



START HERE

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Drainage Basics

Drainage= the pre-tox to detox

@REVIVE_HEALTH_WELLNESS



Drainage vs Detox

When you hear the word "detox" what comes to mind? I believe that most people would think: juice cleanse, 21 day fast, elimination diet, etc.

Now, when you hear the word "drainage" what comes to mind?

I would think that I would get a lot of blank stares.

Unfortunately, most people have no idea what drainage is and why it is so important for the body.

So, let's break it down.

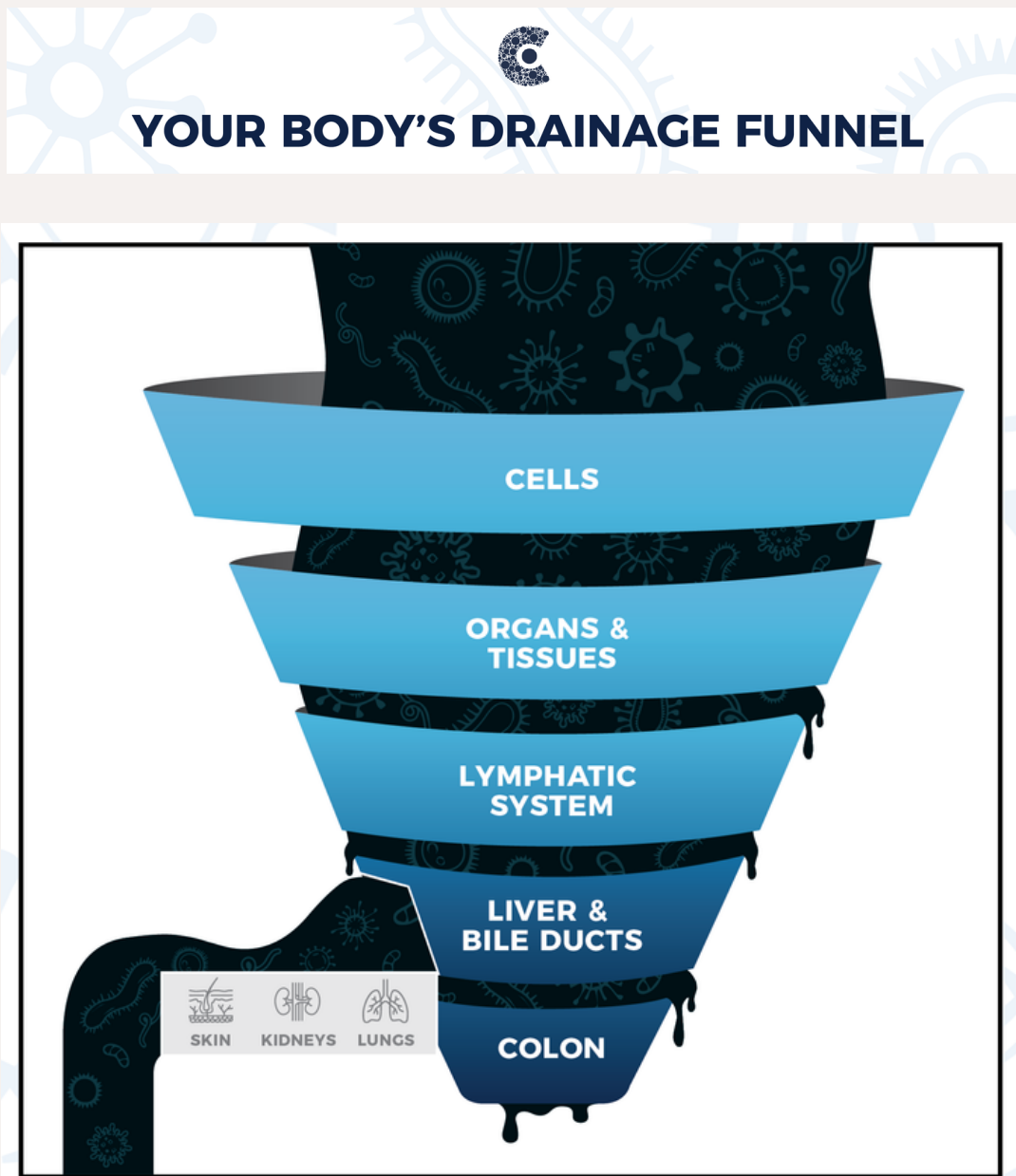
Drainage is the natural process of moving and removing fluid from the body daily.
Detox is specifically pulling out a pathogen from the body; ie. parasite, bacteria, heavy metals, mold.

