

LET US TALK ABOUT

Supporting Your Drainage Pathways

How your liver, kidneys, colon, lymph, and skin clear what your body no longer needs, and the order in which to support them. Includes the complete Lymphatic Flushing and Draining Protocol.

DR. LEILA DOOLITTLE

WELCOME

Open the drains before you stir the pot.



Every day, your body produces waste: spent hormones, worn out cells, the byproducts of making energy. Every day, it also meets compounds from the outside world, from mold and pesticides to plastics and metals.

Clearing all of it depends on five connected exits: the liver, the kidneys, the colon, the lymphatic system, and the skin. When those exits flow, your body handles a remarkable load. When even one slows, the backlog shows up as fatigue, puffiness, headaches, skin flares, and brain fog.

This guide explains how each pathway works, what tends to slow it, and simple practices you can begin at home. It also holds the full lymphatic protocol so many of you have asked for.

With warmth,
Dr. Leila Doolittle



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CHAPTER ONE

Drainage Comes First

Before anything is mobilized, the exits must be open. Sequence is what keeps a detox gentle.



THE TOXIC BURDEN BUCKET

Why sequence matters

Picture a bucket. Into it go biotoxins, metals, chemical exposures, infections, blood sugar swings, poor sleep, and stress. Your drainage pathways empty it as fast as they can.

Many detox plans start by pulling stored compounds out of tissue. If the liver, bowel, and lymph are sluggish when that happens, those compounds can circulate again and land somewhere new. People call this a detox reaction. In my clinical experience, it is usually a drainage problem.

My sequence: open the bowel, hydrate the kidneys, move the lymph, support bile flow, and only then consider binders and mobilization, at a pace your body can match.



THE FIVE EXITS

Where your body clears

PATHWAY	WHAT IT CLEARS	SIGNS IT MAY BE SLOW
Liver and bile	Fat soluble compounds, hormones, cholesterol	Pale or floating stools, nausea with fatty food, hormone swings
Kidneys	Water soluble waste, urea, excess minerals	Dark urine, puffiness, low thirst
Colon	Bile bound waste, fiber bound compounds	Fewer than one bowel movement a day, bloating
Lymph	Fluid, proteins, immune debris from tissue	Morning stiffness, swollen ankles, tender nodes
Skin and lungs	Sweat, carbon dioxide, volatile compounds	Rarely sweating, shallow breathing



CHAPTER TWO

The Liver and Gallbladder

Your liver transforms. Your bile carries. Both need raw materials and steady flow.



TWO PHASES

How the liver transforms

Phase one uses the cytochrome P450 enzymes to make a compound more reactive, a necessary step that briefly produces free radicals. **Phase two** then attaches a carrier molecule so the compound can leave: glucuronidation, sulfation, glutathione conjugation, methylation, acetylation, and amino acid conjugation with glycine and taurine.

When phase one runs faster than phase two, reactive intermediates linger. That is why the raw materials for phase two matter so much.

- **Protein** supplies glycine, taurine, and cysteine for conjugation.
- **Cruciferous vegetables** such as broccoli sprouts, arugula, and cabbage supply sulforaphane, which switches on phase two enzymes through the Nrf2 pathway.



THE FORGOTTEN RIVER

Bile flow

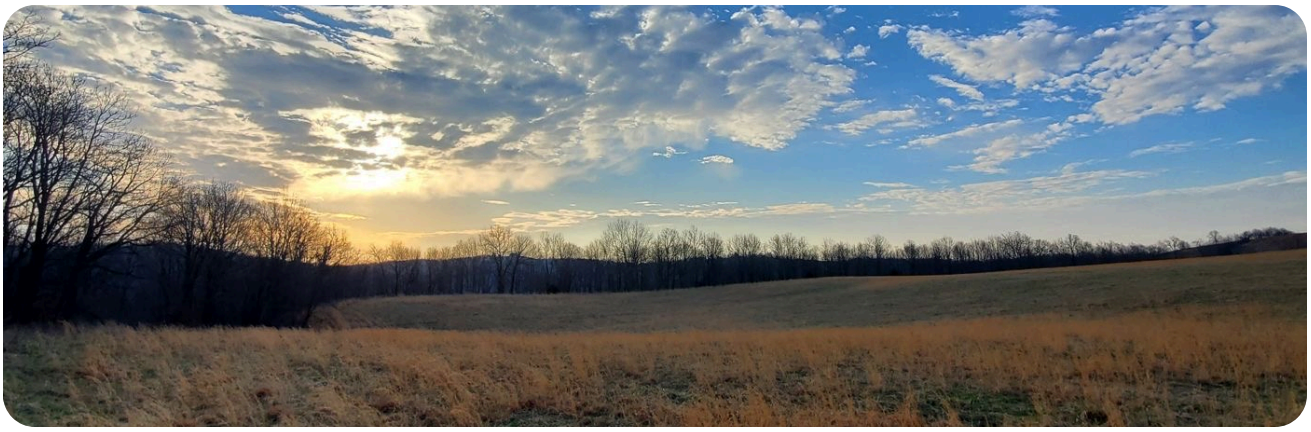
Your liver makes roughly half a liter to a liter of bile each day. Bile digests fats, and it is also the main exit for cholesterol, many hormones, and fat soluble toxins.

