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Dear Friend,

The change of seasons is stressful on our immune system. Environmental elements bring up mucus, which is actually the body's cleansing mechanism, but at times it gets accumulated and backs up, I call it *"radiator overflow"*.



Manually simulating the natural rhythm of how the body moves out wastes *(perastalsis)* is EXTREMELY effective, very gentle, and easy to accomplish with Melting Touch massage, dry skin brushing, and deep breathing.

How much do you really know about your body's WATERY ELEMENT (*lymphatic system*) which cleanses every cell? Come in for a session and find out how to avoid those lengthy colds and nip illness before it gets to you.

Take the time to **PRINT THIS OUT**, it will save you a lot of down-time. Even if you only do a few of my suggestions, believe me, a little goes a long way, and every little bit makes a difference!

~ Keep Breathing ~ XOMJ

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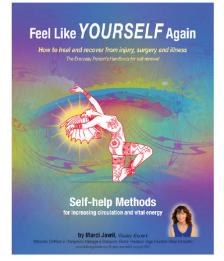
and receive free preview of my book, a free chapter from it, access to breast health awareness resource materials and newsletter Archives.

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TOP METHODS to FLUSH out FLU & MUCK in lungs & sinuses - by Marci Javril ©2010

SELF-MASSAGE is so easy, relaxing and can be fun! You can de-accumulate mucus dramatically by stimulating lymphatic fluid circulation. **Do this 1-3X a day for 10-20 minutes each time for a FASTER recovery.**

Melting Touch Method© 15-minute decongest for Head, Chest & Belly

...psst... Read this out loud to make it more understandable



1. Stir the "*sludgey*" contents of lymph glands behind earlobes, stretch, pulse & release skin of entire sides of neck.

2. Use contoured hand, sliding slowly from ears down sides of neck toward chest, pulse gently at collarbone.

3. **Really play with & massage the ears!** stretching & pulling on them in every direction slowly, thoroughly.

4. Press strongly at back of head along ridge where neck and skull meet.

5. Squeeze gently, start at chin, follow along jawline & lips outward toward ears.

6. Beginning at nose, slide/melt mucus congestion out of sinuses by pressing along cheekbones toward ears.

7. Press along sternum where each rib attaches, in firm "scrubbing" action (*Neuro-Lymphatic Acu-Points*).

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8. Breathe deeply & fully, tapping on chest (*Thymus*) rhythmically to open up lung capacity.

9. Squeeze under arm pits slowly, thoroughly, squish against ribcage gently- activates fluid out of lungs.

10. Hug yourself around ribs along *"bra-line"*, reaching around back. Slide slowly in rib grooves with melting hand, follow one rib at a time, squeeze gently from back to front.

11. Vibrate at diaphragm, just below sternum on soft part of belly, by shaking or using a vibrating massaging unit.

12. Flush congestion out of lungs into abdomen by slowly sliding down from left rib cage toward left hip bone.

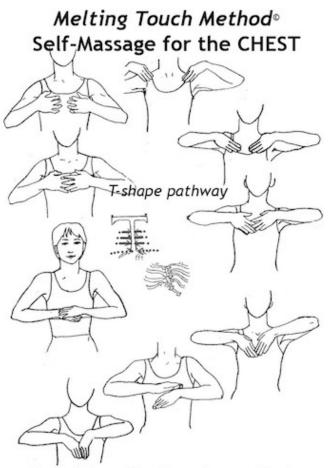
13. Massage entire abdomen hand-over-hand, or one after the other, in a gentle clockwise circle - stimulates colon perastalsis and gas movement.

14. Undulate (Ocean Wave) the belly from right to left, nudging upward on right (ascending colon) and downward on left side (descending colon).

15. Gently squish left hip pocket area toward navel rhythmically for 5-10 pulses. Then do the same underneath the left ribcage (*spleen/stomach*), underneath the right ribcage (*liver/gallbladder*), and at the right hip area (*ileocecal valve*).

Now follow the instructions backwards, starting at #15 and ending at #1.

Lastly, follow them forward again from #1 - #15. To effectively massage, 3X times is the Charm!!



Use soft fingertips, flat palms, melting into contours of torso.
Fluid moves along ribs like rivulets emptying into one River.
Move gently, slowly, thoroughly, repeat steps as needed.
Sing a loving note: "Aaah".
Visualize Deep Green to activate thymus, Solar Yellow for immune function.
Affirm your ability to discriminate, assimilate & eliminate.

 <u>Squish soapy sponge under arms 5X</u> press thumb to fingers at front +in back
 <u>Swiffer fingers</u>: melt silt in rivulets, press between ribs, slide to center
 <u>Vibrate below sternum</u>: open "gate" release diaphragm, slide down L-spleen
 <u>Squeeze haltertop (bra)</u>line: Exhale drain/clear lowest ribs sides to center
 <u>Hug myself</u>: squeegie back to front clearing every rib, repeat each line 3X
 <u>Stretch Napkin</u>: both diagonals: slide up/down midline (low Rrib-> up Lpect)

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• Wrap entire hand & fingers into contours of neck, skull, eyes, ears, cheeks. • Move gently, slowly, thoroughly, *repeat steps as needed*. • Hum strongly thru your nose. • Scrub scalp & hair. • Visualize Indigo Blue to balance thyroid, Violet for pineal. • Affirm your ability to have clarity in communication & connect to your intuition.