When drainage pathways become blocked or stagnant, toxins begin to back up, recirculate and reabsorb in the body. This leads to disease, illness, and systemic dysfunction.

Drainage Pathways

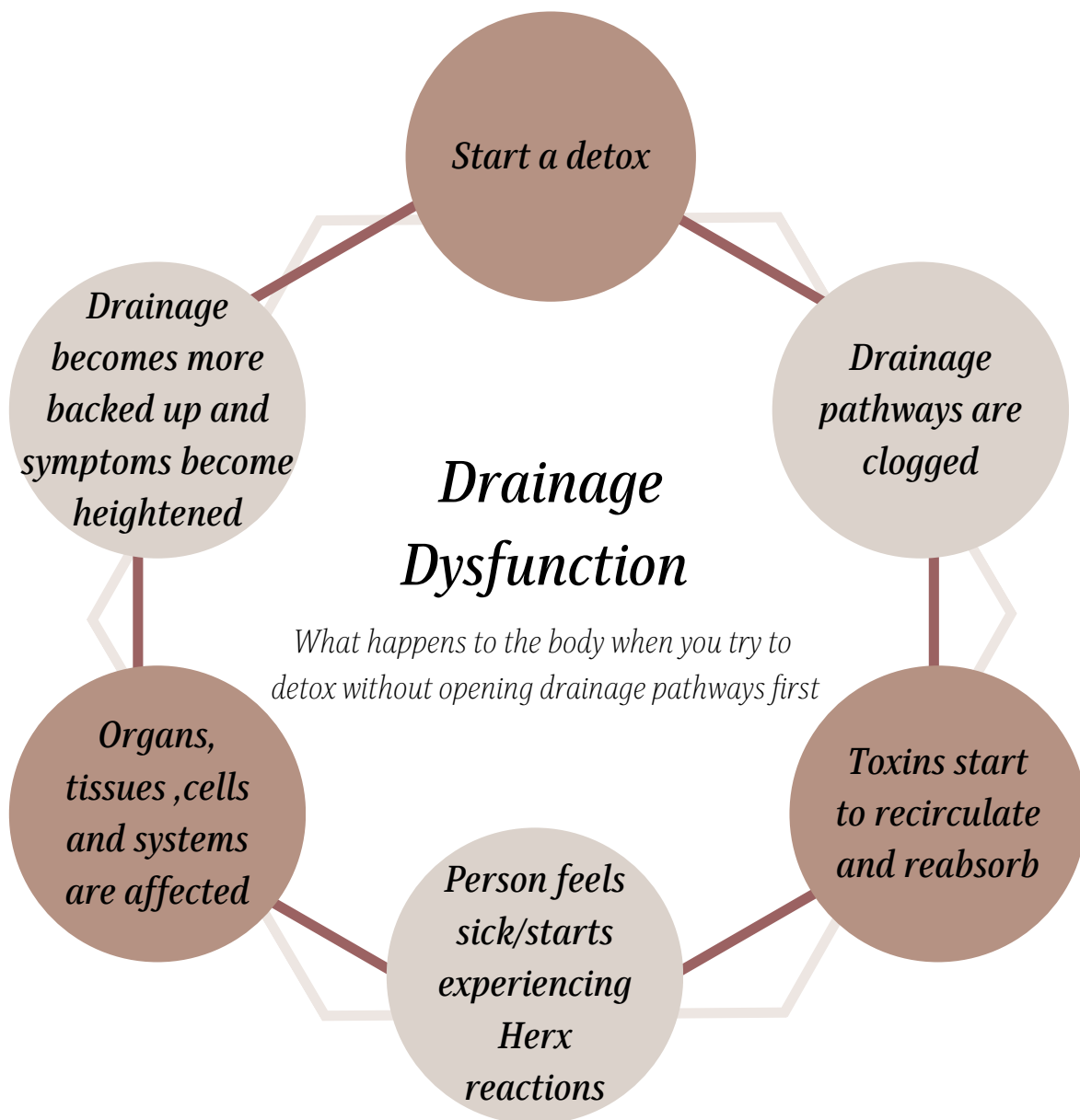
There are 7 drainage pathways in the body. In order to open the pathways, you need to work from the bottom to the top.