About 95 percent of bile acids are reabsorbed in the lower small intestine and returned to the liver. That recycling is efficient, but it means anything bound to bile can be reabsorbed too, unless fiber or a binder carries it out.

Ways to support flow

- Bitter foods before meals: arugula, dandelion greens, radicchio, lemon in warm water.
- Beets, artichoke, and healthy fats at regular meals, so the gallbladder empties on rhythm.

Ask first if you have gallstones or have had your gallbladder removed.



A WARMING RITUAL

Castor oil packs

Soak a cotton or wool flannel in castor oil and place it over the right upper abdomen, covering the liver. Cover with plastic wrap, add a heating pad, and rest for 30 to 60 minutes. The same pack can rest over the lower abdomen and navel for digestion, or over the front of the neck.

Formal research on castor oil packs is limited. I recommend them as a calming, warm, parasympathetic ritual that many patients find helps them settle and digest.

Skip packs during pregnancy, menstruation, or over broken or irritated skin. Never use heat on an area that is newly injured or swollen.



CHAPTER THREE

The Kidneys and the Colon

Water carries what dissolves. Fiber carries what binds. Together they finish the work the liver starts.



FILTRATION

Your kidneys filter all day

Your kidneys filter about 180 liters of plasma every day, then reclaim almost all of it, leaving one to two liters of urine that carry water soluble waste out.

- **Hydrate on rhythm.** A practical starting point is half your body weight in pounds as ounces of water, adjusted for heat, sweat, and your clinician advice.
- **Add minerals.** A pinch of sea salt or a squeeze of lemon helps water enter cells rather than pass straight through.
- **Read the color.** Pale straw is the goal. Dark amber suggests you need more.

Ask first if you have kidney or heart conditions, since fluid targets differ.



THE FINAL EXIT

A daily bowel movement

If the bowel moves slowly, bile bound compounds have more time to be reabsorbed and sent back to the liver. A daily, well formed bowel movement is the first drainage target I check.

- **Fiber:** most adults eat around 15 grams a day, while guidelines suggest 25 to 38. Increase slowly with vegetables, berries, ground flax, chia, and legumes.
- **Water** with every increase in fiber.
- **Magnesium,** often magnesium citrate, can soften stool; ask which form suits you.
- **Movement after meals:** a ten minute walk stimulates gut motility.
- **Rhythm:** sit at the same time each morning, feet raised on a small stool.



MY CLINICAL LENS

When the bowel will not move

Chronic constipation is rarely just a fiber problem. These are the places I look when the gut stays slow:

- **Thyroid,** including free T3 and reverse T3, since thyroid hormone sets gut motility.
- **Vagal tone,** the brain to gut signal that drives the migrating motor complex between meals.
- **Microbial overgrowth,** including methane producing organisms that slow transit.
- **Mold and biotoxins,** which can disturb both the gut lining and its nerves.
- **Pelvic floor coordination** and posture on the toilet.

Some of these links are well established, and others are clinical patterns I explore with each patient.



CHAPTER FOUR

The Lymphatic Protocol

Your lymph has no heart to push it. It moves when you move, breathe, and rest.



THE SCIENCE

A river without a pump

Every day, fluid seeps from your capillaries into the spaces around your cells. The lymphatic vessels collect several liters of it, along with proteins, immune cells, and cellular debris, filter it through lymph nodes, and return it to the bloodstream near the collarbones.

Lymph vessels pulse gently on their own, but most of their drive comes from outside: muscle contraction, the pressure changes of deep breathing, movement of the joints, and gentle pressure on the skin.

Your brain has its own clearance system, the glymphatic system. In animal studies, the space between brain cells widens during deep sleep and clearance rises sharply. Sleep is drainage too.



