice of functional medicine from FMU. As the founder of RightWay Health and Wellness, Dr. Gramith is renowned for her expertise and manual lip drainage and complete decongestive therapy certified by the Academy of Lymphatic Studies. She's also a pioneer in nutritional counseling, low-level laser detox therapy developed by Dr. Lee Cowden and the creator of XP2 Assisted Lymphatic Drainage Device. You can learn more about Dr. Jennifer's work at rightwayhealthandwellness.com and find one of the practitioners she's trained to do assisted lymphatic drainage therapy. Jennifer, thank you so much for coming on the show.

Dr. Jennifer Gramith

Thank you for inviting me. I'm so excited.

Dr. Wendy Myers

Yeah. So why don't you tell us a little bit about your background? You're an expert in lymphatic. So, tell us about that.

Dr. Jennifer Gramith

I have a background in traditional mainstream medicine. I worked as a nurse in oncology, cardiology, and internal medicine. Like so many practitioners, we have our own personal story, and mine was my father being diagnosed with non-Hodgkin's lymphoma. We did chemotherapy radiation to shorten his heart. That gave him less than two months to live. I was devastated being just right out of school and ready to take on the world and save the world and I couldn't even save my father. That took me down this journey where my medical director introduced me to a man who was a herbologist that had cured himself of a brain tumor and I kind of laughed it off, but I had no other options. I took my father. He went on a transformation journey of changing his diet, and taking lots of supplements. He survived his death date. Six months later, the tumors that were the size of grapefruit and oranges were half their size. A year later he was cancer-free. That was a turning point in my career and my

mother as well. We both went back to school to become naturopathic doctors. So, I've been doing this now going on 30 years, which ages me.

So, my passion has always been to help and educate people on how to support their immune system. Early in my career, I just found the tool of the lymphatic system in nursing school. We had a chapter on it. Every other system of the body, we had a textbook on, so I knew very little, just like most healthcare practitioners out there, on the lymphatic system and the important role that it plays. And so, as I started working with more and more cancer patients as a naturopath, I started having and seeing a lot of inflammatory processes. I was successful with stage 3, and stage 4 cancer and had about a 25–35 percent success rate with just diet changes and supplementation. But when I brought on lymphatic therapy, it brought it to 65, 75, and then 85 with stage 3, and then stage 4 as well. Such a big, big difference. That kind of opened my eyes to the importance of the system I really knew nothing about. I became a lymphedema specialist because so many cancer patients come to practitioners like myself and you after they have done chemotherapy radiation, and they want us to kind of put them back together, right? They have lymphedema. They have chronic inflammation and deterioration of their organs, glands and systems.

It's a huge project and I wish that people would come to us first before and I'm not saying that they should not do those things. Sometimes, they're necessary, but they should not be the first line of defense. That's not where you start because it's not a deficiency of those types of treatments. It is a lifestyle issue in most cases, as you know. So that's how I've gotten into this field and I just grabbed onto the lymphatic system and really started studying anything I could get my hands on back in that day. Back in my day there wasn't even a textbook on the lymphatic system and now there is. We have grown in, we have more of an awareness today than we've ever had before. So, I love it. Love it.

Dr. Wendy Myers

You have a whole school dedicated to training and practitioners on lymphatic therapy. But just for people listening that maybe don't know, what is a lymphatic system exactly? And what is its role in detoxification and the health of the body?

Dr. Jennifer Gramith

Yeah, it's amazing to me how many people don't know what your lymphatic system is, but, traditionally your lymphatic system is a collection of vessels, kind of like your cardiovascular system, but it also has lymph nodes. These are little filter stations in the body that cleanse debris and pathogens out. So many people hear about their lymphatic system when they are diagnosed with cancer and they find cancer cells in the lymph nodes and they're like, oh, no. Back in the day, we thought, oh, we need to take all those out because that's the problem. That's the spread of cancer. But your lymph nodes are actually the battleground of where your immune system fights these cancer cells, pathogens, infections of any kind, environmental toxins and so you want to preserve your lymphatic system. You don't want to start chopping it up, cutting it out if at all necessary, because that creates a lower immune response. But the problem I see in this day and age is that most of us have congestive lymph and that is why we're seeing a skyrocket of cases of cancer, autoimmune, you name it, heart disease, especially in the female population.

Dr. Wendy Myers

What are some of the indications that your lymph is static or stagnant or you're having issues with your lymph?

Dr. Jennifer Gramith

Most symptoms that you deal with headaches, bloating, gut issues, anywhere on the body that you squeeze and you have tenderness, that's congested lymph, constipation, IBS, you name it, hormone imbalances, that's probably one of the biggest things, because think of your lymphatic system as your highway. Your immune system is the traffic, the cars, and if your lymphatic system is congested, your immune response time is drastically decreased. And so, we have exposure after exposure after exposure. We can't live in a bubble, right? We have to have a functioning lymphatic system to transport our immune system. When we don't is when we develop acute and chronic illness. That's a key player and you've heard most of your immune system lies in the gut and the deeper lymphatics. And so, yeah, gut health is key and it's tied right into your lymphatic and your brain health.

