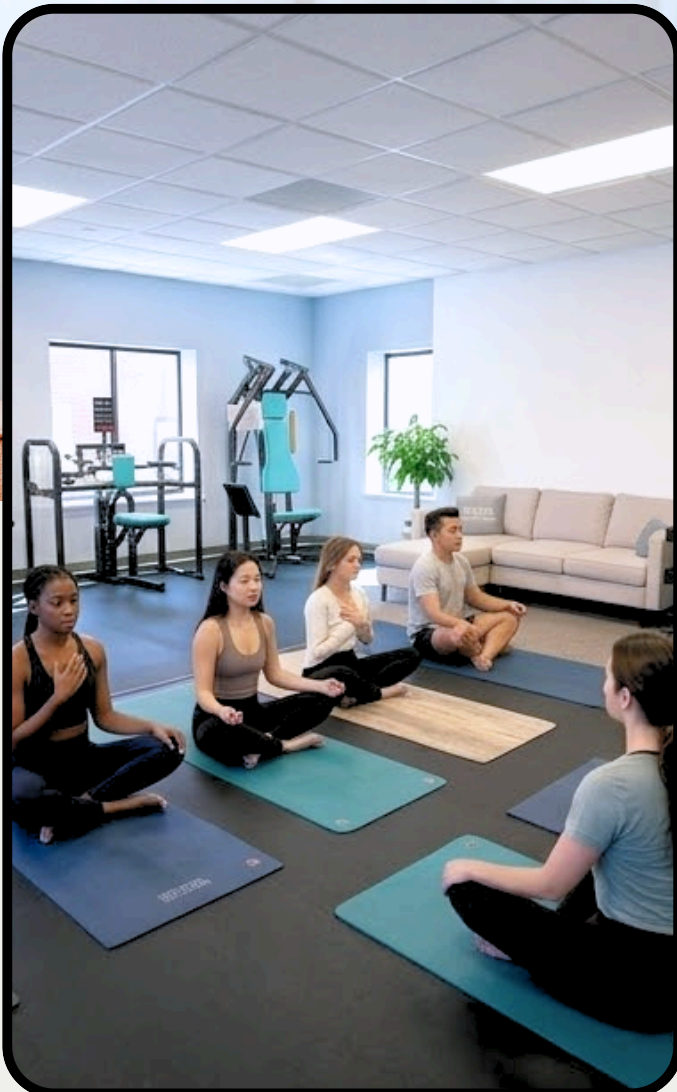


# WHY YOU FEEL PUFFY, TIRED, & INFLAMED

*(EVEN WHEN YOU'RE DOING  
EVERYTHING RIGHT)*



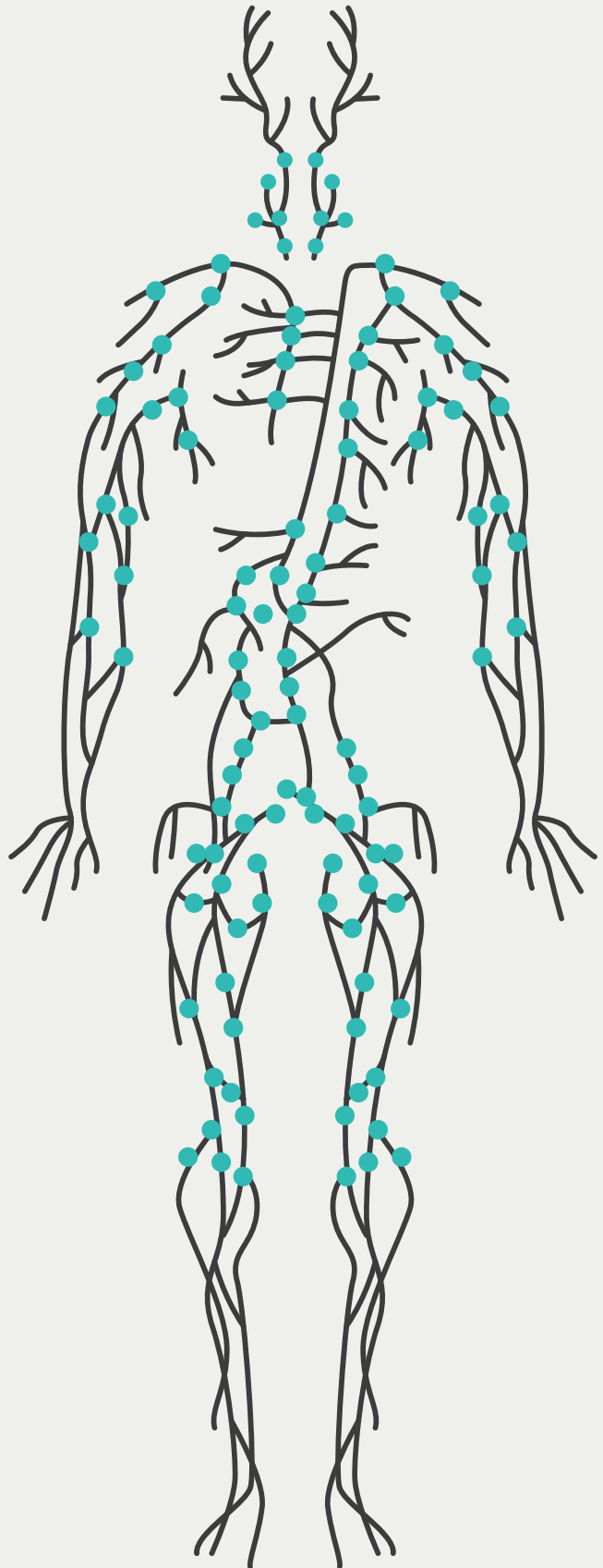
The hidden  
body system  
that **controls**  
**detox, energy**  
**and recovery**