STEPS ONE AND TWO

Dry brush, then bounce

Step 1: Dry brush LIMITED RESEARCH

Before a shower, brush with light pressure from your feet upward toward your heart in long sweeping strokes. Cover legs, abdomen, arms, and back, with extra attention near the armpits, groin, and neck. Follow with a warm shower.

Step 2: Rebounding LIMITED RESEARCH

Begin with gentle bouncing on a mini trampoline without your feet leaving the surface, then let them lift slightly. Continue for 10 to 15 minutes. Rapid calf raises or a vibration plate are good alternatives, since the calf muscle is a powerful pump for the legs.



STEPS THREE AND FOUR

Yoga flow and self massage

Step 3: Lymphatic yoga flow

Cat and cow for two minutes, downward dog for one to two minutes, legs up the wall for five to ten minutes, three slow bridges, and a seated twist for one minute on each side. Breathe deeply throughout.

Step 4: Lymphatic self massage

- **Neck:** light circles down the sides of the neck toward the collarbones, two minutes.
- **Armpits:** small gentle circles on each side, two minutes.
- **Abdomen:** clockwise circles from the lower belly up toward the ribs, three minutes.
- **Legs:** upward strokes from ankles to knees, then knees to thighs, two to three minutes.

Use the lightest touch. Lymph vessels sit just under the skin.



STEPS FIVE TO EIGHT

Heat, contrast, oils, and water

Step 5: Castor oil packs, as described on page ten.

Step 6: Contrast shower. One to two minutes warm, then 30 to 60 seconds cool. Repeat three to five times and finish cool. Pat dry gently.

Step 7: Oil massage. Blend a few drops of a gentle essential oil, such as lavender, into jojoba or coconut oil. Massage with upward strokes toward the neck, armpits, abdomen, and legs, then rest for five to ten minutes.

Step 8: Hydration and tea. Drink water through the day, with a cup of dandelion root, ginger, or green tea in the morning, afternoon, and evening.

Ask first before rebounding, contrast, or leg massage if you are pregnant, have heart disease, lymphedema, a recent clot, or an active infection.



CHAPTER FIVE

Skin, Breath, and Rhythm

The largest organ and the most constant motion you have are both drainage pathways.



SWEAT AND BREATH

The skin and the lungs

Studies have measured arsenic, cadmium, lead, and mercury in sweat. How much sweating contributes to total clearance is still debated, but regular sweat through movement or sauna is a simple habit with many benefits for the heart and blood vessels.

Your lungs release carbon dioxide and many volatile compounds with every exhale. Your diaphragm also works as a lymph pump: each deep breath changes pressure in the chest and abdomen and draws lymph upward through the largest lymph vessel, the thoracic duct.

- Sweat a few times a week, then rinse with cool water.
- Practice slow breathing: in through the nose for four, out for six.



PUTTING IT TOGETHER

A weekly drainage rhythm

DAY	PRACTICE
Every day	Water with minerals, fiber at each meal, a walk after meals, slow breathing, seven to nine hours of sleep
Monday	Dry brush and contrast shower
Tuesday	Rebounding or calf raises, 10 to 15 minutes
Wednesday	Castor oil pack in the evening
Thursday	Lymphatic yoga flow
Friday	Sweat: movement or sauna, then a cool rinse
Saturday	Lymphatic self massage with oil
Sunday	Time outdoors, unhurried, near water if you can

Begin with two or three practices, not all of them at once. Consistency matters more than intensity.



QUICK REFERENCE

Your drainage checklist

- [ ] One well formed bowel movement every day.
- [ ] Pale straw colored urine, with minerals in your water.
- [ ] Fiber at every meal, increased slowly.
- [ ] Bitter greens or lemon before meals to support bile flow.
- [ ] Daily movement, with a walk after meals.
- [ ] Two or three lymph practices a week from Chapter Four.
- [ ] Regular sweat and slow nasal breathing.
- [ ] Seven to nine hours of sleep for glymphatic clearance.
- [ ] Drainage first, then mobilization, guided by your clinician.

