



Lymph-Tone I

What?

Lymph-Tone I is a homeopathic drainage remedy designed to assist the lymphatic system in effectively draining toxins in acute cases of congestion.

Why?

Your practitioner has likely talked to you about toxins and how they can accumulate and cause problems when the body's "filtering systems" become congested. Some of the body's filtering systems include the liver, kidneys, gall bladder, skin and the lymphatic system. "Hmmm, the lymphatic system...what's that again?" So glad you asked! The lymphatic system is one of the most important – and ironically most misunderstood – systems in your entire body! It is a network of vessels that runs from the top of your head to the tips of your toes. It works like a trash collector, using over 600 collection sites called "nodes" to collect and destroy harmful toxic materials. An important point about the lymphatic system is that it does not have its own pump. Thus, it relies on daily exercise, water and breathing to keep the lymphatic fluid flowing so it can remove toxins. This becomes especially important when you begin a homeopathic detoxification program, because when toxins are released they must be excreted quickly via the lymphatic system.

Lymph-Tone I is a homeopathic drainage remedy designed to elicit or "jump start" the body's natural lymphatic action so that "acute" toxins can be excreted. "Acute toxins" are simply toxins that have only been lodged in the cells for a brief period of time. For long-term or more "stubborn" toxins, **Lymph-Tone II** or **Lymph-Tone III** may be recommended.



How?

30 drops orally twice daily AM/PM, or as directed.

Tips:

Remember, the lymphatic system relies on movement to function properly. Do yourself a favor and exercise while taking **Lymph-Tone I**. Studies have shown that power walking and rebounding on a mini-trampoline are particularly helpful for a congested lymph system.

Key Ingredients:

Adrenal 3X, 6X; Apis mellifica (*Honeybee*) 12X; Aranea diadema (*Cross Spider*) 12X; ATP (*Adenosine Triphosphate*) 4X, 6X, 12X, 24X; Belladonna (*Deadly Nightshade*) 12X; Calcarea carbonica (*Carbonate of Lime*) 12X; Conium maculatum (*Poison Hemlock*) 12X; Echinacea angustifolia (*Coneflower*) 1X; Galium aparine (*Goose Grass*) 12X; Graphites naturalis (*Black Lead*) 12X; Hypothalamus 3X, 6X; Kali iodatum (*Potassium Iodide*) 3X, 12X; Lachesis muta (*Bushmaster Pit Viper*) 12X; Mercurius p ruber (*Red Oxide of Mercury*) 12X; Myristica sebifera (*Brazilian Ucuba*) 12X; Phosphorus 12X; Phytolacca decandra (*Poke Root*) 2X, 12X; Pinus maritima (*Pycnogenol*) 6X; Pituitary 3X, 6X; Rhus toxicodendron (*Poison Ivy*) 12X; Scrophularia nodosa (*Figwort*) 12X; Sulphur 12X; Thyroid 12X; Uncaria tomentosa (*Cat's Claw*) 3X; Vespa crabro (*European Hornet*) 12X.

To learn more about homeopathy, ask your healthcare professional for a copy of Energetix' patient brochure: "Homeopathy Made Simple."

References:
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This information is not meant to diagnose, treat or replace traditional treatment, and has not been approved by the FDA or HPB.