

Deep Breathing Tips for Lymphatic Health with Luna ♥

6 Deep Breathing Tips for Lymphatic Health with Luna ♥

Breathe deep. Support your flow. Feel your best.

1 Breathe Deeply
Take slow, deep breaths in through your nose and out through your mouth.

2 Use Your Diaphragm
Breathe into your belly, not just your chest. This helps stimulate lymph flow.

3 Practice Daily
Just 5–10 minutes a day can make a big difference in your lymphatic flow.

4 Try 4-7-8 Breathing
Inhale for 4, hold for 7, exhale for 8. Repeat 4 times to calm your nervous system.

5 Improve Posture
Sit or stand tall to allow your lungs to fully expand and support flow.

6 Pair with Relaxation
Combine deep breathing with calm moments, gentle movement, or meditation.

Your breath moves your flow.

Small breaths. Big impact.
Your lymphatic system thanks you! ♥

Listen to your body and breathe with care.
Luna believes in you! ♥

Supporting your lymphatic health, one breath at a time. Life Touch Massage & Lymphatic Care | Fort Myers, Florida ♥

Simple daily steps to support your body's natural flow

Meet Luna the Lymph Node ♥

Take a deep breath... and let it go ♥

Your body works hard to keep you balanced—but your lymphatic system needs your help to move fluid and support natural detox. Luna is here to guide you through simple breathing techniques that can help reduce stress, support circulation, and bring your body back into balance.

Why Deep Breathing Matters

Unlike your heart, your lymphatic system doesn't have a pump. It relies on movement, muscle activity, and breathing to circulate fluid throughout the body. Deep breathing helps:

- Stimulate lymphatic flow
- Reduce stress and tension

- Support natural detoxification
- Improve oxygen flow
- Promote overall wellness

Even a few minutes a day can make a difference.

Luna's Deep Breathing Steps

1. Find Your Comfort: Sit or lie down. Relax your shoulders and place one hand on your belly.
2. Inhale Deeply: Breathe in slowly through your nose for a count of 4. Feel your belly rise.
3. Hold Gently: Pause for a count of 2. Keep it soft—no strain.
4. Exhale Fully: Breathe out slowly through your mouth for a count of 6. Feel your body soften.
5. Repeat & Relax: Repeat for 5–10 rounds. Let your body settle and your mind slow down.

When to Practice

- In the morning to start your day
- Before bed to relax
- During stressful moments
- After long periods of sitting
- After lymphatic massage sessions

Who Can Benefit


- Anyone feeling stressed or overwhelmed
- Individuals with swelling or fluid retention
- Post-surgical recovery (as advised)
- Anyone supporting lymphatic health

Support Your Lymphatic Health

Deep breathing is a powerful first step—but you don't have to do it alone. Stephanie Adams provides personalized lymphatic care to help your body feel lighter, more balanced, and supported.

Book Your Session Today

 <https://massagelymphaticcare.com>

 (239) 448-6200

Stephanie Adams, LMT, CLT

Licensed Massage & Lymphatic Therapist

With over 25 years of experience helping clients heal, recover, and restore balance through therapeutic and lymphatic care.

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Luna the Lymph Node™

A patient education guide by Life Touch Massage & Lymphatic Care, LLC