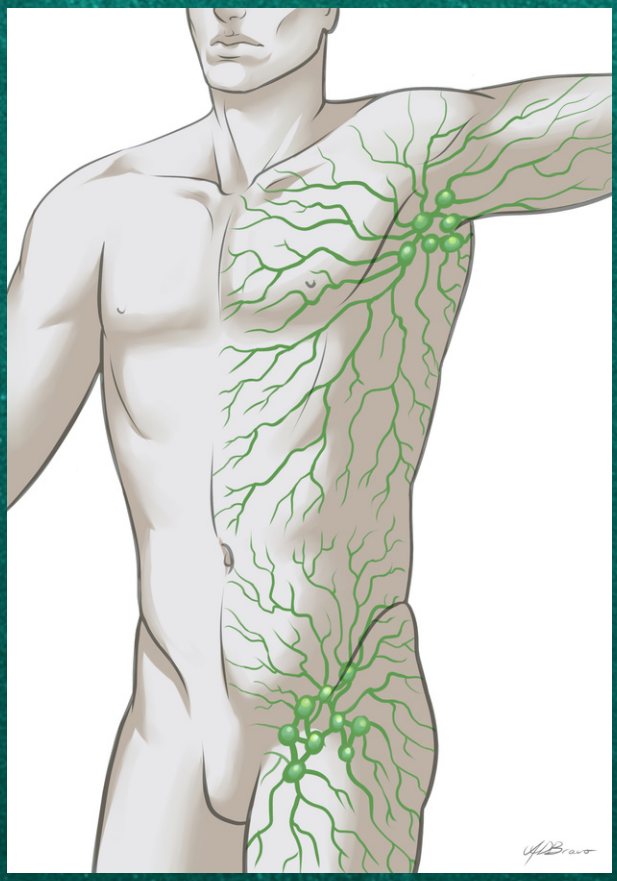
Lose Weight & Reboot Your Health With the Lymphatic System

NEW ERA OF THE LYMPHATIC SYSTEM

Real Science to Help You Have More Control Over Weight, Aging and Mental Health

Two Studies link Fat and Obesity to Damaged Lymph Vessels

SIMPLE, POWERFUL
LIFE-CHANGING SCIENCE



John Ossipinsky

Author
Developer of LymphPractic®
Lymphatic System Health Coach

Lose Weight & Reboot Your Health With the Lymphatic System

In 2006, I published *An Undetected Acid-Alkaline Imbalance*. In my book I explain how a compromised lymphatic system, and resulting buildup of acidic cellular waste, is the root cause of most disease. In the past few years, what I published has been verified. Many diseases have been linked to cellular waste; type-2 diabetes, anxiety, insomnia, heart failure, atherosclerosis, osteoarthritis, breast cancer, lung tumors. multiple sclerosis, Parkinson's, Huntington's, ALS and schizophrenia. Eventually most diseases will be found to be linked to cellular waste from a compromised lymphatic system. How are you maintaining your lymphatic system to help the detoxification of cellular waste?

Disclaimer

The material contained in this book is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider. The information is not intended to replace medical advice offered by physicians. If you have any questions about any disease described within this book, consult a health care provider. The author, editors, or publishers are not responsible for any errors or omissions or for the results obtained from the use of such material. They make no representations or warranties with respect to any treatment, action, or application of nutritional supplements, medication or preparation by any person following the information offered or provided within this book and will not be liable for any direct, indirect, consequential, special, exemplary, or other damages arising there from. You agree to hold harmless and indemnify the authors, editors, or publishers, against any liability for any claims and expenses, including reasonable attorney’s fees, relating to any violation of the terms of this agreement or arising out of any materials submitted by you. Readers are encouraged to confirm the information contained herein with other sources and carefully review the accuracy of the information with their professional healthcare provider. Before changing your dietary and exercise habits, or beginning to activate your lymphatic system, consult with a professional health care provider. Never stop any medication without consulting your health care provider.

