



Love Your Lymph: A Guide to Boost Lymph Flow and Feel Great

Donna Strong

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Inside each one of us exists a mysterious, mostly water world—the lymphatic system. It's a world that we need to discover to stay healthy and enjoy life. Providing a synthesis of the best wisdom from respected medical, nutritional and mind/body professionals, Love Your Lymph provides an easy introduction to get to know the lymph system. This book is also a primer to encourage experimenting with lymph friendly ways of living that support the lymph to do its vital work more readily.

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