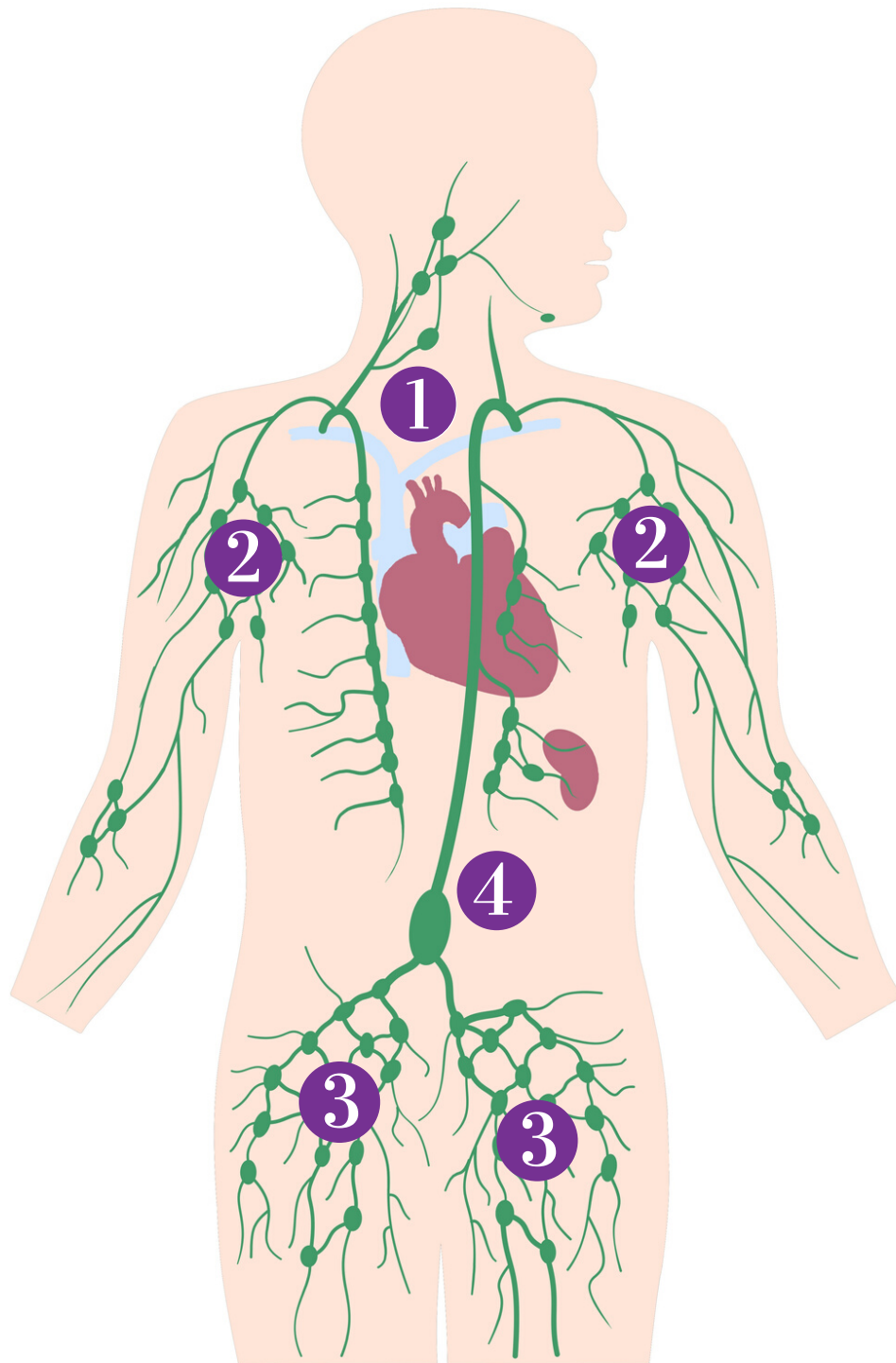


Lymphatic Drainage



- 1 Lymph empties back into blood stream via the venous angle
- 2 Lymph from upper torso flows towards axillary (arm pit) lymph nodes
- 3 Lymph from lower torso flows towards inguinal (hip crease) lymph nodes
- 4 Deep lymph from lumbar & intestinal trunks drain via the thoracic duct which arises from the cisterna chyli



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Lymphatic Drainage (via the foot)

- 1** Pump 10-12 times on indent between first and second toe (Liver Meridian - 2)
- 2** Pump 10-12 times on indent between fourth and fifth toe
- 3** Pump 10-12 times around indent at (L 7-8 o'clock R 4-5 o'clock) position on outside ankle
- 4** Pump indents found under arch of foot from the heel, to the high point of the arch, to just shy of the ball of foot