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CONTENTS

1 NEW PARADIGM OF HEALTH

2 JOHN OSSIPINSKY BIO

3 LEAKY LYMPH VESSELS & OBESITY

4 LYMPH-BRAIN CONNECTION

5 TOXIC ACIDIC CELLS

6 AGING = ZOMBIE CELLS

7 ANXIETY = CELLULAR WASTE

8 DETOXIFICATION

9 LYMPHATIC DETOX

10 LYMPHACTIC SYSTEM HEALTH COACHING

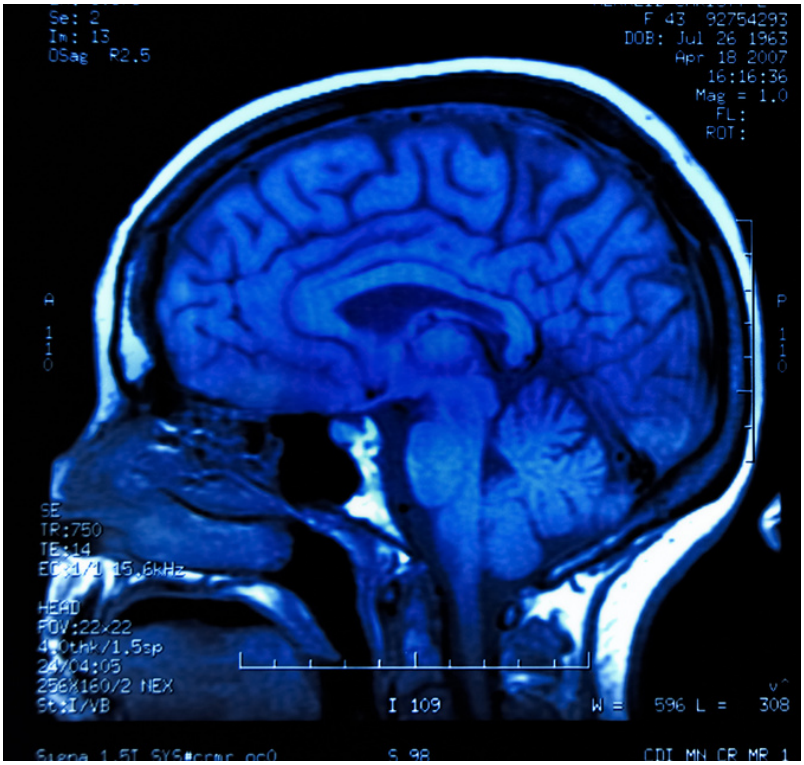
11 LYMPHACTIC SYSTEM MEDICAL INTUITIVE

12 LIFE-CHANGING ONLINE COURSE

13 PARTICIPATE

14 TESTIMONIALS

15 RESEARCH LINKS



NEW PARADIGM OF HEALTH

The lymphatic system has been written about since the time of Hippocrates. Unfortunately, little is known regarding how to use the lymphatic system to lose weight, overcome an illness, or to prevent disease.

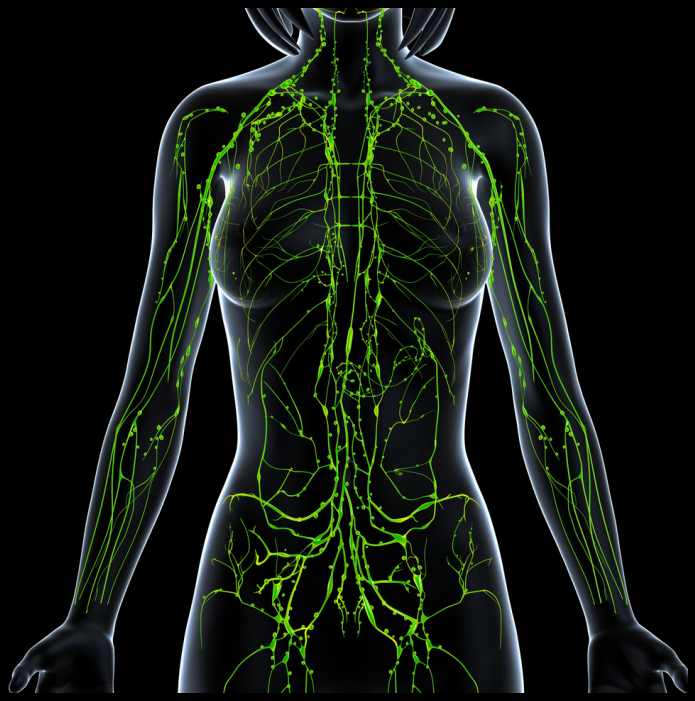
Most people don't learn about their lymphatic system until they, or a relative, are diagnosed with cancer, Lymphedema or Lipedema (swelling). I am trying to change this by explaining to everyone I meet that they have a lymphatic system.

Most importantly, that this system (that cleans acidic cellular waste, fats, fluid, carbon dioxide, and toxins), must be maintained to lose weight and have a healthy life without disease.

In 2009, I sent Secretary Sebelius (who oversaw the nation's health) a package of research, pictures, my book and a letter explaining how, "Missed science of the lymphatic system is hurting the nation." I received this response from the National Institutes of Health (NIH):

"We agree with you that there is a clear need to understand the biology of the lymphatic system in health and disease." - NIH

The letter went on to say how the NIH realized this in the year 2000. Over two-decades later and the biology of the lymphatic system is still ignored in the idea of health and disease. The lymphatic system helps to maintain every system in the body and brain. It plays a role in most illness and disease.



You will see how simple missed science of the lymphatic system, and how it absorbs acidic cellular waste from the body and brain can help anyone lose weight and feel better mentally and physically.

My goal has been the same since I realized this missed science in 2003. To educate those who are WILLING to learn emerging science that will change their, their family's or client's health and lives.

CELLULAR WASTE = INFLAMMATION

When the lymphatic system is not working optimally, cellular waste (parts of cells), fats, fluid and other debris can build up around and in your cells. This acidic cellular waste builds in the body and brain where you have limited circulation.

As cellular waste builds in the body it creates inflammation. You often hear how inflammation is the "Root Cause of Most Disease." Even stubborn weight has been linked to inflammation.

WHO IS JOHN OSSIPINSKY?

I have worked with the lymphatic system for over 28 years. I am the developer of LymphPractic®, author, lymphatic medical intuitive, and lymphatic system health coach. I am also a veteran (Army medic) and retired NYC Firefighter.

