

LYMORA

FREE GIFT • GUIDE 1 OF 3

The 14-Day De-Puff Protocol

Your Lymora is on the way. This is your plan for the next 14 days: what to do before the rider arrives, what to do on Day 1, and what to expect each week until your face, legs, and belly look like yours again.

Start today, not on delivery day. Pages 2 to 4 are for the days before your pouch arrives. A body that is already drinking enough and eating less salt has less fluid to move, so your first week on Lymora goes faster.

Lymora Lymphatic Drainage · 60 softgels per pouch · 2 a day · trylymora.store

What happens now

- 1 Today.** Your order is confirmed. We pack your pouch and hand it to the courier.
- 2 In 2 to 5 days.** The rider calls or texts you, then arrives. Metro Manila is usually faster, provinces closer to 5 days.
- 3 At your door.** Open the pouch and check it first. Then pay the rider the exact amount on your order confirmation. Cash on delivery, nothing paid before that.
- 4 That night.** Day 1 begins. Two softgels, a full glass of water, and the plan on page 5.

Three things that keep your delivery on track

- Answer calls from numbers you do not know this week. That is the rider.
- Keep the exact cash ready in one place, so no one has to look for it when the rider is at the gate.
- If you might be out, tell one person at home that a Lymora parcel is coming and leave the cash with them.

What is in the pouch you are waiting for

60 softgels. Two a day, so one pouch is one full month. Each dose packs 4,275 mg of 21 botanicals with one job: reopen the drain.

Your body has a drain called the lymph system. It carries extra fluid, salt, and waste out of your tissues. It has no pump of its own, and it slows down with age, sitting, heat, and salty food. When it slows, fluid backs up. That is the puffy face in the morning, the ring that will not come off by afternoon, the manas ankles at night, the belly that stays bloated no matter what you eat. **Not fat. Backed-up fluid.**

Read the next page while you wait. It shows what each herb group does, so when you open the pouch you know exactly what you are holding.

Inside the pouch: 21 botanicals, one job

Every dose is built in four groups. Together they reopen the drain, filter what comes out, break down the swelling, and keep the flow moving.

Drain openers. Cleavers, Nettle Leaf, Blue Flag. Cleavers is the classic lymph herb that moves stagnant fluid. Nettle flushes excess water out of the tissues. Blue Flag clears deep congestion so the drain reopens.

Deep filters. Dandelion, Burdock Root, Yellow Dock. Dandelion powers the liver and kidneys to finish the flush. Burdock filters the blood. Yellow Dock keeps elimination moving so waste exits for good.

Swelling breakers. Bromelain and Ginger. Bromelain, the pineapple enzyme, breaks down the proteins that cause visible swelling. Ginger fires up circulation so the waste moves out fast.

Flow igniters. Stillingia, Prickly Ash, Red Clover, Calendula, Echinacea, Elderberry, Kelp. Fluid transport, calmer tissue, and the minerals the lymph system needs to run.

Why this is not a water pill

Water pills force out water your body needs and leave you dehydrated, then the fluid comes back. Lymora opens the drain itself, so trapped fluid releases without crashing your electrolytes. Plant based, no stimulants, no bathroom emergencies. That is why you can take it every day for the full pouch, and why the result holds.

What you will feel first

- **Lighter in the morning.** Several customers describe it as "a weight lifted" around day 4 to 5.
- **Rings and shoes loosen.** Fingers and ankles drain before the face does.
- **Deeper sleep.** Less fluid pooling overnight, fresher face at wake-up.
- **Then the face, then the belly.** Weeks 2 to 4, in that order for most people.

Individual results vary. Lymora is plant based with no stimulants. If you take blood pressure medicine or have a kidney or heart condition, check with your doctor before you start.

What customers felt, and when

Same product, same 2 softgels a day. Here is what real Lymora customers reported, in their own words, so you know what to watch for.

Days 1 to 7: the drain reopens

"ang gaan ng pakiramdam ko since day 4. parang may naalis na bigat sa katawan"

Divina, 55, Bacoor

"tulog ko grabe kabilis. gising ako fresh, walang namamangang mukha"

Cecille, 43, Angeles City

Most customers see less morning puffiness within 5 to 7 days. Rings and shoes are usually the first things that feel looser.

Weeks 2 to 3: puffiness visibly drops

"grabe yung mukha ko sa umaga, ala na yung puffiness!! 2 weeks palang"

Marites, 47, Quezon City

"mga manas na paa ko sa gabi, gone na. salamat seller, will order again!!"

Lorna, 52, Cebu City

"tiyan ko bloated kahit anong kainin ko. now flat na siya, 3 weeks in"

44, Davao City

Week 4 and beyond: the new normal

"sa pictures mukang lumiliit face ko every week. hubby noticed pa!!"

Rosemarie, 51, Iloilo City

"yung dating shorts ko, kasya na ulit. order kayo, legit!"

Beng, 45, Pasig

The rule that makes this work

The drain stays open only while you keep it open. Two softgels every day, no skipped days, for the full pouch. The 14 days in this guide are the start, not the finish. Customers who bought 3 or 5 pouches did it because the belly and legs change most in months 2 and 3.

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Day 0: set up before the rider arrives

Do these in the days before your pouch lands. None of them cost anything. Together they give your first dose a head start.

