



Rogers Hood Apothecary

The LymF Kit - Lymphatic Drainage Support

The lymphatic system clears waste, toxins, and extra fluids from your tissues. However, unlike the heart that pumps blood, the lymphatic system doesn't have a pump. It depends on movement, breath, muscle contraction, and external stimulation to function properly.

The LymF Kit doesn't just move lymph — it addresses multiple hidden roadblocks that keep the body inflamed, toxic, and stagnant. By combining lymphatic activation with immune, brain, and gut support, users experience deeper healing, better drainage, and greater resilience.

LymF Kit Suggested Use - ages 3+

- Take 30 drops of LymF, Holy Skull, and Sustain 1-2x daily (& 30 drops of Red Artist if applicable) before meals
- Take 1 Cinnabin capsule (unless constipated) first thing in morning or before bed as needed for die off symptoms. *Wait 2 hours before or after medicine to take Cinnabin.

Gutty Pre-Cleanse Mucoïd Plaque Drink Mix (optional)

- Take 1 Gutty packet first thing in the morning on empty stomach for 3 days in a row. Begin LymF Kit 4 days after.

Fulvic Soak (optional)

- Foot soak can be done before, during & after Gutty and/or LymF Kit (2-3x weekly).
- Fulvic Soak may cause die-offs, take 1 Cinnabin capsule after soak for additional binding support.

Tips:

- Cater these supplements to your daily schedule (do your best).
- Increase hydration with alkaline & filtered water.
- Take drops orally, mix with water, juice, tea or add to size 00 capsules (at time of consumption).
- Download RogersHood Guide To Drainage e-book on RogersHood.com for additional drainage support & tools.

Additional ways to support “LymF” movement:

- Movement & Exercise: Gentle bouncing, Brisk walking, Stretching and yoga, Deep belly breathing
- Manual Techniques: Dry brushing the skin (always toward the heart), Light self-massage (especially neck, collarbone, armpits, inner thighs)
- Hot/Cold Therapy: Alternating hot and cold showers stimulates circulation and lymph flow, Sauna therapy (followed by hydration) can assist with deep detox
- Compression and Elevation: Wearing light compression garments if swelling is present, Elevating legs at the end of the day

LymF: Lyme & Lymphatic Support

- Sarsaparilla - Reduces fluid retention, Calms inflammation, Supports healthy and clear skin
- Plantain Leaf - Decreases mucus buildup, Reduces swelling, Promotes skin repair
- Nettle Leaf - Anti-inflammatory and antibacterial support, Acts as a natural antihistamine, Eases joint and arthritis discomfort
- Turkey Tail Mushroom - Boosts immune system activity, Supports gut microbiome health, Helps fight off harmful bacteria

Holy Skull: Brain Health Support

- Cat's Claw - Supports DNA repair, Reduces inflammation, Aids healthy digestion
- Skullcap - Protects neurological health, Strengthens and calms the nervous system, Aids in anxiety and stress relief
- Holy Basil - Boosts mood and emotional balance, Acts as a detoxifier and natural emulsifier (rich in Vitamins A & C), Antifungal, antibacterial, and supports blood sugar and eye health
- Lion's Mane Mushroom - Promotes nerve growth and regeneration, Enhances mood and mental well-being, Supports brain health, memory, and cognition

Sustain: Inflammation Support

- Usnea - Fights bacterial and viral infections, Naturally curbs appetite, Acts as "Mother Nature's doxycycline" for immune support
- Peppermint - Targets parasites in the small intestine, Supports healthy digestion, Helps balance hormonal and skin health
- Oregon Grape Root - Powerful anti-parasitic support, Reduces inflammation throughout the body, Promotes gut health and microbial balance

Cinnabin: Binder

- Ceylon Cinnamon: helps reduce 11 strains of fungus, 4 forms of Candida Albicans, 3 forms of Aspergillus
- Coconut Activated Charcoal: lowers cholesterol, binds toxins & spores