## **MOST PEOPLE FOCUS ON:**

- diet
- workouts
- supplements

But forget the  
system that  
actually removes  
waste from the  
body.

Your **lymphatic  
system.**



# 5 SIGNS YOUR LYMPHATIC SYSTEM MAY BE SLUGGISH

**You wake up tired.**  
(Even after sleeping well.)

**Your face or body gets puffy.** Especially around the eyes, fingers, or ankles.

**Your workouts leave you sore for days.**  
Recovery feels slower than it used to.

**You get sick more often.** Or feel like your immune system is always "low."

**Your skin looks dull or inflamed.**  
Even when your skincare is good.



If you recognized yourself in 2 or more of these... your lymphatic system may need support.

It's not because you're "*not doing enough.*"

Most people we see are already:

- eating relatively well
- staying active
- trying to take care of themselves

And yet... they still feel:

- heavy
- inflamed
- slower than they used to

This is where it gets confusing.

Because from the outside, everything looks "*right.*"

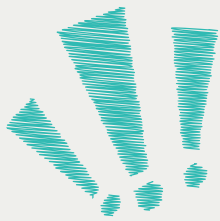
But internally, **your body may not be clearing efficiently.**

So no matter how much effort you put in... it doesn't translate into how you feel.

# THE DETOX SYSTEM NOBODY TALKS ABOUT

## Your lymphatic system removes:

- toxins
- cellular waste
- excess fluid
- inflammatory byproducts



But unlike blood circulation...  
It has NO PUMP.

## It only moves when stimulated by:

- movement
- breathing
- muscle contractions
- compression or manual therapy



When lymph becomes stagnant, **waste can accumulate in tissues and cause:**

- fatigue
- inflammation
- swelling
- cellulite
- brain fog

This is why **lymphatic support** has become popular among:

- athletes
- recovery clinics
- wellness centers

# HOW **FLOWPRESSO** SUPPORTS LYMPHATIC FLOW

Imagine lying down for 45 minutes...  
while your **body is gently stimulated** in  
a way that:

- encourages fluid to move
- reduces that "heavy" feeling
- helps your system actually circulate again

No effort.

No guesswork.

No "am I doing this right?"

Just your body doing what it's designed  
to do, with the right support.