Dr. Wendy Myers

I had a period where I was moved into my house and there was a lot of mold in the house and my lymphatics just swole up. I'd never experienced that before. My body was dealing with a lot moving to this house and having to spend a month cleaning it up. It took a long time. The reason is that no one had lived in it for 11 years. And so, my lymphatics totally swole up and the only thing that fixed it was I had to go on walks almost daily and I had to do ionic foot baths. The ionic foot baths, like, saved me and brought that swelling down, but it was very strange. Like, how am I dealing with this? But it was just, what's happening?

Dr. Jennifer Gramith

Especially when you live a healthy lifestyle, that's the accumulation of these toxins over time. People who don't practice regular detox are the ones who really suffer. I've been seeing this too because for the last year, I have been monitoring my patients with labs, inflammation markers, and then continuous glucose monitoring. Wendy, this has been eye opening, because like I said, I've been doing this for 30 years and you have those patients who you clean up their diet, you put them on a plant-based diet, you do everything right, and then still are symptomatic. They're still struggling. I started doing the Dr. Jim's gut repair program where I teach people how to properly fast and fast for your hormones and fast for your health. And I had my students wear a CGM during this time. There was one lady who had a heart attack and she was trying to recover from that, another lady who was struggling with diabetes and another one with cancer. They were all doing different types of diets that we have really encouraged them to do because they're whole food and they're healthy proteins and things like that. But with these ladies, the one with the heart disease, she was a hundred percent plant-based, which I love. The beans and legumes were spiking her glucose up to over 200.

When you have that kind of situation, anything over 120, when you have that glucose spike, and then it takes hours to come down, it creates inflammation in the body that will last for days. The majority of the population, and especially with her, trying to do everything just right, she was having these spikes multiple times a day, so her body stayed in a state of inflammation, which wore down her heart and internal organs, causing her a heart attack. She was trying to live a healthy lifestyle, but it was just not the right diet style for her. As we switched, everything got better as we added more

protein. We're still whole food plant based, but it wasn't plant only. Then I had another lady that was ketogenic. She was doing a ketogenic diet, the wrong diet for her. I mean, she would crash. Her glucose would spike and then she would crash down to 50 and like that and so she felt horrible all that time. Once we regulated that, all the inflammation markers came down in her.

So, you really have to test these things. You can tell when you're doing lymphatic therapy as a practitioner, when you're using the device on the body, you can feel the congestion and the difference between manual therapy is great and it's how I was trained but it only addresses superficial. I had developed a piece of equipment that actually reached the deeper lymphatics that helps direct your immune system. It makes a world of difference. It's 70 to 80 times more effective than just manuals when you're trying to reverse chronic illness because you have to direct the immune system.

Dr. Wendy Myers

And so manual drainage would be like lymphatic drainage massage and things like that, correct?

Dr. Jennifer Gramith

Yeah, and everybody should know how to do that. You should be doing that, at home, especially women, especially breast work. We see so many women with fibrocystic breasts. I had a new patient this week, a male with breast cancer. I'm seeing more and more of that. I'm seeing women at age 30, 20 with breast cancer, late stage. I mean, it's ridiculous, and it's the environment that we all live in this day and age. It's our sedentary lifestyle. It's our exposures to pathogens, chemicals, and toxins that have just accumulated to the degree. And like you said, you had that exposure to mold. Well, your immune system has been struggling for quite some time for you to react that way. You may only have an immune function of 70 percent because maybe you were born with fewer lymph nodes. That could be a genetic trait but as long as you keep your body burdens down, so the pathogens, environmental toxins, things like that, you're not going to have a reaction.

Your immune system is going to keep things in check, but as things accumulate, stress is the number one thing that causes inflammation in the body that suppresses your immune function, and who among us don't have stress, right? But it's the hormone imbalance, the xenoestrogens, things like that. It's the pathogens. Women are too terrible because we put so many chemicals on our body through our skin care products, and our hair products. It's over 200 and something known endocrine disruptors and carcinogens every single day. It accumulates over time and then you have this exposure and then all of a sudden you become very symptomatic and then it becomes a crisis situation and it's just because there was not enough detox in between each year to keep the burden down. So that's one of my things is really for people to practice regular detoxification.

Dr. Wendy Myers

I read the statistic the other day that just walking every day helps to almost decrease mortality by 70 percent and that it has to be due in a large part to the lymphatic drainage that you can only get naturally by stimulating your muscles, by contracting your muscles to create that pump.

Dr. Jennifer Gramith

The heart doesn't pump the lymphatic system. It doesn't have an automatic pump except the lymphangioma on the little spiral muscle around the collectors. If you don't move, it doesn't move. And just like you said, exercise is key. That's why with Americans, we just are so sedentary. We sit behind a desk all day long and we don't get up and move around. That's another connection to insulin resistance too.

