

**Do you know what September 15th is?**



Do you know what 9/15 is?

**World Lymphoma Awareness Day.**

[World Lymphoma Awareness Day](#) is an annual observance held on **September 15th** to raise awareness about lymphomas – a group of cancers that affect the lymphatic system (something I am super passionate about.)

But this isn't a day just about lymphomas; it's also about highlighting the importance of maintaining a healthy lymphatic system. A healthy lymphatic system supports your immune system and helps in detoxification, contributing to your overall well-being.

Because as I've mentioned many times before...

**The lymphatic system is like your body's personal sanitation system.** It's responsible for flushing out toxins, defending against infections, and supporting your immune system.

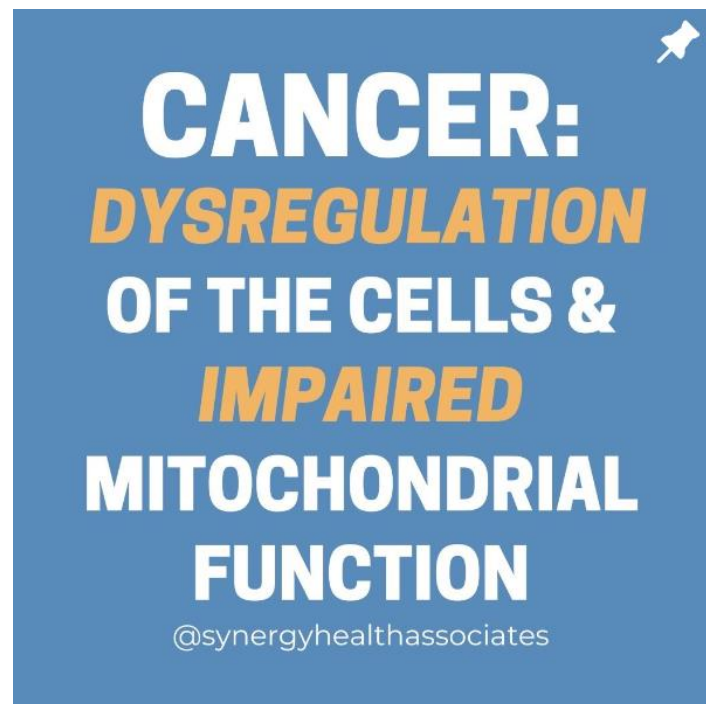
And on [World Lymphoma Awareness Day](#) we shed light on lymphomas—cancers that impact this essential system, but it's not just about awareness; it's about empowerment.

**Understanding how your lymphatic system works can help you take steps to keep it healthy.**

Additionally, it's important to consider the role of mitochondria in cancer development. Cancer is more than just the dysregulation of cells—it can also be linked to mitochondrial dysfunction. Without oxygen, cells cannot survive, so it's crucial that our mitochondria are functioning properly to prevent the development of cancer.

*If your mitochondria aren't functioning optimally, it could lead to cell dysregulation and potentially contribute to cancer.*

[I talk more about this here](#) 



**Want to find out what kind of shape your mitochondria are in? [Consider coming in for a cell test.](#)** Ensuring optimal mitochondrial function is another step in preventing cell dysregulation and promoting overall health.

My book, [\*Lymph-Link: Solving the Mysteries of Inflammation, Toxicity, and Breast Health Issues\*](#), delves into the challenges of living in a world filled with

toxins. From the air we breathe to the food we eat, toxins are an unfortunate reality. This book provides valuable insights into detoxification, the lymphatic system, and their impact on your health.

By understanding how to support your lymphatic system, you can help your body effectively detoxify, alleviate symptoms caused by lymphatic blockages, and ease the burden of toxicity on your immune system.

Yours in health,

A handwritten signature in black ink that reads "Dr. Loretta". The signature is fluid and cursive, with the first name "Loretta" being more prominent than the "Dr." prefix.

**[P.S. - Grab my most recommended detox products here!](#)**