



Did you hear? **The FDA just banned Red Dye #3 from food products.** While this is a huge step forward, here's the uncomfortable truth: most of us have already been exposed to this and countless other toxins in our daily lives. See my latest [Instagram post](#) about this...



Most people don't realize how these toxins affect both their gut AND heart health. When was the last time your doctor connected these dots during your checkup?

Here's what we know: **Your gut and heart are in constant communication.** That bloated, heavy feeling after meals? It's not just making you uncomfortable - it's sending direct signals to your heart. Scientists have discovered this incredible network of nerves, hormones, and signals (they call it the "gut-brain axis"), and a major 2018 study showed that folks with gut issues were way more likely to have heart problems.

Your lymphatic system is supposed to be your body's cleanup crew. When your gut gets inflamed from toxins and poor digestion, it sends out inflammatory signals throughout your body. Your lymphatic system should sweep these away.

But when that cleanup crew gets overwhelmed? Everything backs up. Like a traffic jam in your body, these toxins and inflammatory signals have nowhere to go.

Sound familiar?

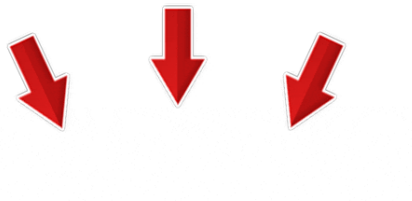
- You feel bloated more often than not
- "Healthy" eating still leaves you tired
- Your body seems to hold onto everything
- You just don't feel "right" but can't put your finger on why

The good news? We can fix this. Let's get your gut-heart connection working properly again.

Ready to take control of your health?

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

And don't forget to check out my book "[Lymph-Link](#)"



[Book Your Appointment Today!](#)

Yours in health,

Dr. Lorella

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

[Unsubscribe](#) or [Manage Preferences](#)

Made with love in [flodesk](#)