Through my study, it was interesting because it was a habit in myself as well. I noticed that when I worked out in the morning, it would shoot my glucose levels up. I mean, even fasting. So I'd wake up, be about 90. I would go work out and then it would shoot up to almost 200 and I'm like, how is that even possible? Then I changed my routine, did the same exact exercise, but I moved it to the evening and it actually lowered my glucose. So, it will tell you when you need to exercise, what you need to eat, what order you need to eat things. I learned that I could have a little bit of carbs if I had my protein, fat, and vegetables first, and it would blunt the spike of the carb, but what do we do in America? You go out to dinner. They bring you your wine and your bread and you start with that and then there's the salad and that's in reverse

order that it should be for optimal health. Retraining myself was difficult, but I love the CGM because it's your accountability partner. I've noticed that when I have lymphatic now, because my inflammation is down, it's like smoothing crystal clear. And so it made a big difference in my life and then in the life of my clients too.

Ads 00:19:1

For anyone listening that really wants to detox their body. Go to heavymetalsquiz.com. I created a quiz for you. It only takes a couple of seconds and it's based on some lifestyle questions. You can get your toxicity score and get a free video series that answers all of your frequently asked questions about how to detox your body. Check it out at heavymetalsquiz.com.

Dr. Wendy Myers

Yeah, it's really interesting that controlling your blood sugar dramatically improves lymphatic flow. It's strange.

Dr. Jennifer Gramith

Have you heard that before?

Dr. Wendy Myers

I have not. It just seems that they seem disconnected. Of course, everything is connected. What is the device that you created? I've had this device used on me before and it was great. What is that?

Dr. Jennifer Gramith

It's the XP2 assistive lymphatic therapy device. It is just a handheld device. These are the transmission heads. They actually have inert gasses in it. Oregon krypton and xenon. Those gasses have been shown to decongest and balance your hormones. It's excited by microcurrent. When you place it onto the skin, it creates and releases a level of information that you feel the vibration and it just dissolves the congestive lip. It actually helps break down scar tissue. It has many benefits besides just reducing excess fluid. It pushes out the harmful toxins, opens up all your detox pathways, which is a big problem with a lot of people. Patients will come in. They'll be all stressed out. They'll get on the table. We'll do therapy and they leave there in a

parasympathetic state. They're like, I feel so much better. And then, they can lose anywhere between three to five pounds of fluid because their body's holding that. As a functional practitioner, we're always wanting to get to the root cause of their condition, but this is a great tool to help give them symptom relief and then start training them how to take care of their body. Exercise, I mean, a ten-minute walk after every meal will not only help your lymphatic system, it'll help your cardiovascular system and central nervous system. There are so many benefits and it lowers your insulin. It's actually what reverses insulin resistance. I've found that 90 percent of my patient load has insulin resistance or pre diabetic.

Dr. Wendy Myers

There are so many things contributing to that. It's difficult to avoid that, unfortunately, but whenever I see people that have very severe edema, they have one enlarged limb, I just think, oh God, they, if only their doctor can tell them about lymphatic drainage therapy and these people are just suffering so much. It's just a very simple solution but people don't get this information from their medical doctor because there's no medication for it. They're not sent to physical therapy really to address that. There's just no kind of conventional medical tool to address that. Some of these cases are very severe edema.

Dr. Jennifer Gramith

Yeah, lymphedema is a real problem. It's a problem that we've mainly created. The primary lymphedema cases are not much over here in the United States, but most of the lymphedema cases that you're talking about are due to radiation and surgical removal of lymph nodes. It is a disease that we've actually caused and doctors don't know. I spoke in Mexico at Dr. Gonzalez's big conference one year and I asked 400 physicians in the room, how many of you feel confident that you can diagnose lymphedema, edema, or lymphedema, any of the stages that you have? I think there was one in the audience and so that's something you see here is just not on their radar. There are lymphedema clinics all over the United States, usually within 10 minutes from your local hospital. Some have them in the hospital, but it's manual therapy, which requires the patient coming in every day and doing manual massage and compression and bandaging. So, they walk out of there all squeezed in bandages and they do that every day. It takes about four hours of treatment. They

have to kind of put their life on hold to come in every day to have this massage and bandage and then to be put into compression stocking.

I can do that myself, but they're not compliant with that. If they're not compliant, it's not going to work for them. With assisted lymphatic therapy, you're not only decongesting the lymph you are dissolving. You're not just putting pressure and moving length. That's what I meant to say. You're dissolving the length back to a watery state so it can easily go through these tiny little vessels and they don't have to do bandaging. They don't have to wear compression garments in most cases. It's amazing. One has to come in once a week for like an hour massage. Who wouldn't do that? It just makes perfect sense. It's not just for lymphedema, although it was originally designed for that, because I needed a tool to help these patients, and then I saw that it actually helped with fibromyalgia. It helped with any inflammatory process that they had. I had patients who had detached retinas that helped reattach the retina glaucoma, cataracts, acne, which is really the foundation of where lymphatic drainage started. There was a doctor over in Europe doing lymphatic massage before he even really knew about the lymphatic system to help patients recover from acne. It's got a bizarre history.