My bodywork career started as a Certified Lymphedema Therapist and Diplomate Certified in CranioSacral Therapy. I understand how the lymphatic system plays a very important role in maintaining the body and brain.

When I learned of acid-alkaline balance, I studied the relationship between the lymphatic system, pH, and health. This is when I realized an acidic pH was constricting the lymphatic system, allowing cellular waste to build in the body and brain.

In 2006, I published ***An Undetected Acid-Alkaline Imbalance.*** My book explains how an acidic pH can slow, or stop, the lymphatic system.

This lymphatic stagnation can lead to **Auto-intoxication*; your own acidic cellular waste (parts of cells), fluid, and other debris building in your body and brain.*** This buildup of cellular waste creates inflammation and most disease.

I am passionate about educating everyone I meet about the lymphatic system and its roles in health. Believe it or not, the lymphatic system is ignored in the idea of health and disease, except in cancer and edema.



DR. OZ - "LYMPHATICS... LONG IGNORED..."

Dr. Oz has written, "Lymphatics are the **next frontier of discovery** in human disease. **Long ignored** because of their subtlety and complexity…"

How can we ignore a system that cleans cellular waste from every system in the body, even the brain?

To help weight gain, aging and anxiety, really most health problems, you need to understand simple science of the lymphatic system, especially how to activate this system to improve lymph flow. You can gain more control over most health issues by reducing cellular waste, fluid, and inflammation, which is known to contribute to most disease.

Science News *from research organizations*

Defective Lymphatic Vessels Identified As A Novel Cause Of Adult Onset Obesity

Date: September 20, 2005

Source: St. Jude Children's Research Hospital

Summary: Leaky lymphatic vessels are the leading cause of the adult onset obesity observed in a laboratory model developed by investigators at St. Jude Children's Research Hospital.

LEAKY LYMPH VESSELS & OBESITY

To lose weight and keep it off, you must learn to use the emerging science of the lymphatic system, the body's sewage treatment system.

Most people have no idea that they have a lymphatic system, let alone that they must maintain this system to gain control over their weight and how they feel.

Two-studies in 2005 Linked Fat and Obesity to Damaged Lymph Vessels

In 2005, researchers damaged the Prox-1 gene in the legs of mice. This gene creates healthy lymph vessels. They found that the lymph vessels in the legs became ruptured and leaky.

Over time the legs of the mice became fat. This shows how important the lymphatic system is for losing weight. If you are trying to lose weight and have had difficulty, understanding the lymphatic system can make a dramatic difference in your ability to lose weight and improve your health and life.

Now, if we were born with damaged lymph vessels, we would all be heavy as infants. That is not what is happening in most people who have weight problems.

I believe a more accurate view of why many have weight problems or edema is that we, over time, slowly become filled with cellular waste, fats, fluid and other debris from a compromised lymphatic system.

SEWAGE SYSTEM

The lymphatic system is a tiny (as thin as a strand of hair) network of vessels and nodes that is often called the body's sewage treatment system. The lymphatic vessels absorb cellular waste (parts of cells), fats, immune cells, fluid, toxins, and other debris from the body and brain.

When the lymphatic system is not working efficiently, it limits the detoxification of acidic cellular waste, fats, and fluid which form what we call fat, in the body. A healthy lymphatic system is one that flows, completes circulation, moves around immune cells, and performs its role in detoxification. You often hear how some people don't detox well. In my opinion, it is because we ignore the lymphatic system, a system that cleans EVERY system!

THE LYMPH-BRAIN CONNECTION

To help anxiety, depression, panic attacks, foggy thinking, autism spectrum disorders, dementia, headaches, migraines or any problem associated with the brain, you must look at the new science of a lymph-brain connection.

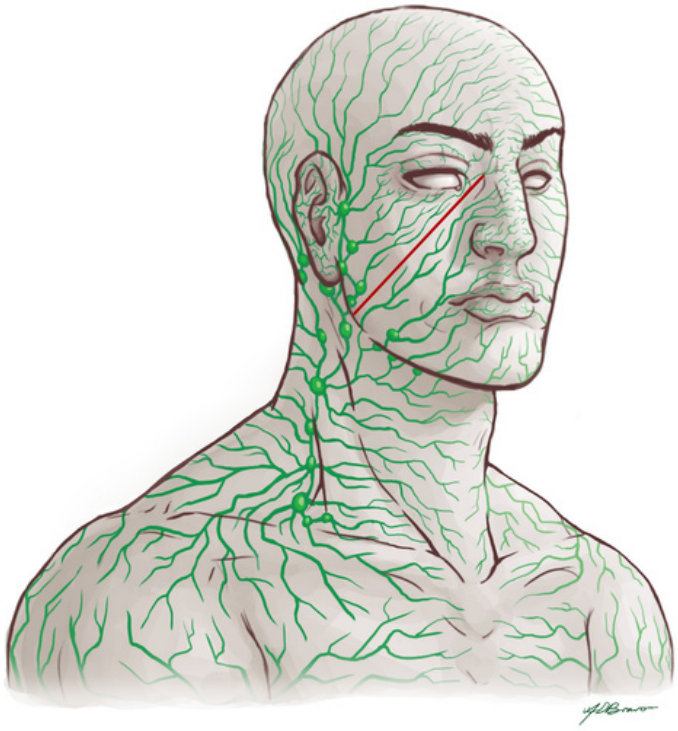
In 2015, researchers found lymphatic vessels in the brain. Prior to that, researchers were certain that there were NO lymphatic vessels in the brain. Why is the lymphatic system not included in the idea of mental illness? This is a direct lymph-brain connection that can be used to help how you, or a child, feels mentally and physically.