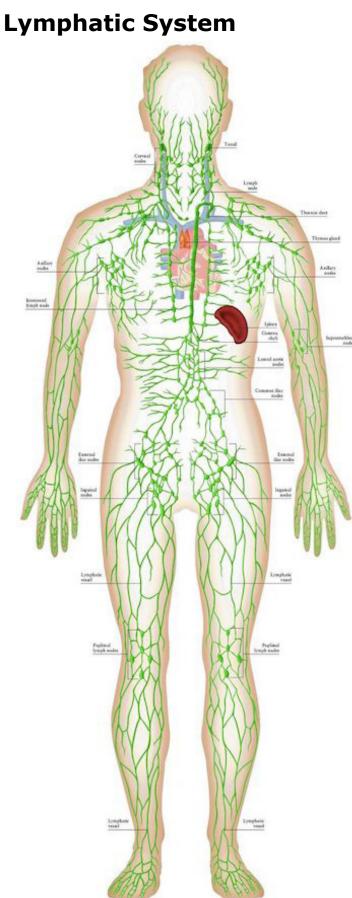
 <u>Melting Hand</u>: pump 5X @collarbone drain down sides of neck, lymph nodes
 <u>Stir sludge @earlobe</u>: Move ear 360^Ø press under skull, drain toward shoulder
 <u>Chin, mouth, jawline</u>: circle @TMJ squeeze/stretch/pulse skin toward ears
 <u>Melt butter w/ fingertips</u>: slide along cheekbones, press outward from nose
 <u>Eyes/Forehead</u>: soothe bone sockets squeeze/stretch pulsing circles outward
 <u>Friendly Jellyfish</u>: cover face, relaxed palm, spread fingertips, pulse waltz rhythm



 Allow soft, "gumpy" hands to fall firmly into contours of tummy.
 Move gently, slowly, thoroughly, repeat steps as needed.
 Slip into a dreamy state
 Hum a soothing lullaby.
 Visualize Red/Orange for weight reduction, Yellow for detox.
 Affirm your ability to manifest creatively.

 Gentle vibration: liquefy landfill option- use small massaging unit
 Circle clockwise: sweep intestines ascending, transverse, descending
 Trace rim: liver, spleen, bladder press under ribs, pubic+hip bones
 Scoop/squish "4 Pockets" of colon left hip; left rib; right rib; right hip
 Undulation wave: fake bellydance perastalsic action, gas+waste exits
 Spiral to navel: deep friction circles untangle intestines, release scars

Lymphatic System



Anatomy Chart before discovery (pub. June 2015) Anatomy chart AFTER discovery of Lymphatic Meningeal Vessel in Dura Mater of Brain

Illustration published in NATURE JOURNAL by UVA Brain Research team ©2015

http://www.nature.com/nature/journal/v523/n7560/full/nature14432.html

In 2015, the glymphatic system of the BRAIN was discovered, and needs to be added to ALL anatomy charts!

Cleansing Methods from Kriya Yoga

1) Squirt sterile saline solution into one nostril at a time by tilting head upside down *(neti pot),* and then snort out the mucus. Do each nostril 3X.

2) Gargle with salt water, Listerine, or diluted hydrogen peroxide for at least 30-60 seconds.



3) Scrape the tongue at least 50 times, keep rinsing the scraper off in hot flowing water, continue to expectorate mucus. Clean the sink after these steps.

4) Dry Skin Brush toward heart. Take sauna, steam or hot bath / hot shower with Epsom Mineral salts.

5) Perform Fire Breath (*Kapala Bati*) to activate digestive juices and Abdominal Lifting (*Uddiyani Bandha with Naulis*) to stimulate colon movement.

6) Bounce on Sports Ball while contracting & relaxing pelvic floor PC-muscles (*Kegel exercise/Moola Bandha*) - activates lymph nodes that cleanse the pelvic organs (*prostate, testicles, uterus, ovaries, bladder*).

7) Shade eyes in total darkness, slow & deepen your breathing, systematically relax every cell in body (*Yoga Nidra*). Resets Cen-

tral Nervous System into parasympathetic, where all digestion, assimilation & elimination take place.



https://www.MindFold.com

Essential Supplements - don't have to cost a lot

% -Oscilococcinum homeopathetic: take 8 doses in 6 hr intervals.

% -1000 mg Emergen-C with ascorbates, minerals & B packets:every 2 hrs until you

experience loose bowels, then lengthen your

Reduction Proceeding of the second of the s



interval.

% -Wellness Formula by Source Natural -immune support:4 tablets every 4 hrs.

% -Slippery Elm in tea or extract form, Zinc Lozenges, Cyclone Cider

% -Garlic, Ginger, Cholorphyll, Oxygen, Grapefruit Seed Extract, Silver Colloidal

Make sure you check to see what is suitable for your constitution

MAINLY I push my FLUID intake - here's my fav's -

Drink LOTS of water (divide your Weight by 2 = how many Ounces/day you need), **alternating with other liquids:** fresh vegetable juice, watermelom juice, coconut water, ginger limeade, ginger echinachea lemonade, lemon ginger tea, chicken soup, seafood soup, and fresh papaya, raspberries, blueberries.



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