

Lymphatic Training Resources

- Doreen's article: [The Benefits of Skeletal Muscle for Cancer Prevention & Survival](#)
- Immune system analogy: "[Activating the Immune System Against Cancer](#)" by Melody Swartz, PhD
- Book: Lymph & Longevity: The Untapped Secret to Health
- Book: The Book of Lymph: Self-Care Practices to Enhance Immunity, Health, and Beauty
- Lymph accounts to follow on IG: [@LymphLoveClub](#), [@BalanceWithBabzYoga](#)
- [Cancer specific movement training- Healthy Steps](#)

Lymphatics:

- [Inflammation & lymphatic function \(2019\)](#)
- [Circadian clocks control lymphatics \(2017\)](#)
- [Social stress enhances sympathetic innervation of primate lymph nodes and implications in viral/immune responses \(2007\)](#)
- [Lymphatic system: an active pathway for immune protection \(2015\)](#)
- [ANS regulation of lymph vessels \(2019\)](#)
- [Lymph node sensory innervation & immunomodulating potential \(2021\)](#)
- [Lymphatic remodeling \(2019\)](#)
- [Lymph innervation \(2021\)](#)
- [Sympathetic nerve distribution in lymph nodes \(2020\)](#)
- [Sensory nerve regulation of lymph nodes\(2021\)](#)
- [Control of lymph node activity by direct innervation \(2022\)](#)
- [A Distinct Role of the Autonomic Nervous System in Modulating the Function of Lymphatic Vessels under Physiological and Tumor-Draining Conditions \(2019\)](#)
- [Microanatomy of the intestinal lymphatics \(2010\)](#)
- [Lymphatic pumping: mechanics, mechanisms and malfunction \(2016\)](#)
- [Lymphatic Clearance of Immune Cells in Cardiovascular Disease \(2021\)](#)
- [Lymphatic system flows \(2018\)](#)
- [Lymphatic system and sentinel lymph nodes \(2022\)](#)
- [Role of the lymphatic system in the pathogenesis of Crohn's disease \(2011\)](#)
- [The Role of the Mesentery in Crohn's Disease: The Contributions of Nerves, Vessels, Lymphatics, and Fat to the Pathogenesis and Disease Course \(2016\)](#)
- [Lymphoid Aggregates Remodel Lymphatic Collecting Vessels that Serve Mesenteric Lymph Nodes in Crohn Disease \(2016\)](#)
- [Intestinal lymphatic vasculature: structure, mechanisms and functions \(2017\)](#)
- [The significance of respiration for thoracic duct flow in relation to other driving forces of lymph flow \(1978\)](#)
- [Aqua lymphatic therapy for managing lower extremity lymphedema \(2008\)](#)
- [Resistance exercise and breast cancer–related lymphedema—a systematic review update and meta-analysis \(2020\)](#)
- [The Role of the Lymphatic System in Endometriosis: A Comprehensive Review of the Literature \(2015\)](#)

Glymphatics:

- [Glymphatics \(2015\)](#)
- [The Glymphatic System: A Beginner's Guide \(2015\)](#)