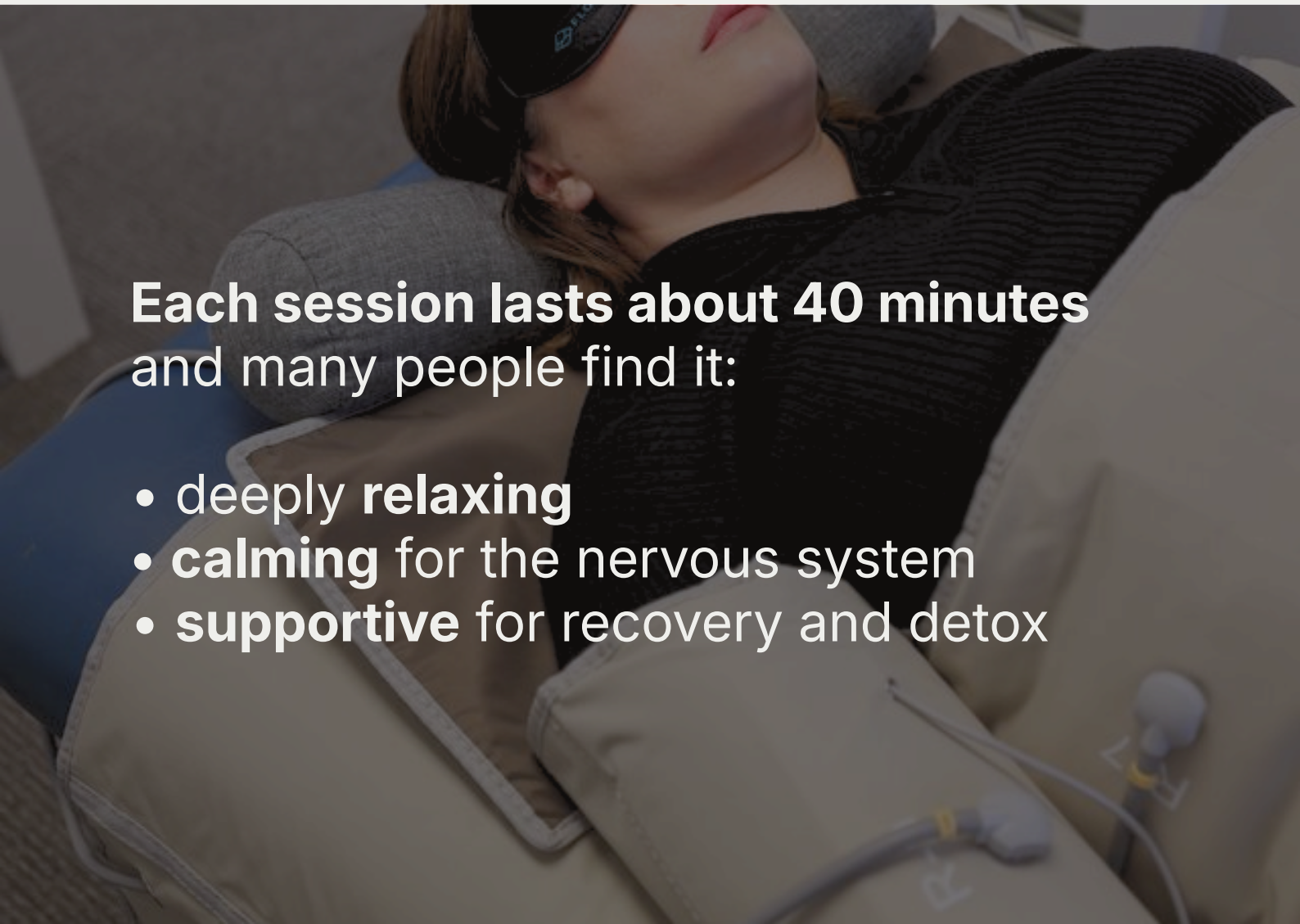


Flowpresso is a **full-body therapy** that combines:

**Gentle compression.** Helps stimulate lymphatic drainage.

**Infrared heat.** Supports circulation and tissue relaxation.

**Sequential pressure waves.** Encourage lymph to move through the body.



**Each session lasts about 40 minutes**  
and many people find it:

- **deeply relaxing**
- **calming** for the nervous system
- **supportive** for recovery and detox

# OTHER WAYS TO SUPPORT YOUR NERVOUS SYSTEM

Your lymphatic system doesn't work alone.

It's **closely connected to your nervous system**, especially the part responsible for rest, recovery, and repair.

When your body is constantly in "go mode" (stress, pressure, poor sleep), your system becomes less efficient at:

- **circulating fluids**
- **clearing waste**
- **supporting recovery**

That's why supporting your nervous system can help your body function better overall.

Here are a few ways people **naturally support it**:

**Deep breathing.** Your breath is one of the main drivers of lymphatic movement.

Each deep inhale and exhale creates internal pressure changes that help move fluid through the body.

Slow, controlled breathing also shifts your body into a more relaxed, recovery-focused state.



“Remember to breathe. It is after all, the secret of life”  
(Gregory Maguire)





**Gentle movement.** Your lymphatic system relies on muscle contractions and movement to circulate fluid.

Walking, stretching, or low-intensity exercise can help stimulate flow; even in small amounts.

**Heat & circulation support.** Warmth helps improve circulation and can encourage fluid movement in the body.


Practices like:

- warm baths
- infrared heat
- sauna

can support relaxation and circulation at the same time.

**Quality sleep.** Your body does most of its repair and waste clearance during sleep.

Research shows that lymphatic activity in the brain actually increases during sleep, helping remove metabolic waste more efficiently.



“Sleep is the golden chain that ties health and our bodies together.”  
- Thomas Dekker

**Stress regulation.** When your body is constantly in a stressed state, it prioritizes survival over recovery.

Over time, this can impact circulation, inflammation, and overall system efficiency.

# WHY THIS MATTERS

All of these habits support your system.

But for many people, they're not enough on their own.

Because even if you:

- eat well
- move regularly
- manage stress

... your lymphatic system can still remain under-stimulated.