In 2017, researchers found that the major outflow of cerebrospinal fluid (CSF), the fluid that helps to maintain the brain, is through lymphatic vessels. That means how you feel, and the health of the brain is dependent on a well-functioning and flowing lymphatic system.

Unfortunately, your lymphatic system may not be working optimally. This can be due to many reasons such as stress, vaccinations, viral or bacterial infections, repeated antibiotics, inflammation, dehydration, trauma, surgery, helmet therapy, even some medications can limit lymph flow in the body and brain.

All of the above create enormous amounts of cellular waste and inflammation that can interfere with the proper functioning of your body and brain.

When I worked on clients in my office who had headaches,



migraines, or felt pressure in their head, they felt better from the first session of opening their lymphatic system. You can equate the lymphatic system to a pressure relief system. When it is congested and not working optimally the body and brain can fill with excess cellular waste and fluid, which creates pressure and pain.

LOG JAMS IN A RIVER

Cellular waste becomes like log jams in a river, limiting circulation. If cellular waste builds in the brain, it limits the ability to think, or changes us emotionally and can lead to excess CSF in the brain.

If cellular waste builds in the digestive system, you have digestive issues. If this waste builds in the skin, you have skin issues. The lymphatic system plays a large role in the detoxification of cellular waste and CSF from the body and brain.

To help how you think and feel you must include improving the lymphatic system to help detox cellular waste and fluid from the body and brain.



TOXIC ACIDIC CELLS DON'T DETOX

In a recent study, researchers found a pH imbalance in brain cells in Alzheimer's. Why am I talking about Alzheimer's? Because I believe this imbalance in the brain cells can also be occurring in cells in the body, limiting circulation and creating weight gain and most diseases.

Scientists at Johns Hopkins Medicine, say they have found new evidence in lab-grown mice brain cells (called astrocytes) that a root cause of Alzheimer's disease may be a simple imbalance in the cell. This pH imbalance in the astrocyte limits detoxification of cellular waste (called amyloid beta proteins) from within the cell and in the spaces between neurons.

For years research has shown that if the detoxification process is slowed, amyloid proteins build around neurons, leading to the amyloid plaques and nerve cell degeneration that are seen in memory-destroying Alzheimer's disease. I believe this same phenomenon is happening in most disease from anxiety, ASD to aging.

When brain cells (really all cells) are acidic they cannot detox their waste and they become toxic and can't function.

ACID IS MORE THAN A DIGESTIVE ISSUE

We have become accustomed to acid indigestion and acid reflux. We are missing how a slightly acidic pH can damage the cells that make up everything in the body and brain. This cellular damage is how most disease begins. An acidic pH constricts the lymphatic system, the body's sewage treatment system, allowing cellular waste to build in the tissues and organs. This is why most people have multiple health problems.

Nature. 2011 Nov 2;479(7372):232-6. doi: 10.1038/nature10600.

Clearance of p16Ink4a-positive senescent cells delays ageing-associated disorders.

Baker DJ[1], Wijshake T, Tchkonia T, LeBrasseur NK, Childs BG, van de Sluis B, Kirkland JL, van Deursen JM.

⊕ Author information

Abstract

Advanced age is the main risk factor for most chronic diseases and functional deficits in humans, but the fundamental mechanisms that drive ageing remain largely unknown, impeding the development of interventions that might delay or prevent age-related disorders and maximize healthy lifespan. Cellular senescence, which halts the proliferation of damaged or dysfunctional cells, is an important mechanism to constrain the malignant progression of tumour cells. Senescent cells accumulate in various tissues and organs with ageing and have been hypothesized to disrupt tissue structure and function because of the components they secrete. However, whether senescent cells are causally implicated in age-related dysfunction and whether their removal is beneficial has remained unknown. To address these fundamental questions, we made use of a biomarker for senescence, p16(Ink4a), to design a novel transgene, INK-ATTAC, for inducible elimination of p16(Ink4a)-positive senescent cells upon administration of a drug. Here we show that in the BubR1 progeroid mouse background, INK-ATTAC removes p16(Ink4a)-positive senescent cells upon drug treatment. In tissues--such as adipose tissue, skeletal muscle and eye--in which p16(Ink4a) contributes to the acquisition of age-related pathologies, life-long removal of p16(Ink4a)-expressing cells delayed onset of these phenotypes. Furthermore, late-life clearance attenuated progression of already established age-related disorders. These data indicate that cellular senescence is causally implicated in generating age-related phenotypes and that removal of senescent cells can prevent or delay tissue dysfunction and extend healthspan.

AGING = SENESCENT CELLS

If you want to age more gracefully and extend your health you must improve detoxification of cellular waste like senescent cells. These "zombie" cells become trapped in any part of the body, typically where they originate. As they break down they secrete a component that damages surrounding cells.

