



Lymphatic Constitution

Eye colour: Blue, Blue-Grey, Green

Personality: Balanced, Grounded, Perceptive

*“Love the skin you’re in.
Accept your own limitations.”*

Common Physical Conditions:

- Lymphatic reactivity - swollen glands, blocked and/or runny nose, post nasal drip, eye irritation and tonsillitis.
- Sensitive mucous membranes - ear, nose, throat and respiratory infection.
- Allergies and skin rashes.
- Poor thyroid function.
- Arthritis, stiff joints & muscle aches.

Beneficial Dietary Changes:

- Reduce mucus-forming foods – dairy, refined sugar, wheat & acidic foods such as processed meat, fried food, soft drinks, packaged sweets.
- Limit caffeine and alcohol to reduce inflammation & improve nutrient absorption.
- Increase oily fish like salmon and mackerel, as well as plant-based proteins such as beans, lentils, tofu, tempeh, chia and hemp.
- Increase fluid intake (aim for 2L of water per day).



Dinner idea

Lemon baked salmon with garlic dill sauce (20 minutes!)



Breakfast idea

Healthy granola

Relevant Herbal Medicines:

The following medicinal herbs have been traditionally used to enhance immune function, assist lymphatic drainage, promote the elimination of waste products from the body, as well as reduce inflammation.

- Echinacea
- Elderflower
- Nettle Leaf
- Burdock
- Calendula
- Red Clover
- Cleavers
- Baptisia

Supportive Exercise & Yoga:

Aim for aerobic-style exercise that promotes lymphatic fluid movement, such as swimming, mini-trampolining, jogging and cycling.



Sun salutations

To build heat and increase circulation.



Downward dog

To use gravity to move lymphatic fluid
& build strength