ABOUT THE AUTHOR

Dr. Leila Doolittle

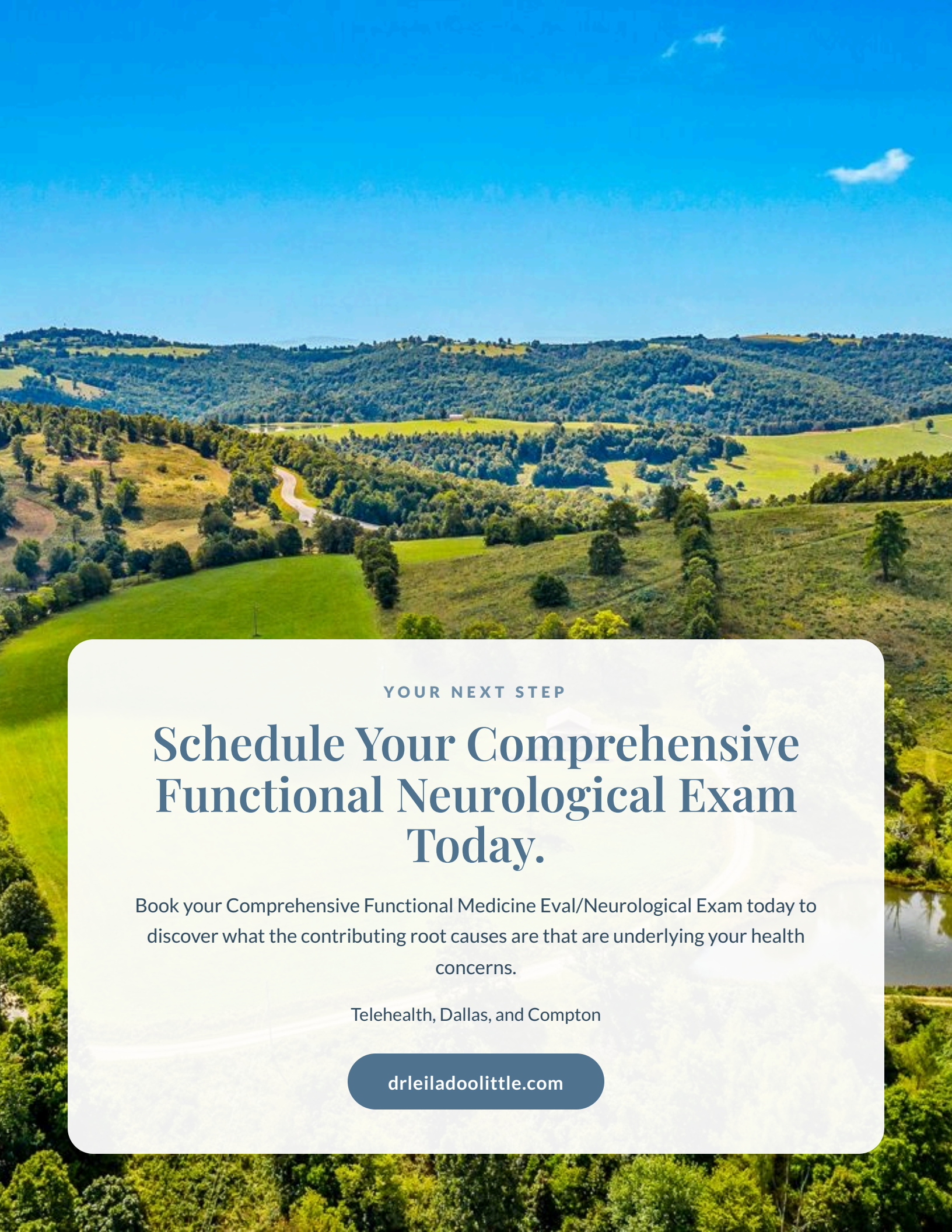


Dr. Leila Doolittle is a Doctor of Chiropractic practicing Functional Medicine and Functional Neurology. She is the founder and lead clinician of Resonance Wellness and the host of The Resonant Life Podcast.

Her work brings together extended laboratory testing, comprehensive functional neurological exams, NeuroQuant brain imaging, and a deep respect for the body as one connected system. She looks for the contributing root causes beneath symptoms, from toxic burden and the gut to the endocrine and nervous systems.

Raised on an Ozark farm, she now spends much of her time on the land she loves, where she is building Resonant Ranch, a place where the land itself is part of the medicine.

This guide is for education. It is not a substitute for individual care. Please consult your own clinician before starting a new routine, especially if you are pregnant, nursing, or managing a health condition.



YOUR NEXT STEP

Schedule Your Comprehensive Functional Neurological Exam Today.

Book your Comprehensive Functional Medicine Eval/Neurological Exam today to discover what the contributing root causes are that are underlying your health concerns.

Telehealth, Dallas, and Compton

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