In the last sentence of the above abstract the researchers write, **"These data indicate that cellular senescence is causally implicated in generating age-related phenotypes and that removal of senescent cells can prevent or delay tissue dysfunction and extend healthspan."**

So, by removing senescent cells, which are really cellular waste, you can prevent tissue dysfunction and extend your healthspan. Most people don't realize that the lymphatic system plays a large role in detoxing cellular waste like senescent cells from the body and brain. Since we ignore the lymphatic system and its connection to the brain we fill with cellular waste which ages the brain. Another problem that arises when the lymphatic system isn't working optimally is excess cerebrospinal fluid in the brain.

EXCESS WASTE, CSF & FOGGY THINKING

You can feel the effects of excess cellular waste and the buildup of cerebrospinal fluid (CSF) in the brain. Have you ever experienced foggy thinking? The days you have more fogginess are the days you have more congestion in your lymphatic system. This means more cellular waste and CSF building in the brain, limiting how you think.

Those who have had chemotherapy often suffer with chemo brain, they can't think at times. The same for those with fibromyalgia, they can have fibro fog. Seniors who have cognitive decline and problems using their limbs are diagnosed with excess fluid in their brain called Normal Pressure Hydrocephalus (NPH). Many seniors have dementia. These are all due to the buildup of cellular waste and excess CSF in the brain. Gaining control over your lymphatic system can help you have more control over damaging cellular waste and excess CSF to help how you age and think.

Science News *from research organizations*

Obese mice lose anxiety when 'zombie cells' exit their brain

Date: January 3, 2019

Source: Mayo Clinic

Summary: Researchers have shown in mice that obesity increases the level of 'zombie' or senescent cells in the brain, and that those cells, in turn, are linked to anxiety. When senolytic drugs are used to clear those cells, the anxious behaviors in the mice dissipate.

ANXIETY = CELLULAR WASTE

Anxiety is a large problem in children, teens, adults and seniors. A recent study (by Mayo Clinic researchers and collaborators) has shown, in mice, that obesity increases the level of senescent or 'zombie' cells in the brain, and that those cells, in turn, are linked to anxiety.

It makes sense, if you are heavier you have more cellular waste, but many people who are thin have anxiety too. It just means they are also filling with cellular waste, but more in their brain than in their body. It can affect anyone, at any age.

When researchers used senolytic drugs (drugs that breakdown senescent cells) to clear the cells in two separate mouse models, it resulted in anxious behavior ending. This is great news if you are one of the millions of people who suffer with some form of anxiety, depression or panic disorders.

I hope you are beginning to see how a compromised lymphatic system can allow cellular waste to build in any part of the body and brain, affecting how you feel mentally and physically.

You can gain control over anxiety and most health problems by maintaining your lymphatic system. Once you understand that the lymphatic system helps maintain the brain, you can no longer ignore it, and its roles in health.

SIMPLE REAL SCIENCE

I hope from these little glimpses into real published science, that you see that the idea of a compromised lymphatic system allowing cellular waste to build in your body and brain is ***REAL*!**

Even though I am discussing losing weight in this PDF, it is science that is related to most health problems. Chronic pain, cancer, fibromyalgia, chronic fatigue, edema, a weak immune system, and most neurological diseases are all due to cellular waste building in a part of the body or brain. You need to understand lymphatic system detoxification to help reduce cellular waste to help control anxiety.



DETOXIFICATION

Detoxification means to remove a poison or toxin. In this case, the toxin is cellular waste. It is well known that some people, don't detox well. When you learn about the lymphatic system and how to maintain it, you will have more direct control over gentle detoxification in your body and brain.

It is important to know that every day your cells are replicating, and the body has to metabolize the old cells. Approximately 500 million cells die on an average day. When the lymphatic system is compromised, the clearing process is impeded, allowing cellular waste to build in the body and brain.

I published ***An Undetected Acid-Alkaline Imbalance***, in 2006. In it, I explain how a compromised lymphatic system, and the resulting buildup of acidic cellular waste, is the "Root Cause of Most Disease." In the past few years, many diseases have been linked to cellular waste; type-2 diabetes, anxiety, insomnia, heart failure, atherosclerosis, osteoarthritis, breast cancer, lung tumors. multiple sclerosis, Parkinson's, Huntington's, ALS and schizophrenia. Once you understand how the lymphatic system cleans every system in the body, it is easy to see how most disease may one day also be linked to cellular waste.

"Health is not about being perfect in diet and lifestyle, but learning to detox cellular waste by improving the lymphatic system." - John Ossipinsky

START SLOW

When you start a lymphatic system detoxification it is important to start slow, not to overwhelm an already overwhelmed lymphatic system, or you will have more symptoms. Being too aggressive with detoxification can create more anxiety, depression, irritability, insomnia, heart issues, and short-term cognitive decline. I have specialized in helping clients with gentle lymphatic system detoxification for over 25 years. Let my experience help shorten your learning curve to improving your health.



LYMPHATIC DETOX

I developed a powerful bodywork routine called "LymphPractic®" to activate the lymphatic system in my clients. I started my career as a Certified Lymphedema Therapist and Diplomate Certified in CranioSacral Therapy. In the beginning, I worked on many clients with cancer, swelling and brain issues. Over time, I realized that most health problems benefit from activating the lymphatic system to reduce cellular waste.