- [A mesothelium divides the subarachnoid space into functional compartments](#) (2023)
- [Vasomotion as a driving force for paravascular clearance in the awake mouse brain](#) (2020)
- [The Glymphatic System: A Novel Component of Fundamental Neurobiology](#) (2021)
- [Achieving brain clearance and preventing neurodegenerative diseases—A glymphatic perspective](#) (2021)
- [The glymphatic system and meningeal lymphatics of the brain: new understanding of brain clearance](#) (2021)
- [Choroid plexus genes for CSF production and brain homeostasis are altered in Alzheimer’s disease](#) (2018)
- [A dural lymphatic vascular system that drains brain interstitial fluid and macromolecules](#) (2015)
- [Physiology, Cerebral Spinal Fluid](#) (2022)
- [Immediate impact of yogic breathing on pulsatile cerebrospinal fluid dynamics](#) (2022)
- [Identification of the Upward Movement of Human CSF *In Vivo* and its Relation to the Brain Venous System](#) (2017)
- [Respiratory effects on CSF flow](#) (2017)
- [Breathing drives CSF: impacts on spaceflight disease](#) (2019)
- [Deep breathing couples CSF and venous flow dynamics](#) (2022)
- [Respiratory cerebrospinal fluid flow is driven by the thoracic and lumbar spinal pressures](#) (2020)
- [Spinal CSF flow in response to forced thoracic and abdominal respiration](#) (2019)
- [Respiratory influence on cerebrospinal fluid flow](#) (2019)
- [Deep breathing couples CSF and venous flow dynamics](#) (2022)
- [Can meditation-based approaches improve the cleansing power of the glymphatic system?](#) (2022)
- [Clinically-derived vagus nerve stimulation enhances cerebrospinal fluid penetrance](#) (2020)
- [Intermittent Fasting Protects against Alzheimer's Disease](#) (2017)
- [Beneficial effects of low alcohol exposure, but adverse effects of high alcohol intake on glymphatic function](#) (2018)
- [Physical Exercise at Midlife and Risk of Dementia Three Decades Later](#) (2008)
- [Voluntary Exercise Promotes Glymphatic Clearance of Amyloid Beta and Reduces the Activation of Astrocytes and Microglia in Aged Mice](#) (2017)
- [Voluntary running enhances glymphatic influx in awake behaving, young mice](#) (2018)
- [Cerebral Arterial Pulsation Drives Paravascular CSF–Interstitial Fluid Exchange in the Murine Brain](#) (2013)
- [Flow of cerebrospinal fluid is driven by arterial pulsations and is reduced in hypertension](#) (2018)
- [Coupled electrophysiological, hemodynamic, and cerebrospinal fluid oscillations in human sleep](#) (2019)
- [Effect of sleep posture on glymphatic transport](#) (2015)
- [Does sleep flush wastes from the brain](#) (2021)
- [The Sleeping Brain: Harnessing the Power of the Glymphatic System through Lifestyle Choices](#) (2020)

Lymphedema:

- 1. Sleigh BC, Manna B. Lymphedema. [Updated 2022 Sep 18]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2022 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK537239/>
- 2. Rockson, S.G., Keeley, V., Kilbreath, S. et al. Cancer-associated secondary lymphoedema. *Nat Rev Dis Primers* 5, 22 (2019). <https://doi.org/10.1038/s41572-019-0072-5>
- 3. *Semin Plast Surg.* 2018 Feb; 32(1): 12–16. Published online 2018 Apr 9. doi: 10.1055/s-0038-1635117
- 4. *Silent Waves Theory and Practice of Lymph Drainage Therapy : an Osteopathic Lymphatic Technique* By Bruno Chikly · 2004
- 5. *ANTICANCER RESEARCH* 41: 3233-3246 (2021) doi:10.21873/anticancer.15109
- 6. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6107585/>

