

## Lymph Massage

### Big 6

Rub gently in this order, don't cause pain.

1. Above and below the collar bone, on both sides
2. Behind the angle of your jaw below the ears
3. Axillary- armpits, from the pectoral muscle to the armpit
4. Abdomen- navel and above, both hands on the belly and under the rib cage
5. Groin inguinal in creases
6. Behind the knees

If it hurts, be more gentle.

Do it every day unless you feel bad from it, wait until it calms down to start again.

Breathe through your nose with your tongue on the palate, all the time.

Do the 6 when you aren't feeling well, and before doing exercise and again after a training session or heavy exercise.

## Wim Hof Breathing Exercise

1. Find a comfortable position.
2. Breathe in deeply through the nose or mouth and through the belly to the chest. Then let the breath go unforced.
3. Exhale through the mouth, then immediately breathe in again.
4. Take 30–40 such breaths in short bursts.
5. Take one final, deep inhalation then let the air out and stop inhaling. Hold the breath until you feel the urge to breathe again.
6. Inhale very deeply to full capacity and hold for 15 seconds, then let it go. This completes the first round.
7. Repeat the whole process, steps #2-6, 3-4 times.
8. After completion, take time to enjoy the relaxation.

<https://www.stopchasingpain.com/>

From Moises Sandoval

En ayunos- jugo de piña con ajo hecho en la licuadora o en un extractor

Before breakfast- Fresh pineapple juice with garlic made in a blender or juicer