Here is how I know that most health problems (anxiety, depression, insomnia, digestive issues, skin irritations, heart palpitations and cognitive decline) are due to the buildup of cellular waste. Early in my career, I did research putting clients through 3 consecutive days of LymphPractic sessions, with no preparation, to see how they would respond.

I no longer do this because it is too aggressive of a detox.

Some clients had a light detox reaction after the first day, a headache, digestive discomfort, chronic fatigue and feeling cranky. This is due to the initial release of cellular waste, making them more acidic and toxic. After the second day of activating their lymphatic system, more waste was released. Clients said, that night they had their worst insomnia, anxiety or depression, even those who never had anxiety or depression had some level of anxiety or depression.

FELT LIKE THE FLU

A senior going through the lymphatic detox told me after the first session she had someone drive her because she felt she was not as cognitively aware to drive safely. One father of a child I worked on said after the first session his son was catatonic, unresponsive for a short while. They all felt better after the third session as the toxicity reduced. Most said they felt exhausted like they had gotten over the flu. The key point to be made is, I created their symptoms by releasing cellular waste in their body. As the waste cleared, they all felt better. Many said they felt more alive than they have felt in a long time.



LYMPHATIC SYSTEM HEALTH COACHING

I hear from many people who are desperate for answers to their health issues and don't live in Arizona. Because of this, over 20 years ago, I started coaching clients globally on ways they can improve their lymphatic system and health issues. I do this over the phone or Skype. I have helped many children and adults over the years.

I explain in my book and course how MOST health problems are due to the buildup of cellular waste from a congested lymphatic system. My coaching is relatively the same for most health problems, depending on your issues. I teach clients how to use dietary balancing, some basic supplements, exercise, and how to manually improve their lymph flow. Most feel better!

My coaching over weeks can be expensive. That's when I decided to create a 6-week online course with three months of mentoring. You don't heal or improve your health overnight. It takes months and sometimes years to return the body and brain back to health. Most people do better with coaching! Having an experienced mentor to help you step by step to utilize new science of the lymphatic system to improve your health, is priceless!

I believe just having an awareness of the lymphatic system can help everyone. If you have health concerns, you need more than an awareness of the lymphatic system to have a healthy life.

GAIN MORE CONTROL

Most health problems benefit from manually improving lymph flow. Self-Lymphatic Drainage is similar to dry brushing, but much more powerful, detailed and based on real science. I manually activate my lymphatic system with my Self-Lymphatic Drainage (SLD) routine about 5 nights per week before bedtime.

I go to bed more relaxed, feeling improved blood circulation and know my body and brain will clean better while I sleep. By doing this, I gain more control over my health.

I take simple steps, that take only a few minutes, to directly help reduce cellular waste by activating my body's sewage treatment system. This is the proper use of real science to promote a healthy life!

LYMPHATIC SYSTEM MEDICAL INTUITIVE

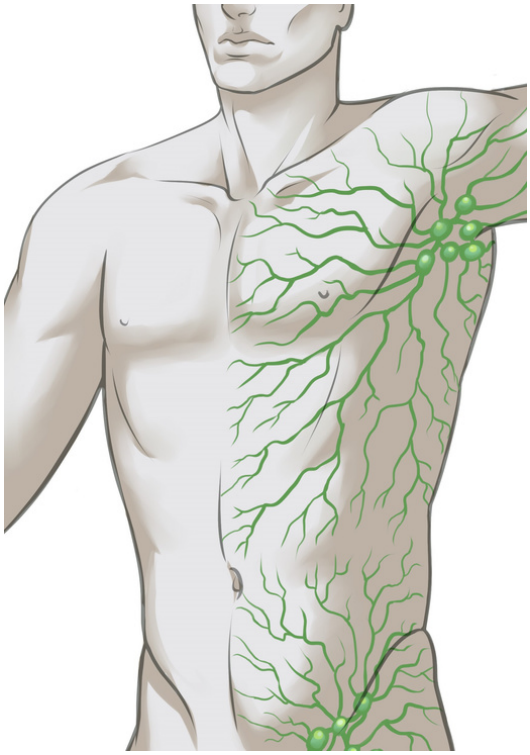
Early in his career, John was treating clients while researching how draining the lymphatic system could affect the pH of the body and improve many health issues. It was during this time that John realized he was intuitive to lymph flow in the body and brain.

While working with a client, who was draped in a sheet and lying facedown, John's intuition drew him to look at her hip and leg. When he did, he saw little iridescent lines moving over the sheet that was covering the woman's hip and leg. When he placed his hand over the sheet and manually mapped the lymph flow in the hip and leg it was what he saw on the sheet.

The lines appeared for 10 seconds and then disappeared. Since that experience, John has been able to see lymph flow in clients. Over many years he realized when he looked at his client's lymphatic system, lymph would begin to flow better.

John now does the same LymphPractic session that he did in his office in a Distance Lymphatic System Healing session to help clients improve how they feel mentally and physically.

John has been working with the lymphatic system at a distance for over 18 years. Clients feel improved circulation, less pain, tingling within their body, heat, and twitching. Most importantly they feel deeply relaxed in their body and mind.