The drainage pathways act as a funnel. As the toxins flow down the funnel, they need to move out the bottom of the funnel to be fully removed by the body.



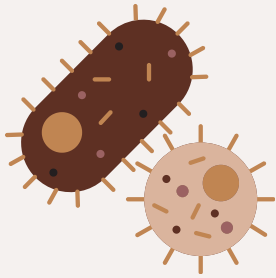
Drainage = the pre-tox to Detox

If drainage is not addressed prior to detoxing (aka pulling out specific pathogens), then those toxins are going to recirculate and reabsorb in the body. This can cause dysfunction to the organs, cells, and tissues. It can also result in Herxheimer reactions/detox reactions. If drainage pathways are fully supported and opened prior to detox, the likelihood a herx reaction is much less.



Drainage Dysfunction

Why does dysfunction occur? What are the most common causes of drainage dysfunction?



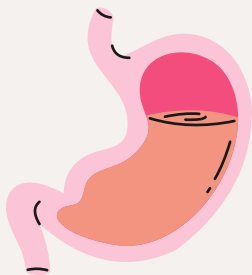
Infections
(acute and chronic)



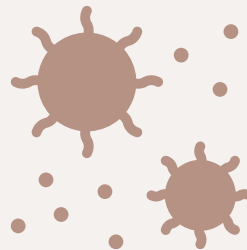
Lack of sleep



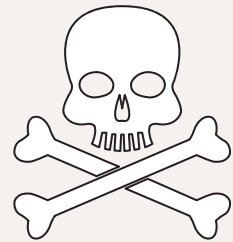
Stress



**Gut
dysbiosis**



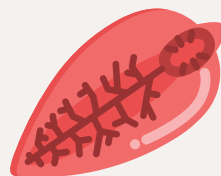
Mycotoxins



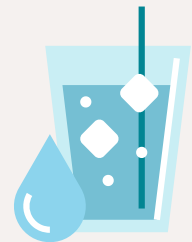
Toxins
(heavy metals,
chemicals,
environmental toxins)



Poor Diet



Parasites



Dehydration

How to Support the Drainage pathways

Focus on the Foundations



Nutrient dense diet, healthy fats (no processed veggie or seed oils), quality water, spices, cooking pans, etc.

Stay hydrated



Aim to consume 1/2 your body weight in ounces daily, being sure to add a pinch of un-refined sea salt. My personal favorite is Crucial Four. Water needs minerals to get into our cells- which is why salt is so powerful!

Move your body



Moving your body is beneficial for mind, body and soul. The lymph is such an integral part of the drainage pathways- moving daily is an excellent way to get those toxins out of the body.

Poop 2x a day



Pooping 2x a day is essential as this is one of the basic ways all toxins leave the body.

Pooping tips: Stay hydrated, eat fibrous foods, incorporate green leafy veggies daily, and move your body.