Dr. Wendy Myers

If your body is not draining toxins properly, it's going to come out through your skin without a doubt. Can you talk about that connection between the liver and lymphatics as well? If you have liver congestion and it's overwhelmed with toxins, it just can't be not functioning properly for whatever reason, how that's going to negatively impact your lymphatics too?

Dr. Jennifer Gramith

It usually starts, more superficially, you have exposures and your superficial lumps get congested, and then it goes deeper into the body, and then it congests your liver, your kidney, your spleen, and then you don't have the ability to excrete toxins out. When you open up the drainage pathways by first clearing the lymph, clearing the liver, kidney, spleen, all of a sudden they start excreting these toxins and get immediate relief. There is that connection there. Plus, we talk about the lymphatic system as just being the detox system, but it's the system that bathes every cell in

the body, every organ, tissue, and gland with nutrients. When you are congested, you're malnourished because your systems cannot get the nutrients. Even if you're eating healthy, if you're so congested, your system is not going to get the nutrients that it needs. I saw this originally with cancer patients, but then I started working with autistic children. I don't know if you've ever heard of the D. A. N. protocol, but it is a huge supplement protocol for autistic children, because their guts are shredded. They have a terrible leaky gut and they're malnourished. They have all kinds of sensory issues.

I had a practitioner of mine whose son had very severe autism. He was seven or eight when I first started seeing him. I didn't want to because back when I was a nurse, I had autistic kids come into the clinic with their parents not knowing. This person just had no clue what to do with them and they would just tear her office apart. I'm like, oh, no, I don't want to get into this. I'm in adult health, but because she was a dear friend of mine and she was desperate, I said, okay, let me test them. Let's see what the burdens are and then let's start lymphatic therapy. She was a lymphatic therapist already. I had trained her and certified her and she started working on him and we were able to reduce his supplement protocol by six 70 percent and get better results. He was taking so many things that were creating so much die off. His lymphatic system was just at a standstill. As we cleared that and were able to circulate those nutrients, he stopped gagging when he would take them, and we were able to decrease drastically.

There was a school down in Sarasota, Florida, and I started working with other students in that autistic school, and we got the same results. Then I later saw that with other patients. You do have to be careful with patients on lots of medications because you're going to circulate increased absorption rate of medications as well as supplements. So, keep that in mind and make sure that you're monitoring that.

Dr. Wendy Myers

Yeah, I can envision how anyone that's listening to this may have congested lymphatics, that it would increase their cravings for food and sugar as well if they're not absorbing the nutrients from their food.

Dr. Jennifer Gramith

That's right. There are so many benefits to lymphatic therapy, but not everybody necessarily needs long term ALT, assisted lymphatic therapy. We really need to get back to moving our bodies and staying hydrated. Dehydration is one of the number one of the things that congest up your lymph and keep you in a state of inflammation. It is very important to go back to basic, very low cost principles, that you can start adding to your diet and your lifestyle is key. I think sometimes patients come to functional practitioners like ourselves and we overwhelm them with the fire hydrant approach. You've got to stop this, this, and this. You got to do 15, 000 different things.

Dr. Wendy Myers

Do the exact opposite of what you're doing right now in every facet of your life.

Dr. Jennifer Gramith

That is so true. And then they're just scared. They're like doing headlights. I've learned over the years to slow my role in my approach to certain patients, asking certain questions, trying to get a feel for them. Now, there are certain people who are ready, again, let's do it, but I have learned too that, if you don't change their mindset, you're not going to change their behavior. And if you only change their behavior for three months, six months, that's not going to withstand them. That's why you see a lot of people coming back with recurrence of chronic illness because they go right back to their same lifestyle they created before. I actually went back to school Wendy to become a psychologist after just a few years as a naturopath because I kept seeing more and more of our emotional trauma leading to disease and the emotion associated with congested lymph is feeling stuck in situations feeling devalued. That right there can cause a lot of congestion. I'm a strong believer of treating the whole person, mind, body, and spirit.

Dr. Wendy Myers

Yes, me too. It's probably also why a lot of women, when they're in bad relationships and they feel stuck or they feel devalued, they gain weight but there is certainly congested lymph as well with those emotional traumas associated with lump congestion.

Dr. Jennifer Gramith

That's why when you're doing therapy and you release the congestion, it releases the emotion. I have had clients on the table that just burst out in tears and not understanding where that's coming from. There are areas on the body, the sides of our breasts are my pressure points. A lot of times when you're doing work, you'll feel it just drags a bit congested. The right side is your male side. If you're right-handed, the left side is more female in nurturing side. You can analyze them just by where the congested spots are on their body and like, are you having issues with a male figure? And they're like, how did you know? The body does not lie. The body will tell all your secrets. If you just pay attention and learn how to read it. I love that aspect of it.

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Dr. Wendy Myers

Talk to us about some of the things that we can do to clear our lymph to improve lymphatic flow. You mentioned maintaining proper blood sugar levels, proper hydration, what else can we do?