- 7. https://scholar.google.com/scholar?start=10&q=international+society+of+lymphology&hl=en&as_sdt=0,40&as_vis=1
- 8. Janine T. Hidding, Peter B. Viehoff, Carien H.G. Beurskens, Hanneke W.M. van Laarhoven, Maria W.G. Nijhuis-van der Sanden, Philip J. van der Wees, Measurement Properties of Instruments for Measuring of Lymphedema: Systematic Review, *Physical Therapy*, Volume 96, Issue 12, 1 December 2016, Pages 1965–1981, <https://doi.org/10.2522/ptj.20150412>
- 9. Primary lymphedema French National Diagnosis and Care Protocol (PNDS; Protocole National de Diagnostic et de Soins) December 2021 *Orphanet Journal of Rare Diseases* 16(1)
- <https://link.springer.com/article/10.1186/s13023-020-01652-w>
- 10. Bergmann A, Baiocchi JMT, de Andrade MFC. Conservative treatment of lymphedema: the state of the art. *J Vasc Bras.* 2021 Oct 11;20:e20200091. doi: 10.1590/1677-5449.200091. PMID: 34777487; PMCID: PMC8565523.
- 11. Wang D, Lyons D, Skoracki R. Lymphedema: Conventional to Cutting Edge Treatment. *Semin Intervent Radiol.* 2020 Aug;37(3):295-308. doi: 10.1055/s-0040-1713447. Epub 2020 Jul 31. PMID: 32773955; PMCID: PMC7394577.
- 12. Kareh AM, Xu KY. Surgical Management of Lymphedema. *Mo Med.* 2020 Mar-Apr;117(2):143-148. PMID: 32308240; PMCID: PMC7144713.
- 13. Au PC, Li HL, Lee GK, Li GH, Chan M, Cheung BM, Wong IC, Lee VH, Mok J, Yip BH, Cheng KK, Wu CH, Cheung CL. Sarcopenia and mortality in cancer: A meta-analysis. *Osteoporos Sarcopenia.* 2021 Mar;7(Suppl 1):S28-S33. doi: 10.1016/j.afos.2021.03.002. Epub 2021 Mar 30. PMID: 33997306; PMCID: PMC8088991.
- 14. https://www.nccn.org/professionals/physician_gls/pdf/survivorship.pdf
- 15. Saraswathi V, Latha S, Niraimathi K, Vidhubala E. Managing Lymphedema, Increasing Range of Motion, and Quality of Life through Yoga Therapy among Breast Cancer Survivors: A Systematic Review. *Int J Yoga.* 2021 Jan-Apr;14(1):3-17. doi: 10.4103/ijoy.IJOY_73_19. Epub 2021 Feb 5. PMID: 33840972; PMCID: PMC8023442.
- 16. Saraswathi V, Latha S, Niraimathi K, Vidhubala E. Managing Lymphedema, Increasing Range of Motion, and Quality of Life through Yoga Therapy among Breast Cancer Survivors: A Systematic Review. *Int J Yoga.* 2021 Jan-Apr;14(1):3-17. doi: 10.4103/ijoy.IJOY_73_19. Epub 2021 Feb 5. PMID: 33840972; PMCID: PMC8023442.
- 17. Scallan JP, Zawieja SD, Castorena-Gonzalez JA, Davis MJ. Lymphatic pumping: mechanics, mechanisms and malfunction. *J Physiol.* 2016 Oct 15;594(20):5749-5768. doi: 10.1113/JP272088. Epub 2016 Aug 2. PMID: 27219461; PMCID: PMC5063934.
- 18. <https://pubs.rsc.org/en/content/articlehtml/2022/lc/d1lc00720c>
- 19. Le CP, Sloan EK. Stress-driven lymphatic dissemination: An unanticipated consequence of communication between the sympathetic nervous system and lymphatic vasculature. *Mol Cell Oncol.* 2016 May 31;3(4):e1177674. doi: 10.1080/23723556.2016.1177674. PMID: 27652324; PMCID: PMC4972108.
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- 21. Shah C, Whitworth P, Valente S, Schwarz GS, Kruse M, Kohli M, Brownson K, Lawson L, Dupree B, Vicini FA. Bioimpedance spectroscopy for breast cancer-related lymphedema assessment: clinical practice guidelines. *Breast Cancer Res Treat.* 2023 Feb;198(1):1-9. doi: 10.1007/s10549-022-06850-7. Epub 2022 Dec 24. PMID: 36566297; PMCID: PMC9883343.
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- [Exercises after breast cancer surgery by the American Cancer Society](#)
- [Resistance exercise and breast cancer related lymphedema – a systematic review update \(2019\)](#)
- [Manual lymphatic drainage for lymphedema following breast cancer treatment \(2015\)](#)
- [A HISTORICAL ACCOUNT OF THE ROLE OF EXERCISE IN THE PREVENTION AND TREATMENT OF CANCER-RELATED LYMPHEDEMA \(2020\)](#)
- [Exercise Guidelines for Cancer Survivors: Consensus statement from International Multidisciplinary Roundtable \(2019\)](#)

Cancer:

- [Stress and cancer: The mechanisms of immune dysregulation and management \(2022\)](#)
- [Reactivation of dormant tumor cells by modified lipids derived from stress-activated neutrophils \(2020\)](#)
- [Chronic Stress Promotes Cancer Development \(2020\)](#)
- [Stress and Cancer- National Cancer Institute](#)
- [Physical Activity and Survival in Postmenopausal Women with Breast Cancer: Results from the Women's Health Initiative \(2011\)](#)
- [Relationship and interactions of curcumin with radiation therapy \(2016\)](#)
- [Cording: a treatable complication of breast cancer surgery \(2019\)](#)

Other:

- [The Efficacy of Stretching Exercises on Arterial Stiffness in Middle-Aged and Older Adults: A Meta-Analysis of Randomized and Non-Randomized Controlled Trials \(2020\)](#)
- [Physiotherapy advice after breast reconstruction surgery](#)
- [A Sedentary and Unhealthy Lifestyle Fuels Chronic Disease Progression by Changing Interstitial Cell Behaviour: A Network Analysis \(2022\)](#)
- [Macrophages and fibroblasts during inflammation and tissue repair in models of organ regeneration \(2017\)](#)
- [Lipedema](#)
- [Hypermobility](#)