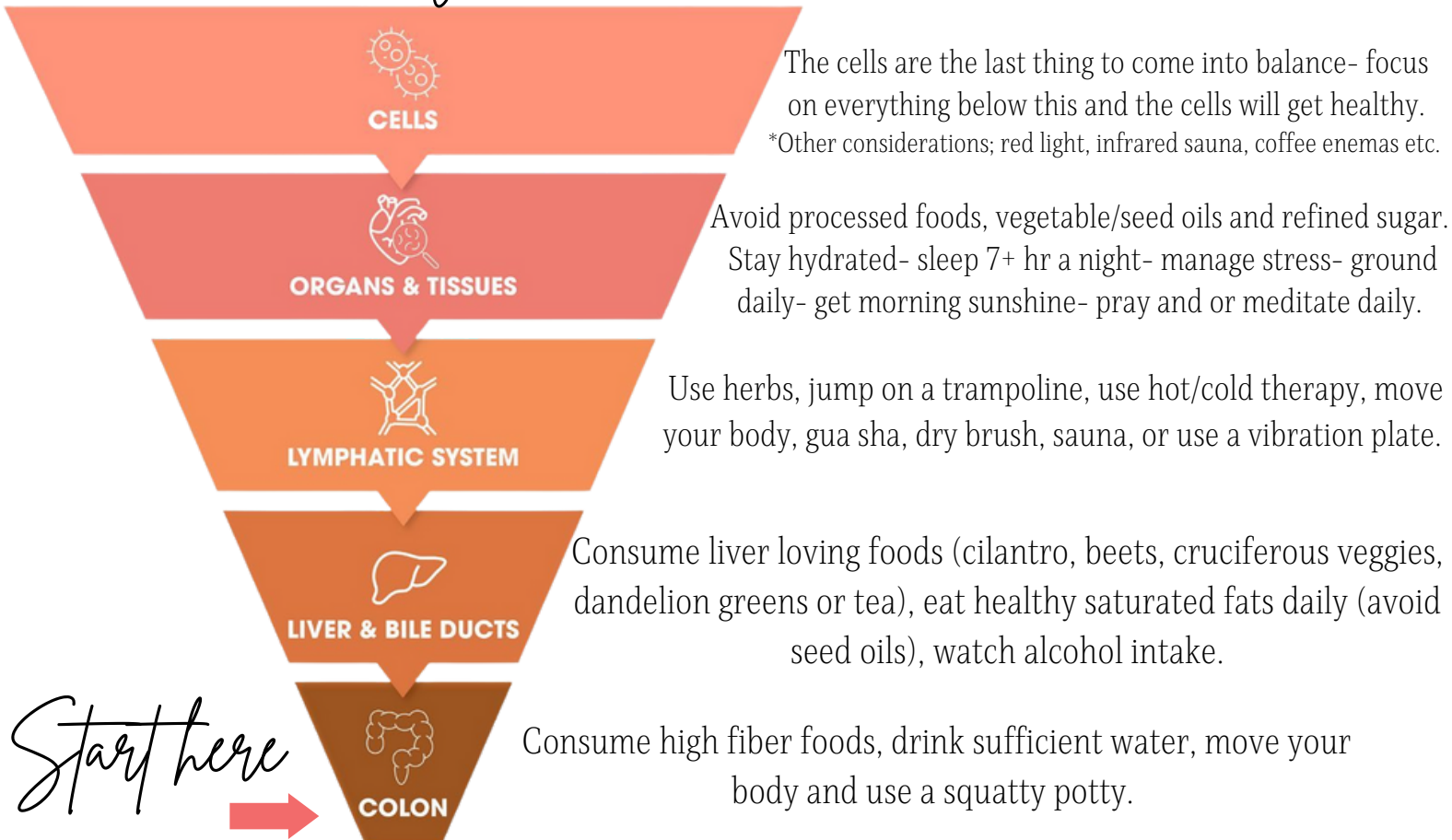
Manage stress and sleep



Focus on getting 7-8 hrs of sleep daily. Implement deep breathing practices, grounding, meditation, journaling, reading, prayer, etc.