DISTANCE LYMPHATIC HEALING SESSION

The first step John does in a Distance Lymphatic System Healing Session is to look at the client's lymph flow. John can see lymph flow and lymph congestion in the body and brain. Often where John finds lymph congestion is where the clients say they have their health issues.

During the call, John explains what he is doing to open your lymphatic system and what he sees happening in your body. Within a few minutes, clients feel deeply relaxed in their body and mind as lymph flow is improved.

Clients often feel more open and lighter as well as feeling heat, twitching, and hear gurgling in their abdomen. These are all signs of improved lymph flow and circulation that can improve healing. John has had hundreds of Distance Lymphatic System Healing clients who were finally able to gain more control over their health with a few sessions to open their lymphatic system.

(testimonials page 14)

LIFE-CHANGING ONLINE COURSE

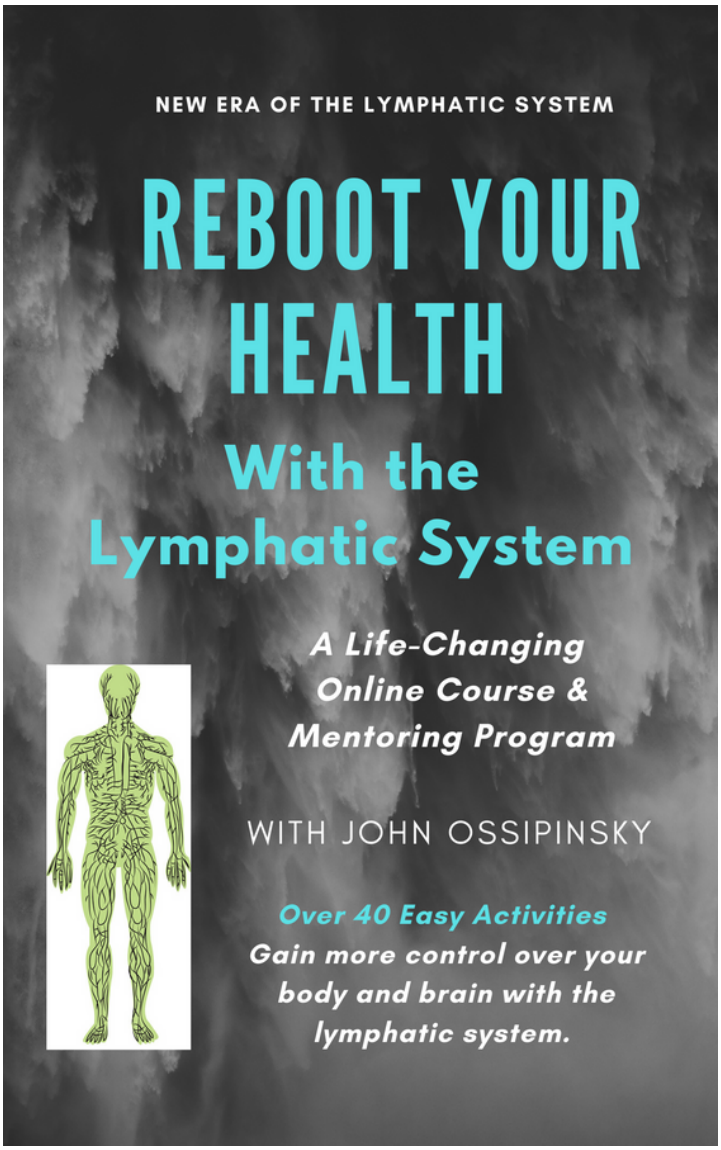
The lymphatic system is a system that can be improved to reduce the buildup of cellular waste. When you manually activate the lymphatic system you directly, and immediately, help to improve the oxygenation of cells, the immune response, and the gentle detoxification of cellular waste.

The eight-week course with my core curriculum includes three months of mentoring with me in the Lymphatic System Health Mastery INNER CIRCLE Facebook Group. Learn to activate the lymphatic system using simple dietary balancing, basic supplements and manually activating your lymphatic system with the Ossipinsky Method of Self-Lymphatic Drainage (OMSLD).

I developed a powerful 12-minute self-lymphatic drainage routine that helps you have more control over weight gain, edema, pain, insomnia, digestive issues, anxiety, and depression to name only a few health issues that will benefit from improving lymph flow.

Over 50 Easy Activities and three months of mentoring to help guide you step by step to learning to improve your health. This emerging science I present is easy to learn and very necessary. It will take decades before this real science gets investigated by the medical community and is trickled down to the public.

You have a choice to make! Wait for decades to finally learn new science that can help you and your family, or take steps to learn how to gently



detox and maintain the lymphatic system. In the course you will also have access to me to answer your questions.

4 EASY STEPS TO IMPROVE LYMPH FLOW

Many mothers benefited from learning to maintain their lymphatic system. They asked me how they can help their child's lymphatic system. Because of this, I added a BONUS activity: **4 Steps to Open the Lymphatic System.**

Learn how to open the lymphatic system, especially the Lymph-Brain Connection, in 4 easy steps. This powerful routine can be used on all ages to improve the lymphatic system, to help create deep relaxation, improve lymph flow and health in just a few minutes.



