



BOOST YOUR IMMUNE SYSTEM & LOSE WEIGHT WITH LYMPHATIC PUMPING & DRY BRUSHING WITH ANGELINA BURGIN, LMT.

The lymphatic system is a subsystem of both the circulatory and immune systems. It plays a vital role in maintaining health because all the other systems in the body depend on it to clear toxins, wastes, bacteria, dead cells, trapped protein, fat globules and infection from all tissues of the body through proper flow and drainage.

Because we are exposed to so many synthetic chemicals, processed foods and environmental toxins, the lymphatic system gets overloaded. When this happens, the cells which rely on the lymphatic system for elimination becomes less efficient and sluggish as they fill with their own waste. This can lead to many health problems, and can even impair your ability to lose weight. Getting this system flowing smoothly is the key to improved health and feelings of well-being.

Signs and symptoms of a Sluggish Lymph System

**Edema * Frequent Illnesses & Infections * Allergies
Skin Disorders Headaches * Fatigue * Cellulite * Weight Gain
Difficulty Loosing Weight * Ear or Balance Issues**

During this class participants will learn how to naturally stimulate and speed up the circulation/detoxification process through the use of lymphatic pumping and dry brushing. You will also learn how to use these techniques on others. A dry brush for home and personal use is included in the cost of the workshop. Please bring a yoga mat or small blanket if you have them.

THE CENTER, 1 HOFFMAN ST. AUBURN NY

\$60.00 *(includes all materials)*

To Register Contact The Center at 315-704-0319

Or use our convenient online registration at

www.TheCenter4Wellness.com