Dr. Jennifer Gramith

Those are the two of the main things. You've got to exercise and exercise needs to become a regular part of our lives. It's not just two times a week at the gym or three times a week at the gym, and just hard work out for two hours. It's actually more beneficial for your lymphatic system if you have a daily routine. Like I said, just do a 10- minute walk after your meal, especially in the evening. Some people do better exercising, like lifting weights or cardio in the evening, and you need to know that, but you can only know that if you track your glucose and see how your body's

responding to that exertion. And like I said, most people in most studies show that people do better exercise in the morning. I did not. It actually made things worse for me. And then I switched that. I started lifting weights and cardio in the evening and then I all of a sudden started sleeping better and it brought my glucose down to optimal. Now my glucose runs from 70 to 120, even with the food. I don't know if you saw that recent study and I think I can't remember where it was out of, but if your blood fasting blood glucose is anything from 95 up, every point is 6 percent higher risk for heart disease.

So, people think about glucose and diabetes but no. Glucose issues cause all of the inflammation, so you're more likely to have a cardiac event. 70 percent of the patients walking into the hospital in a cardiac arrest have normal cholesterol levels according to the standard lab tests, cholesterol, HDL and LDL, because their doctors aren't looking at the particle size of the cholesterol. They're not doing a cardio IQ test like they should do. If they had, they would know that that person is in a state of inflammation all the time and that's what caused this event to happen. It's disturbing to me how resistant certain practitioners are in running these types of tests. I offer those types of labs to anybody. They can go to my lab shop. They can order the test themselves and I teach my patients how to understand labs and what levels they truly want from you because we're not gonna wait till they have the disease. We're gonna watch to see if they're moving in that direction and we're gonna stop it in the tracks. That's the only true cure to chronic illness. It is prevention and I know that we all know that it's probably the hardest thing to get people to do is to wake up and test. Don't guess tests and it doesn't mean that you have to do thousands of dollars worth of testing. It's simple. A CBC tells you all about your immune system and how it's functioning. CMPI is like a \$3 test, \$8 test. The Cardio IQ test is a \$50 test. Anybody can afford these and these are things that should be checked on a yearly basis. If you have a problem, which most of the population does, you need to check it more often and get your lifestyle corrected.

It's amazing how people come to me and they say, Dr. Jen, I cannot believe I can finally sleep. I've had insomnia for years and I took medication, nothing really helped. And now I'm sleeping like a baby. I've had a hormone imbalance all my life. I didn't know what it felt like to be normal. I didn't truly understand that, Wendy, until I went

through it. I remember the day I thought, I'm going to lose my freaking mind because I felt like I had no control over my emotions. One minute I'm happy, next minute I'm ready to just run away from my family. I was like, I'm just going to run away and then the next morning I'd wake up and I'd feel great. I'm thinking, what? You can even have suicidal thoughts. It's crazy how your hormones impact you. I didn't really understand. I studied endocrinology. I know the principles, but I didn't know how it felt until I went through that. I decided I'm going to take a trip up to Gatlinburg, Tennessee.

I'm renting a cabin. I'm going to do a fast. I'm just going to pray this away. I get in the car. It's either that or kill mine, kill everybody around me. I get in the car and head in the mountains and listening to, I think it was Dr. Mark Hyman because I follow him. I love him. I think it was him and he was talking about hormones and it was like, aha, it's your hormones. Well, I had never experienced that before. I stopped at one of my colleagues' offices in Chattanooga, Tennessee, and I got some progesterone cream. I'm slathering it on my arms as I'm driving up. I kid you not. I don't know if it's psychosomatic or what, but by the time I got to the cabin, I felt like a new person. I continued and did my fast and I left there with a different mindset.

Dr. Wendy Myers

Yeah, progesterone is just life changing. It's sad because there are a lot of women who are perimenopausal. The highest suicide rates are at that age range in perimenopause because you just can't turn off the cortisol. You can't turn off the stress hormones without progesterone.

Dr. Jennifer Gramith

No, you can't. It's important to test. I'm seeing that though in younger and younger women. I think it's due to the endocrine disruptors in our environment. One thing I love about lymphatic therapy, what helps is that if you're doing any type of bioidentical hormones, it will also pull out the xenoestrogens, which are the bad estrogens that lead to cancer. That's one reason they have immediate relief in their hormones and they feel better, but it doesn't replace hormones. What happens to us in the United States, especially with women, we're trying to run a household, raise our children, have a career, we're trying to do it all and the adrenals are crushed before we even have an opportunity to use them. So, as we go into menopause and your

ovaries stop producing these hormones, your adrenals are supposed to pick up the pace. Well, we've destroyed them and so we wonder why we have chronic fatigue. It's because of just high stress for so many years and just ignoring it. Women are the worst about that because we are trained to put everybody first and ourselves last, especially here in the South, that's just what you do. That's ladylike. You sacrifice yourself.

Dr. Wendy Myers

You had mentioned exercise before for lymphatic. So, let's talk about rebounding because why people do rebounding for the most part is to assist lymphatic function. So, let's talk about that.

