OwnDrainage Pathways

Drainage pathways refer to the pathways in your body that are utilized to get ride of toxins. These pathways need to be open before beginning a detox.

Primary Drainage Pathways



Bowels

Sluggish, Constipation, Cowpie Poops, Diarrhea



Liver & **Bile Duts**

When bowels and/or liver are sluggish or congested, toxins cannot be effectively removed creating a build of toxins in the body.



This congestion can lead to symptoms such as the following.



Thyroid

Hypothyroid / Hyperthyroid





Hormones

Imbalances

When primary drainage pathways are congested, the body turns to secondary drainage pathways. This can cause additional symptoms of disfunction within the body.



Lymphatic System

When the liver cannot do its job, the lymphatic system stores toxins in the fat, joint, brain to protect the body.



Which can lead to stiff achy joints, brain fog, muscle issues, cellulite, and more,



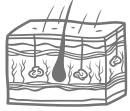


Secondary **Drainage Pathways**



High Lymph

Sinus Issues, Ear Infections, Ringing in the ears, frequent sore throats



Skin

Acne, Rashes, Dry Skin, Eczema



Lungs

Asthma, Air Hunger, Excessive Yawning,



Kidneys

Anxiety, Ankle Swelling, Fatigue, Panic Attacks, High Blood Pressure, Edema

OwnHealthandWellness.com