

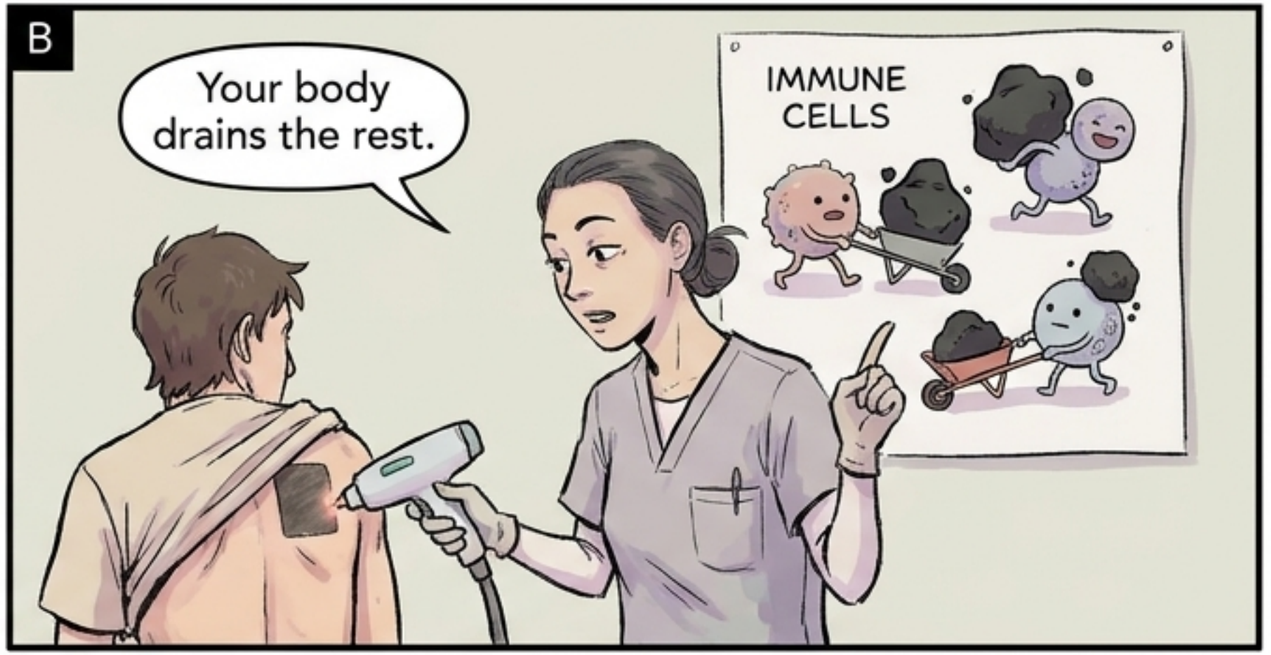





Heavy ink saturation creates a massive pigment burden that the immune system must slowly clear away.

Extreme indoor cardio does not actually drain the lymphatic system any faster.