Dr. Jennifer Gramith

Rebounding is great and you can do it on a little mini trampoline. I would do the 10 minutes three times a day or at least twice a day, morning and evening, and that makes a huge difference. Once you finish rebounding, lie down on the floor, pop your legs up because you want to sync with the gravitational flow of your lymph flows towards the heart to dump into vena cava and join into the circulatory system so your lymphatic system piggybacks off of your circulatory system. When your lymph is congested, you can cause a lot of circulation issues too, because you can just mess the blood as well. I used to do a light field microscope and look at blood samples and most of the patients had erythrocyte aggregation or RULO and all their red blood cells clubbed together. It's oxygen deprived that's why you feel worn down. You just don't have the oxygen nutrients that you need. When you do lymphatic therapy and then you look at their blood again, it's free flowing and beautiful and that lasts about 48 hours after the therapy. So, that's another way that we measured how effective the lymphatic was.

Doing the rebounding 10 minutes at least twice a day is good also for the vibration plates. I love those. I have one outside my office door. Right before the podcast I went and stood on it for 10 minutes and you just vibrate. That's great. I do pilates. I have a huge pilates ball and you just bounce on it You have all these bouncing techniques. It's just a little bit of bounce to get your lymphatic system flowing. And so, yeah, just go out for it, get in nature, go for a walk. These are things that are so, so simple.

Another thing that's really beneficial for your lymph and people with a higher degree of congestion is essential oils. Essential oils like ginger, celery, cypress, if you apply those to congested areas, it will actually help move the lymph too. I actually developed a Dr. Jin's Lymph Essential Blend Kit where it lenses decongest and it relieves inflammation. You have three different blends that you can use specifically designed for your lymphatic system. And then dry brushing. Most people have seen videos online on how to properly dry brush. That's working on the superficial lymph, but 70 percent of your lymphatic system is on the superficial level. The 30 percent that houses most of your immune system is mostly in the gut. I can show you how to clean up your gut. That's huge.

Dr. Wendy Myers

We've got lots of endotoxins being produced in your gut, your body, and your liver has to deal with all that garbage. Talk about juice fasting. How is juice fasting in cleansing your lymphatics?

Dr. Jennifer Gramith

Juice fasting and water fasting both are critical. You can cleanse every one of your systems with water fasting in about 48 hours. With juice fasting, it's going to take longer. So, typically with my clients, I do a 30-day juice fast once a year and it's primarily vegetable juices because of the glycemic index going up. It was surprising because I actually did the CGM on the juice fast and thought that it was going to spike the blood sugar in these patients. It only spiked and it never was that high when they would add too much fruit in their juice but the majority of the time it was optimal. It was 70 to 120 symptoms in the first week of the juice fast. Majority, 70 to 80 percent of the patient symptoms disappeared and by the end of the 30 days, it was a remarkable transformation that we had. So, people love that.

Dr. Jim's gut repair is the first week you do intermittent fasting. I teach them all the principles. We have an intermediate class that is focused on the basics of intermittent fasting and then we decide how long their fast should be for that individual during that time. They learn all of that because that's something that should be practiced on a regular basis. The second week you move into juice fasting.

In that program, they're doing seven days of juice fasting. It's so funny because these are people who have never fasted, and a lot of diabetics are in this, they're like, I don't think I can do that. My blood sugar is going to crash. I'm like, nope. You have a monitor, you'll know. And they are amazed because it stays optimal. That's when you see all the magic happen in the transformation. Then the third week, we get into one to three days of water fasting. Most of the students choose to do the three days. I usually encourage, if you never want to fast, to start with one day. They do the one day, they feel so great, they want to do, you know, three days. That makes a huge difference. The last week, we saw what type of diet style is best for them based upon their numbers.

We start adding back certain booze and see how their body responds. If you're sensitive to your food, it will spike your glucose. If you eat your food in a stressful environment, it'll spike your glucose, even if it's very low glycemic but it brings that awareness to your client. They see it in real time. They're like, oh, this I can't do that. Oh, it's not a good idea to argue with my husband before I go to bed because my glucose stays spiked all night long, and so it changes behaviors. If I'd have known that 30 years ago, I've been doing it for 30 years because it's what makes a huge difference in changing the behaviors of your clients.

Dr. Wendy Myers

Is there anything else like eating bitter foods or any kind of foods that help with lymphatic?

Dr. Jennifer Gramith

It's green things that chelate. Those are all beneficial. We juice ginger but you can eat raw ginger as well. All fruits and vegetables and low glycemic like berries are all very beneficial for your lymphatic system because it gives the body the nutrients that the lymphatic system needs to carry to all your organs, glands and systems and so it's critical. You can't have good health if you don't put good things in your body. Where supplement comes into play is where you're not getting those in your diet like so many people in this day and age. I struggle with a lot of clients because they're like, how long do I have to eat like this? How long do I have to take a supplement? It's not

a replacement for your meals. That's probably the biggest struggle. I do EVOX. Are you familiar with that?

