

Drain Your Brain

Help for removing heavy metals, glyphosate, pathogen toxins, hormone mimicking chemistries and inflammatory chemicals from your child's brain and body.

If your child has the symptoms PANS/PANDAS, he or she is experiencing brain inflammation, and likely autoimmunity.

Hi, I'm **Luminara Serdar**, autism recovery specialist, scientist, and functional nutritionist. I help one of the most toxic group of people – kids with autism – recover from the underlying medical issues which contribute to autism behaviors, including neurological dysfunction.

I teach parents to do this gently massage for their children before bed, so they have the greatest ability to detox as they sleep.



If we ask the question why is there brain autoimmunity and inflammation, and then dig, we can get to the root cause of the issue.

In the case of autoimmune inflammation, whether in the brain or anywhere, we see the immune system is making a mistake by attacking body tissues instead of legitimate targets, like pathogens, viruses, even removing toxins. Additionally, pathogens themselves can misdirect the immune system, giving them signals to attack the wrong thing in the body (like allergens and the body tissues).

When you lighten the load on the immune system – eliminate pathogens and toxins – it's got more energy to do the right thing.

I invite you to take action and help lighten the load – drain your child's brain of chemicals and pathogens by helping to drain the whole body first. The brain is the last place to drain!

So let's open up the whole body to make room for those brain toxins and chemistries to flow down and out.

These instructions are taken from [this video](#) which is part of a Masterclass on how to shift behaviors in autism, ADHD, Sensory Processing disorder and other chronic childhood illnesses, by getting to the root cause. To learn more about the Masterclass, which will be held again soon, please [go here](#).

It is important to use binders, such as activated charcoal or chlorella, to help capture the toxins you're releasing, so they don't get reabsorbed from the colon and recirculated throughout the body.

For more information and help on recovering from chronic illness, please visit www.AutismTransformed.com.

Whole Body Lymph Drainage Massage

Follow these instructions for opening the lymph channels of the body so that toxins and cellular waste can more efficiently drain from the cells of the body. You can do this any time, but before bed is a great time!

1. Start just below the neck and above the collar bones and swipe gently downwards, about 10 times. You are not pulling on the skin, but gently rubbing over it. Use a slight pressure; it shouldn't hurt.



2. The next stroke is from under the ears and downward, following the sides of the neck. Use light pressure, about 10 strokes. This may be a sensitive area for your child, especially if he/she has had frequent upper respiratory issues, ear infections or chronic tonsillitis.



3. Stroke gently on the chest, from the collar bones down to about an inch above the nipple. Do this about 10 times in the same fashion as above.



4. Next stroke from under the armpit towards the chest, about 10 strokes.



5. Stroke up the sides of the body, about 10 strokes. Watch out for it being tickly for your child! Your touch should ideally be firm and not tickling.



6. Next stroke up the center and sides of the abdomen, about 10 strokes.



7. The next strokes are on both sides of the pelvic area, just inward of the hip bone. Stroke upwards about 10 times each side.



8. The next area is called the inguinal area, just inside the thighs up towards the crotch. Stroke upward on both sides for 10 strokes.



9. Next stroke upwards from the back of the knees, about 10 strokes.



10. Stroke up both legs, from feet to hips, 10 strokes each.



11. Now flip your child so he or she is lying on their front side. Start moving in downward strokes from the back of the head, down the neck. Continue sweeping down the shoulders away from the midline, towards the sides of the shoulders, about 10 strokes.



12. Next stroke the upper back areas about 10 times from the spine, toward the sides of the body.



13. Next stroke up from the bottom of the back upwards on both sides, then sweeping outwards once you're at the middle back, following the direction of the previous stroke.



14. You can stroke up the inguinal area again from the backside, from the inside of the thigh that is touching the surface upon which your child lies. Stroke in an upward direction, on the thigh up from the surface and upward over your child's bottom.

15. Last, stroke upward from the upper leg, then the lower leg (remember, we already stroked behind the knees), then upward from the feet, all the way up. It feels really good to do some strokes that start at the bottom of the feet all the way up to the top of the head (note: your child may ask for more!). In each area, you will do about 10 gentle strokes upward.