**THAT'S WHERE  
TARGETED  
SUPPORT  
COMES IN.**



# WHERE **FLOWPRESSO** **FITS IN**

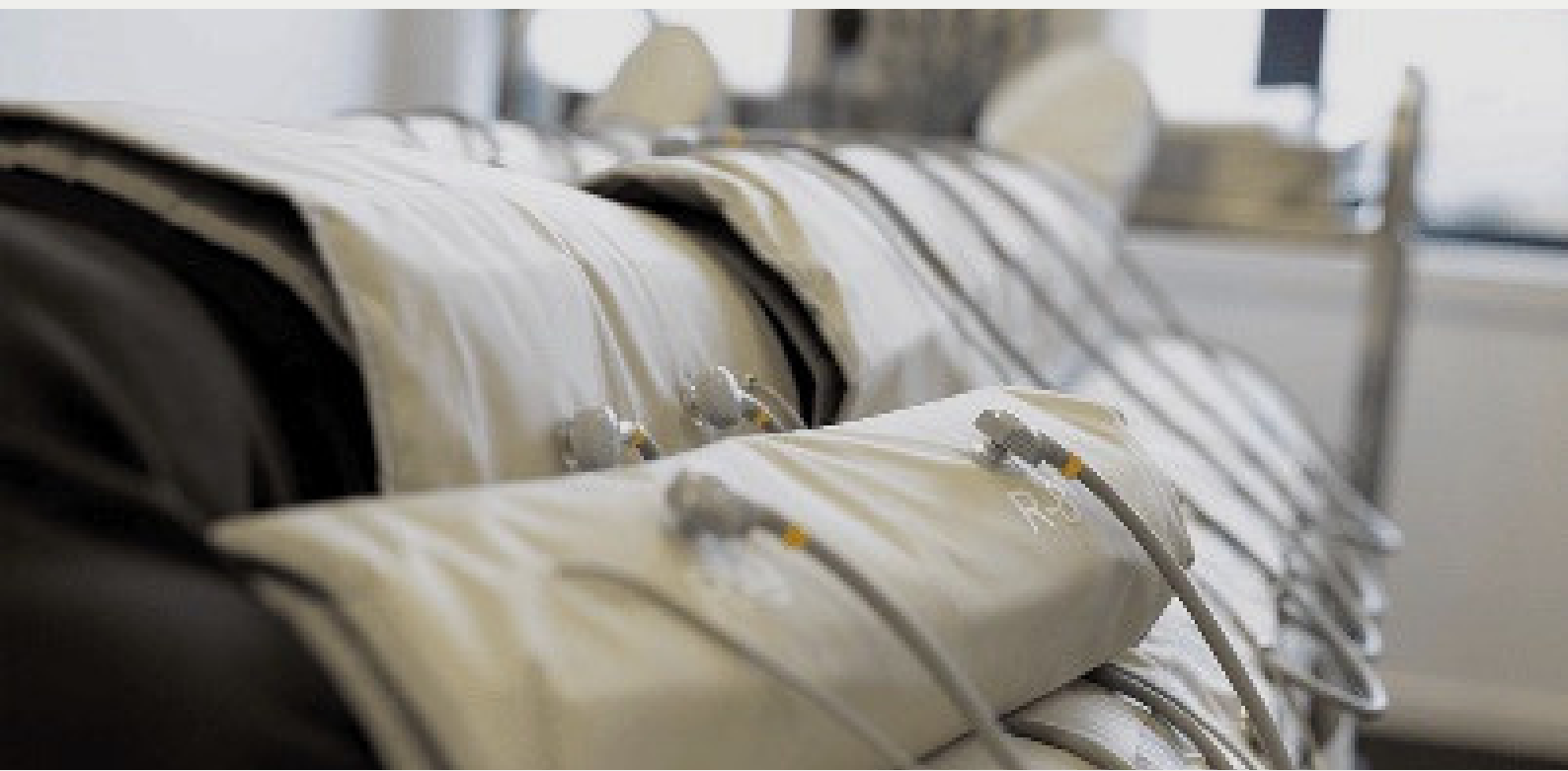
Flowpresso doesn't replace these habits.

**It enhances them.**

It provides something your body can't easily do on its own consistently:

→ **mechanical stimulation of lymphatic flow**

That's why many people feel a noticeable difference after just one session.



# EXPERIENCE IT FOR YOURSELF

Reading about lymphatic flow is helpful.

But most people don't fully understand it until they actually feel the difference.

After just one session, many people report:

- feeling lighter
- less puffiness
- deeper relaxation
- faster recovery

**That's why we offer a FREE Flowpresso Demo Session.**

No pressure.  
Just an opportunity to experience it for yourself.

**BOOK YOUR SESSION NOW**