Dr. Wendy Myers

Yeah, I'm about to do that I was actually thinking about today that I need to go and do one

Dr. Jennifer Gramith

Yeah, it's amazing. I got into it because I have a background in psychology. To me, traditional and I'm not saying anything negative about it because it works for a lot of people but others it does not. I think it's because you are just reliving. You get stuck in this rut, get stuck in this victimization pattern, and you've got to retrain their brain because their brain sees their life and lifestyle as a threat. So, it creates more and more inflammation and symptoms to protect them. You really got to get out of that rut. That's what EVOX really helps you to do.

Dr. Wendy Myers

Can you explain what it is exactly? I know it's part of the ZYTO system. It's a bioenergetic software system that does a scan, but the EVOGS component is the emotional trauma and perceptual retraining.

Dr. Jennifer Gramith

Exactly, and it's that simple. It must be more familiar with EMDR and that's, where your counselor will have you follow their finger and it's putting you into, we use light framed glasses to distract your conscious mind so we can imprint upon the subconscious mind, and you will allow those emotions and memories to come to the forefront of your mind. In my practice, and every EVOX practitioner does it a little bit different, but here, because I was trained by Dr. Cowden, we really have them focus in on the person that they're working on and we will have them like if it was your mother, you would go back in time to the first memory that you can remember of your mom. I usually have them keep their eyes closed. They're focused in as if they're looking into a full-length mirror, and they see themselves and they see their mother and they're having conversation. Emotions and memories start to flood the forefront of their mind and they start remembering, so it can be very emotional, but then it

transitions and releases whatever perception they have. They have a new perception now of mom, so they're no longer triggered. They don't have the bitterness or the resentfulness or not feeling loved and appreciated that if they felt devalued. This doesn't mean that that's the way the person was, but this is their perception of it.

A teacher in school couldn't tell you, oh, you're never gonna amount to anything because she's having a bad day. She really doesn't mean it but you carry that with you your entire life because you've received it to be true. So, the EVOX works by distracting the conscious mind and allowing the subconscious. When I was in school for psychology, we were trained to listen to the tone of your voice, not so much the words. So, tone and body language. As you focus and talk to that person and you release all the things that you've buried down, the tone of your voice changes, and that is what's being recorded when you're doing EVOX, not the words, just the tones. The tones that are out of balance, the EVOX will send that into the brain through the hand cradle to balance those out. That's why you go from all the trauma and all the negative emotions to all of a sudden you get a release and all that you can think of is positive. This can happen in a matter of 45 minutes. It took months to years to get people to this level with talk therapy through my experience.

I actually researched EVOX for five years before I invested in that because I thought this is just too good to be true. I had a lady here. She was on the 4th of July in a car accident. Her son was in a car accident another 4th of July. Her mother was in a car accident another 4th of July. My best friend, Dr. Michelle Dawson, had a heyday with this because of the genealogy of things. She's the recall healing expert. She became petrified of driving rightly. So she would not drive on the highway. She is a cheer coach so she has to go to competitions. She'd go three hours out of the way to go back roads because she wanted to go slow. She didn't want a lot of traffic. She actually came in to work on that and it was actually at the tail end of one of her other parents or somebody she was working on. The EVOX therapist said, do you want to try to work on that? She's like, yeah, if we have time. They did and she got a release. It was a couple of days later when she realized that she's driving on the interstate. She didn't even think about it, had no anxiety and it just like left her. It's like this is miraculous. I've been struggling with this for years. It could be just that simple. I love stories like that.

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Dr. Wendy Myers

I've had some really crazy experiences with EVOX and it's scary the detail it can pick up on the frequency of the trauma that you're presently dealing with, or it's picking up. It's very scary how accurate it is. But yeah, it's an amazing software system. I love that we're talking about this because it again goes back to what I said so many times that many times people feel like they have a physical issue. They have lymphatic congestion and water retention, and they would really have made no connection between it actually being emotional trauma. It's not always going to be a physical solution to a physical health issue. Many times, it's emotional in nature or past emotional trauma.

Dr. Jennifer Gramith

Yeah, probably more times than not, there's probably more of the emotional. Working with cancer patients and Lyme, those are the two classes that I see a lot of, probably less than 10 percent of them don't have a huge emotional burden that they need to deal with. And so it's high. I had one patient with cancer. We test them. It was a hundred percent emotionally based and that is mind blowing to me because you think it can't be, but it is. When you really start studying neuroimmunology, the power of the mind is amazing. I just recently had a patient come in and she started coming in about eight months ago and she was diagnosed with uterine cancer. Doctors pushed her trying to get her to do radiation chemo. So, she came here to ask for my

help. What do you think I can't do? I said, I can't tell you not to do these things, but I can help keep your body strong. She ended up deciding not to go the traditional route. However, I'm not going to work with them without them working with some type of professional making sure that we're monitoring. I would never put anybody at risk. I think you've got to know what's going on. So, about a month ago I got an email from her and the tumor the mask is completely gone.

