

# Neck Lymph Massage

Follow these instructions for opening the lymph channels of the neck so that toxins and cellular waste can more efficiently drain from the brain. This happens mainly when your child sleeps, so do this massage at bedtime.

1. Locate the soft tissue just inside the bony jaw at the chin. Choose one side to start on.



2. Rub gently in a circular motion along the jaw bone from the chin towards the back of the head, to just under the ear. You can test out what is the best pressure for your child. You are breaking up lymph nodes, so it could be painful if they are swollen; be gentle.



3. Rub using the same circular motion on the soft tissue under the jaw bone, this time going from back to front – from under the ear towards the chin.

4. Rub from under the center area of the jaw bone down the side of the neck. Rub on the muscles in a downward motion 4-6 times.



5. Repeat on the other side of the face.

6. When finished with both sides, tap on the breastbone in the center of the chest. This stimulates the thymus gland, the place where white blood cells go to mature. It also feels pretty good!



7. While your child is in a deep sleep, compress their head gently to help the lymphatic system squeeze the toxins out of the brain. Since you've helped to clear the lymph nodes and open the lymphatic vessels in the neck before bed, there should be an open flow route for toxins to exit the head.