- ❑ **Take your Day 0 photo.** Tomorrow morning, before coffee, before washing your face. Same spot, window light, no smile, no filter. This is the photo you will compare everything to. Most people cannot see their own change without it.
- ❑ **Measure three things.** Which finger your ring is tight on. Whether your shoes leave a mark on your ankles by evening. How many notches your belt or waistband is on. Write them in the notes app.
- ❑ **Buy or find a 1-liter bottle.** Two refills a day is your water target. A bottle you can see is the only way most people actually hit it.
- ❑ **Pick your softgel time.** Morning if your face is what bothers you. Evening if it is your legs and belly. Set a daily alarm now with the label "Lymora".
- ❑ **Cut your 3 saltiest foods, starting today.** For most people that is instant noodles, canned or processed meat, and chips. Guide 3, the Food Blacklist, has the full list and what to eat instead.
- ❑ **Start the 5-minute massage tonight.** Guide 2. It moves fluid on its own at a slower pace, and it teaches your hands the strokes before the softgels make the fluid easier to move.
- ❑ **Tell one person at home the parcel is coming.** Leave the exact cash with them if you may be out.

Why this matters. Salt makes your body hold water. Too little water makes your body hold water too. Fix both before Day 1 and your first two softgels work on a body that is already letting go, instead of one that is still hoarding.

Delivery day

Eat light and low salt. Finish both bottles of water. When the rider arrives, open the pouch, check the seal, pay the exact amount. Take your first 2 softgels that evening with a full glass of water, do the 5-minute massage, and go to bed with your head on one extra pillow. Tomorrow morning is your first Day 1 photo.

The 5 daily basics, from Day 1

Do these every day for 14 days. Nothing here costs money. Together they make the fluid leave faster than the softgels alone.

1. Take 2 softgels with a full glass of water

Same time every day, at the alarm you set. Do not double up if you miss a day. Just take the next dose on time.

2. Drink 2 liters of water

Two refills of your bottle, spread across the day. Stuck fluid is not fixed by drinking less. Your body holds water when it feels short of it. Add calamansi if plain water bores you.

3. Stay off your 3 saltiest foods

You started this on Day 0. Keep it for the full 14 days. Guide 3 has the swaps so you never feel like you are on a diet.

4. Walk 20 minutes

Lymph has no pump of its own. It moves when your muscles move. A 20-minute walk, any time of day, is enough. Stairs count. Housework counts. Walking to the sari-sari store counts.

5. Sleep with your head a little higher

One extra pillow. Fluid drains away from the face overnight instead of pooling under the eyes. Aim for 7 hours. Several customers said they sleep deeper on Lymora. Use it.

Photo rule. Day 0, Day 7, Day 14. Same place, same light, no smile, no filter. Puffiness changes slowly and you will not trust your memory. The photos will.

Your 14 days, in 4 phases

- 1 Days 1 to 3 • Start the flush.** Softgels daily. Two liters of water. Salt cut. Massage each morning. Do not add anything else yet. The first 3 days are about making the basics automatic.
- 2 Days 4 to 7 • The drain reopens.** Keep everything. This is where Divina felt lighter and where rings start spinning loose. Take the Day 7 photo and put it next to Day 0.
- 3 Days 8 to 10 • Push it out.** Keep everything. Add 10 minutes with your legs up on a pillow before sleep. Heavy legs and manas ankles change most here.
- 4 Days 11 to 14 • Lock it in.** Change nothing. This is the phase people skip, and it is the phase that makes the result stay. Take the Day 14 photo.

Day 14 is the start, not the finish

Keep taking 2 softgels a day until the pouch is empty, then open the next one. Keep the water and the walk. The salt list can loosen a little. The massage can drop to 3 times a week. The face changes first. The belly and legs change most in months 2 and 3, which is why customers who ordered 3 or 5 pouches are the ones posting the before-and-after photos.

Guarantee. No visible difference in your puffiness or bloating within 30 days of delivery? Message us on the page you ordered from, and we refund every peso. You are not risking anything by starting.

Individual results vary. This guide gives general wellness habits. It is not medical advice and does not treat any disease.

Your 14-day checklist

Print it or keep it on your phone. Tick each box. A missed day is not a failed day. Just do not miss two in a row.

Day	2 softgels	2 liters	Low salt	20-min walk	5-min massage	Legs up	Photo
0	—	☐	☐	☐	☐	—	☐
1	☐	☐	☐	☐	☐	—	☐
2	☐	☐	☐	☐	☐	—	—
3	☐	☐	☐	☐	☐	—	—
4	☐	☐	☐	☐	☐	—	—
5	☐	☐	☐	☐	☐	—	—
6	☐	☐	☐	☐	☐	—	—
7	☐	☐	☐	☐	☐	—	☐
8	☐	☐	☐	☐	☐	☐	—
9	☐	☐	☐	☐	☐	☐	—
10	☐	☐	☐	☐	☐	☐	—
11	☐	☐	☐	☐	☐	☐	—
12	☐	☐	☐	☐	☐	☐	—
13	☐	☐	☐	☐	☐	☐	—
14	☐	☐	☐	☐	☐	☐	☐

Photo days are Day 0, Day 7, and Day 14. Same place, same light, no smile, no filter. Put the three side by side on Day 14. That is your proof, and it is also what to send us if you ever need the guarantee.

If swelling is sudden, painful, or only on one side of the body, see a doctor.