



Are you already experiencing these all-too-familiar symptoms: itchy eyes, congested sinuses, unexpected sneezing fits, and for some, the tightening chest and labored breathing of asthma? If so, you're not alone.

### **Your lymphatic system is starting to work overtime.**

Spring allergies happen when your immune system overreacts to substances like pollen, grass, or mold spores. Your lymphatic system – your body's internal cleaning crew – plays a crucial role in this process.

Your lymphatic system is a complex network throughout your entire body. Its job is filtering out unwanted visitors (toxins, allergens) while transporting immune cells where they're needed most.

During allergy season, this system works harder than ever. **When allergens enter your body, your lymphatic vessels transport immune cells to identify and neutralize these "invaders."** This immune response, though protective, is what causes those frustrating symptoms.

For many people, allergies and asthma go hand in hand. When the immune system reacts to allergens, it can trigger inflammation in the airways, leading to asthma symptoms like wheezing, coughing, and difficulty breathing. This connection explains why so many people experience worsening asthma during allergy season.

I recently worked with a patient who had relied on her nebulizer multiple times daily for years, especially during allergy season. After just one lymphatic drainage treatment focused on respiratory support, she didn't need her nebulizer for three days straight! 🙌

***"For the first time in years, I could take a deep breath without that tightness in my chest,"*** she told me.

***"I didn't realize how much my breathing issues were affecting my daily life until I experienced what it felt like to breathe freely again."***

I'm actually asthmatic myself and know this feeling all too well, so I was glad to help her find relief. [Hear me talk more about it here.](#)



### **How Lymphatic Drainage Therapy Helps**

Lymphatic drainage therapy can be a powerful tool for improving respiratory health, especially for those with asthma and allergies.

By stimulating the lymphatic system, this therapy helps reduce inflammation and improve circulation, allowing the lungs to expand more freely and enhancing airflow.

The treatment also helps:

- Reduce congestion in the chest and sinuses
- Decrease inflammatory responses to allergens
- Promote a sense of ease in breathing
- Support your immune system's natural function

For both allergy sufferers and asthmatic patients, these benefits provide crucial support to respiratory function, improving quality of life and overall well-being.

At *Synergy Health Associates*, we help patients identify their specific lymphatic obstructions and develop personalized protocols. No more guessing. Just targeted approaches based on how YOUR unique body functions.

**[Book your appointment today](#)** - in-person or telehealth available!



Book Your Appointment Today!

Yours in health,

*Dr. Loretta*

PS: Are you following me on [Instagram](#)? The algorithm likes to hide my content from people sometimes because I speak out against mainstream medical advice. Let me know if you see my posts by following me and [commenting on this video](#).



80 5th Ave Ste 1204  
New York, NY 10011, USA

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