

## The Amazing Fluid Interchange; Lymph and CSF

A question I've heard often recently in philosophical circles, is: "Will humans ever stop being in Wars?" Interesting question and the answer is: NO. We are in a constant war. Inside each of our physical bodies, all the time, crack soldiers with names like T cell, B cell, macrophage, and neutrophil - all lymphocytes - are on constant search and destroy missions, ready to call up the artillery/antibodies in a moments notice to make a global attack. It's called the Immune System. Who is the enemy? Viruses, bacteria, fungus, toxins, cancer cells (perfectly good cells gone bad, now terrorists within), and anything that is not recognized as part of this body, even sperm entering a woman's body are vigorously attacked, and only the strongest and fastest ever make it to the egg.

How do these cells communicate and get around in the body? Through fluids. Are we not 85% to 96% water? Physiology books do not agree on the percentage of water in the body, but they do agree that water is our "ground substance" that permeates and surrounds all tissue.

Remember the work of Dr. Mae Wan Ho, who says: "Water associated with collagen shows a surprising degree of order. Could they be the super-conducting channels that enable every single cell within the body to intercommunicate for perfect coordination?"

Our Lymphocytes are swimmers. Most stay inside the nodes system, waiting for "dinner" to pass through. B cells (formed in bone marrow) and T cells (maturing in the thymus) can move freely, and swim through their home ground which is the vast watery network called the Lymphatic System as well as the circulatory/blood system. These little guys can also easily squeeze through vessel walls of both systems into interstitial fluid.

Though the vessels are different, all the fluids have similar molecular structure, and are recognized as different mostly by the contents that they carry, and depending upon if we are looking at the circulatory, lymphatic, interstitial, or even the central nervous system (brain and spinal cord), as in cerebrospinal fluid. Lymphocytes can travel everywhere in the body except within the meningeal layer called the pia (the "blood/brain barrier").

Everyone knows that the heart pumps blood, creating a very specific rhythm, but how about the Lymphatic System? Medical students learn that this system does not have one heart, but multiple millions of hearts strung end to end to form vessels with valves. These are called "lymphangions" or "lymph hearts". Every tiny heart does its part to pump the fluid uphill, from feet to shoulders, where the "terminus" of the Lymphatic system is behind the left collarbone. These cleverly built vessels also help the drainage of the brain's Venous (fluid) Sinus System from the jugular foramina down the sides of the neck to the terminus. The Lymph vessels act similarly to the "locks" of the Erie Canal, pushing/emptying water uphill. Since there are three times more lymphatic vessels than blood vessels, doesn't it make sense, that with all these little pumping hearts, there has to be a rhythm here that can be as easily palpated as the circulatory system?

Dr. Bruno Chikly, an MD from France, migrated to the US in the late 1900's, and contracted with The Upledger Institute, known for its Craniosacral classes, to teach palpation skills for the Lymphatic System and the work has spread across the US, Canada, and Mexico.

In the Biodynamic Craniosacral model, students learn to "tune in" to the different cranial rhythms of tissue, fluid (CSF itself), and potency (bioelectric field within CSF), by shifting their "attention" in very specific ways to the different layers. Shifting "attention" to the Lymphatic fluid layer is just another station on the "body radio". And, like the Cranial System, once one has felt this very specific rhythm fifty to one hundred times, it can easily be palpated.

As you might guess, in our era, with more and more toxicity in the environment, causing congestion and blockage in the human Lymphatic System, and tiring and weakening those little lymphocytes, the result is pain, swelling, and every type of medical label of illness and disease. Also, if the waterways are blocked, there is no way for them to get around to do their work.

And how are our “thoughts” in these days of increasing pressure and rapid paced lifestyle? Deepak Chopra, MD, said: “Do you not know that your immune system knows every thought you are thinking?”

So many of us laughed and were touched by the movie: “What The Bleep Do We Know?” Remember the scene where the actress was snarling into the mirror at herself: “I hate you! I hate you!” Then she was suddenly brought up short by the memory of a man at a demonstration of “Messages From Water”, which showed photos of water crystals affected by music and thought. This man had turned to her and said: “If thoughts can do that to water, just think what they can do to the human body!”

So, can learning to palpate the rhythm of lymphatic fluid help in the face of all this potential stagnation? Absolutely - for ourselves and others! If we can feel the flow of the fluid, we can feel exactly where there is congestion and gently encourage movement. Imagine a tiny creek so filled with leaves and mud that the water backs up in pools. If one gently lifts out the congestion, the water will naturally move of its own accord. Similarly, if one knows the direction of the lymphatic watersheds, one can encourage movement in the right direction, and the fluid will, of its own accord, begin to push through congestion until it cleans itself out. Now the lymphocytes can travel and do their work of attacking and cleaning out invaders. Within a few minutes to 24 hours after a treatment, there is a noticeable difference in pain, swelling, etc. This work, in combination with the even gentler work with the cranial system, in particular, the venous sinus drainage, will help avert many a cold, flu, as well as more severe illnesses, plus help to relax the Autonomic Nervous System and stop the release of cortisol, the stress hormone .

If you have a very sensitive system, as many of us do, its necessary to choose your practitioner carefully. Look for someone who has learned the skills of “Practitioner Neutral”, found in the Biodynamic model of Craniosacral Therapy, and can combine this with the skills and knowledge of lymphatic fluid flow. And you can begin to educate yourself by picking up a good anatomy/physiology book and memorizing where the major node areas are, as the lymph will always be flowing towards them.

So begin the journey to bring peace and better health into your body.  
AND ENJOY YOUR PERSONAL WATERWAY ADVENTURE.

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For more information go to our website: [www.schoolofinnerhealth.org](http://www.schoolofinnerhealth.org), or call 719-685-4805.