JOIN OUR PRIVATE FACEBOOK GROUP

My goal in starting the "Lymphatic System Health Mastery" Facebook Group is to bring awareness to the missed science of the lymphatic system. Most importantly, to explain how you can have direct control over this system and how it can help most health problems.

In the Facebook group we discuss the emerging science of the lymphatic system and its roles in health and disease. I want to create a Facebook community of like-minded individuals who want to learn how to use new science of the lymphatic system to help them gain control over how they feel mentally and physically.

Every Monday night we host a 30-60 minute Facebook Live session for the group. Members from all over the world come together to learn about the lymphatic system and its roles in health and disease.

The can also ask me questions about the lymphatic system and specific health issues. It is a REAL problem when most people don't know they have a lymphatic system, let alone that they should be maintaining this system that cleans their body and brain.

By joining our Facebook group, you will be helping me fulfill a goal. I have a goal to have families, friends, and communities talking about the lymphatic system and the need to maintain it.

LIFE-CHANGING MAINTENANCE

What a novel idea based on real science! Maintain a system, that we all have but ignore, that cleans the body and brain of damaging cellular waste.

If you search the internet for "lymphatic system," you will find 29 million results. Search "lymphatic system detoxification" for 1,570,000 results. You must have the right science to feel comfortable maintaining your lymphatic system and health. Participate in our FB group to learn the right science to promote REAL health!

TESTIMONIALS

Mike - Victoria BC

"When I first came across John Ossipinsky's website I was a miserable mess. I was experiencing pains in my lungs and other organs, neuropathy, recurring sinus problems, eye floaters, and difficulty breathing at times. The doctors I went to had nothing useful to offer. I had started figuring out that acidity and my lymphatic system were involved in what I was experiencing, but didn't know what to do about it.

The guidance John provided in his course on eating a healthier diet, taking the right supplements, and activating my lymphatic system with John's 8-minute self-lymphatic drainage routine has made a HUGE difference for me, and I am now VASTLY better than I was a year ago. I would highly recommend John's course to anyone!"

Dean - BC

"When I first started my coaching sessions with John Ossipinsky, my lymphatic system was severely blocked up, especially in the area of my head. Most nights I would have disruptive sleep, so a good sleep was none existent for months. I would also experience drowsiness around 4 pm everyday which made it difficult to do my work. After several sessions with John, my body is flowing much more freely, sleeping through the night has returned and my 4 pm drowsy moments seem to have disappeared. A "BIG" thanks to you John!"

John - CA

"John Ossipinsky's work with the lymphatic system consistently leaves me feeling calmer, more energized, and healthier. He approaches his work with immense compassion and impeccable devotion. I count on John and he has never let me down. As one of his clients I become a direct beneficiary of John's love for what he does. I trust John and I encourage anyone seeking healing or a greater sense of balance in their life to do the same."

Nancy - AZ

"I had a serious skin problem where I had been breaking out in blisters all over my body for two years. The blisters would break, bleed and burn. When I attended one of John Ossipinsky's lectures, I realized my lymphatic system was in bad shape. I am feeling better both physically and mentally since starting LymphPractic and being coached on how to maintain my lymphatic system by John Ossipinsky."

Johanna - CO

"John is a gifted man. So few practitioners understand the importance of the lymph system, let alone have the ability to stimulate it. I purchased these sessions for my best friend who had her "food allergies" (and the corresponding break outs) completely clear up from 3 or 4 sessions, she's been symptom free for 8 months."

Don't let this opportunity pass! Learn about the lymphatic system, now! I have had many clients who waited years to contact me and were sorry they waited!

Learn more about the lymphatic system and health.
join John Ossipinsky's Free Private Facebook Group
"Lymphatic System Health Mastery"
https://www.facebook.com/groups/lshmfbgroup/

If you are not sure maintaining the lymphatic system can help you contact John for a Free 15-minute Triage Call at https://OssipinskyHealthAcademy.com/contact/

Research

The New Era of the Lymphatic System: No Longer Secondary to the Blood Vascular System
https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3312397/

Defective Lymphatic Vessels Identified As A Novel Cause Of Adult-Onset Obesity
https://www.sciencedaily.com/releases/2005/09/050920082333.htm

Clearance of p16Ink4a-positive senescent cells delays aging-associated disorders.
https://www.ncbi.nlm.nih.gov/pubmed/22048312

pH Imbalance in Brain Cells May Contribute to Alzheimer's Disease
https://www.hopkinsmedicine.org/news/newsroom/news-releases/ph-imbalance-in-brain-cells-may-contribute-to-alzheimers-disease

Lymphatic Vessels Discovered in Central Nervous System
https://www.nih.gov/news-events/nih-research-matters/lymphatic-vessels-discovered-central-nervous-system

Obese mice lose anxiety when 'zombie cells' exit their brain
https://www.sciencedaily.com/releases/2019/01/190103142236.htm

John Ossipinsky's Website
https://www.OssipinskyHealthAcademy.com

Eight-Week Reboot Your Health With The Lymphatic System Online Course and Three Months of Mentoring
https://www.ossipinskyhealthacademy.com/reboot-your-health-with-the-lymphatic-system-virtual-course-I/