

Lymph Supportive Herbs

Herbs that support the lymphatic system help encourage the gentle movement and drainage of lymph fluid, assisting the body in clearing metabolic waste, inflammatory byproducts, and immune debris from tissues.



Calendula

A gentle lymphatic & tissue-healing herb that supports immune function and lymph flow. Used for:

- swollen or tender lymph nodes
- lymphatic congestion and inflammation
- skin infections and wounds
- slow healing tissue and ulcers
- immune and lymphatic support

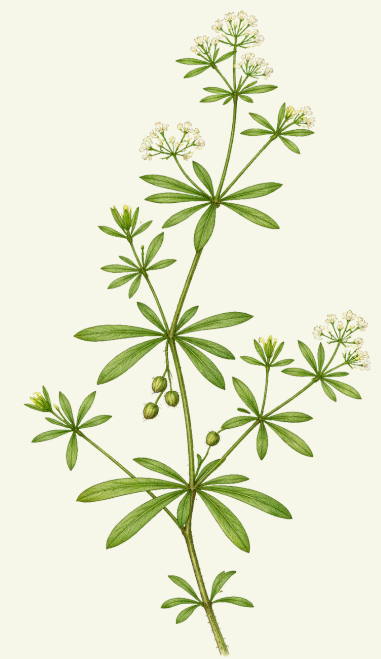
Best Forms: Tea, tincture, infused oil

Cleavers

A lymphatic alterative and gentle detoxifying herb. Used for:

- swollen lymph nodes
- skin eruptions related to lymph congestion
- fluid retention
- urinary irritation
- seasonal detoxification

Best Forms: Tea, tincture, fresh juice



Red Clover

Traditional blood and lymph cleansing herb that supports detoxification & skin health. Used for:

- lymphatic congestion
- chronic skin conditions
- inflammatory states
- swollen glands
- seasonal cleansing & detox

Best Forms: Tea, tincture

Red Root

A powerful lymphatic and splenic herb that supports immune filtration. Used for:

- enlarged or inflamed lymph nodes
- splenic congestion
- chronic throat or tonsil inflammation
- lymphatic infections
- sluggish lymph circulation

Best Forms: Tincture, decoction



Poke Root

A very potent lymphatic stimulant used in extremely small doses for deep lymphatic congestion. Used for:

- chronically swollen lymph nodes
- glandular congestion
- tonsillitis and throat infections
- mastitis and breast lymph stagnation
- stubborn lymphatic blockages

Best Forms: Tincture
(low doses only)
CAUTION