They did biopsies all around it and they couldn't find any eight months later into the protocol. She goes back to her oncologist. He berates her, screams at her that she, he can't believe that she did not do chemotherapy. And she's like, I thought you would celebrate with me. She was just so upset about it. She has the mindset when she started, she's going to beat this. I truly believe not that it was all the different things. I'm so excited that she did everything naturally, but if you do those things and you don't really believe that they're going to work many times, if you look at studies, it doesn't happen. There are patients who have believed that if they do the chemotherapy, then that's going to help them and it has, but you have to be 100 percent into what you're doing for yourself. If you have all this doubt, you make decisions based on fear, it lowers your immune response. I don't know if you've ever done a lot of frequency work, but you can measure the frequency of the organs, glands, and systems in patients that are dealing with chronic illness. Their frequencies are so low, and that's why we do things like ALT to bring up the charge of their cells so that it can circulate and function like it's supposed to.

We do other things like I have a wellness table that uses Tesla technology. They're a gas and it's kind of like this vortex infrared, far and near infrared on it and it brings up their cell function when they're really sick and helps with pain and inflammation. There are all of these things out there that people can do, but really, if you don't change their belief system, many times when I test them, they don't believe that they deserve to be healthy. It's like they have a lot of shame and guilt for behaviors that they had in the past and they don't even realize that they're still carrying that until you start testing them and they're like, wow, I thought I'd let go of that. Then, a lot of times it is self-serving to be sick and so you can't have a person who in their subconscious mind believed that if they get well, mom and dad's going to start fighting again, because now when they got sick, they pulled together and they're all

about me now, or my husband's not going to give me my attention that I need, or my children aren't going to come around if I get well, and they may not consciously say that, but it's in the subconscious mind.

Like you said, you can pick that up on EVOX and ZYTO testing in itself. It's profound. It's like, wow. As a practitioner, you have to address it because you won't get far with anything else you do if you don't. I found that and that's why I included that into my practice for sure.

Dr. Wendy Myers

Tell us about where people can go to find the lymphatic practitioners that you've trained to do this assisted lymphatic therapy

Dr. Jennifer Gramith

You can go to our Facebook page. It's just right way health and wellness. There's a directory. Click on that link and it'll take you to a place where you can type in your state and it'll tell you all of the practitioners. We have over a thousand here in the US. We have the equipment in over 20 cancer clinics in Asia. It's beginning to build momentum and awareness like none other device. I think there's an awakening in the healthcare industry about the importance of the lymphatic system, where in the past I've always had to just re-educate because I used to get, oh my gosh, you can't do lymphatic therapy if you have cancer. You're going to spread the cancer because they would identify cancer cells in the lymphatic system. Well, where else will they be? We all have cancer cells. Why is that? I really aspire to the belief of New German medicine. There are cancer cells in their body for a reason. It has a purpose. It's not a ticking time bomb. If we keep our immune and lymphatic system strong, you're not going to develop cancer. It's not going to go awry and it will be used for its purpose.

In chemotherapy and radiation, what people don't realize, does not get rid of the circulating cancer stem cells that cause metastasis. This is the lady that I was talking to, her doctor wanted to, she's now pronounced cancer free, everything's beautiful. It should be a celebration time, but he wants to do radical surgery. That's not even standard of care protocol for her type of case. I think he was just angry that she got better. I don't know, it sounded crazy. I wasn't there, but she was very shook up by his

comments and she's like, I thought I was doing everything right. I'm better. Wouldn't you be happy? He's like, no, because it's going to just come back with vengeance.

The question she should have asked him was, would you have recommended surgery had I done chemotherapy and it didn't get the same results? No, he was just not happy that she didn't follow protocol. It's not a localized cell. That's the thing. Your cancer is not your lump or your bump. It's the cancer circulating throughout the body that forms the lump or the bump, but you can't just remove that and think that that's it. But that's the way mainstream medicine, allopathic medicine looks at cancer, but functional practitioners, we look at the root cause, what causes those cancer cells to go awry, and then try to correct that and 95 percent of the time, it is lifestyle. We all know that. Most people know that now.

Dr. Wendy Myers

What is your website also?

Dr. Jennifer Gramith

It's rightwayhealthandwellness.com.

Dr. Wendy Myers

Okay, fantastic. And it's all spelled out.

Dr. Jennifer Gramith

Yeah.

Dr. Wendy Myers

Okay, great. For anyone listening, if you want to try assisted lymphatic therapy, I highly recommend it, especially if you feel like you have water retention or trouble losing weight, or you feel swollen or you have edema or what's going on with you. I've done this assisted lymphatic therapy and it feels great. I definitely released a lot of water when I had it done. It was amazing. I had it done with Dr. Michael Rankin Jr. and just love, love that therapy. Jennifer, thanks so much for joining us on the Myers Detox Podcast. Everyone, I'm Dr. Wendy Myers. Thanks for tuning in every week to the show. I

just love doing this show, bringing you experts from around the world to talk about different aspects of detoxification and in cleansing your body. So, thanks for tuning in. There's lots more to come.

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