

# Radically Simple™

CLEAN, CLEAR STEPS FOR LIVING

## LYMPHATIC CISTERNS

There are specific areas within the lymphatic system where lymph can stagnate. These locations happen to also be the “pain” centers of the body. Here I want to direct your attention to two of these cisterns where lakes of waste build up when the system is not functioning optimally.

Anyone who suffers with headaches, neck pain, or sinusitis might not be surprised to hear that one of the cisterns is located in the head. Within the subarachnoid space there are actually a series of smaller cisterns all which collect lymph at the base of the brain. When I discuss acidosis of the head these are the areas affected that must be drained. While headaches and sinusitis are painful, they are not nearly as serious as other chronic conditions like migraines and X that can and will develop if the acidosis is not reversed. ○

Low back pain sufferers take note... the greatest accumulations seem to occur here in the cisterna chyli located right between our two kidneys. This dilated sac in the lumbar region of the abdominal cavity is meant to be a temporary hold for the fatty lymph from the intestinal tract. In a healthy system, this fluid transverses from the lower body upwards. But when the fluid collects it causes inflammation = pain. ○