How to Open the Drainage pathways

The Drainage Funnel



Remember: You cannot cleanse/detox your body unless your drainage pathways are open first!

Ready to dive deeper?

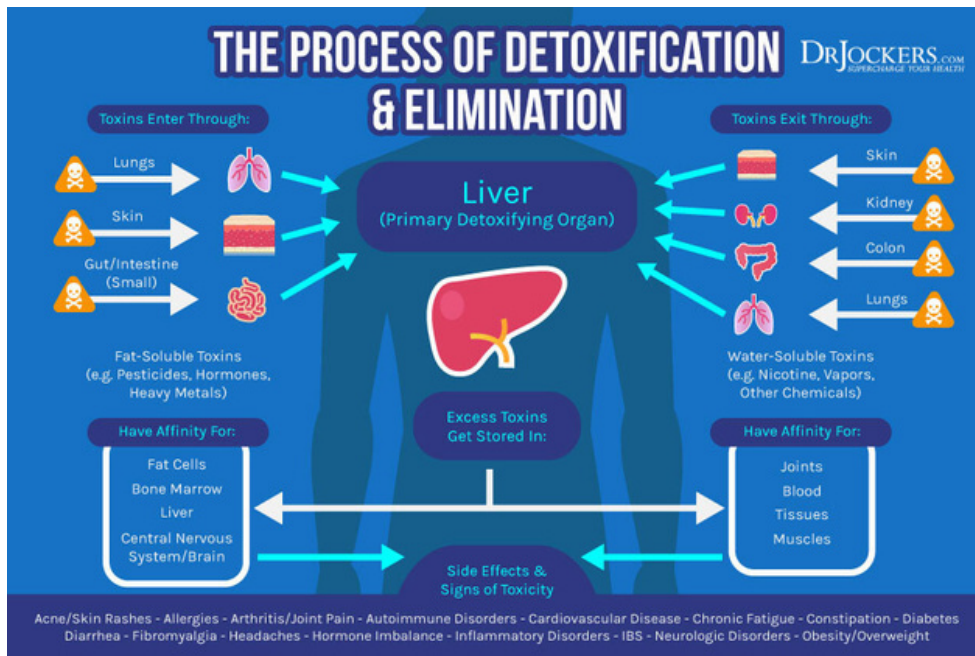
If you want more information on how to open drainage pathways and or how to work 1:1 with us, you can sign up for a [discovery call](#) and or [enroll in the Drainage 101 course](#) below.

Drainage is essential to health. Without opening drainage pathways, stagnation will lead to disease.

DRAINAGE 101 COURSE
is the place to start



What will you learn in the Drainage 101 Course?



Reference: <https://drjockers.com/detox-heavy-metals/>

01 **LESSON 1**
What is drainage?

02 **LESSON 2**
What are the drainage pathways?

03 **LESSON 3**
Why open drainage pathways?

04 **LESSON 4**
Are your drainage pathways open?

05 **LESSON 5**
Drainage pathway dysfunction

06 **LESSON 6**
Drainage Foundations

07 **LESSON 7**
How to open drainage pathways

08 **LESSON 8**
How to start a drainage protocol

BONUS
Mitochondrial Function 101

BONUS
Liver Detox Basics

BONUS
Breath Work Video

Drainage 101 Course Questions?

Do I have lifetime access?

Yes- once you sign up you will have full access.

Will I receive updates?

Yes, as I continue to expand the course, you will always receive the most up-to-date content.

Can this be used with kids?

It can, but we are working on a smaller program for kiddos. Stay tuned!

Can I do this if pregnant or breastfeeding?

Please discuss with your doctor first. Also know: we support clients who are pregnant and breastfeeding.

We are also launching a specific program for perinatal support soon!



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[@revive_health_wellness](https://www.instagram.com/revive_health_wellness)



*If you are ready to sign up-
click the link below.*

[Drainage 101 Course Sign up](#)

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