Summit Introduction and Guest Welcome

Hello. Hello. Welcome to Mastering the Menopause transition summit. Save your hair, Your body, your mind. We are here to help you at this very important time to feel your best.

I'm your host, Dr. Sharon Stills. You probably know me from last year's summit. If you were there last year. If not, it is beautiful to meet you. And I am excited for you to be here today for this conversation that we're going to have that is so vitally important and might not be something you're thinking about as you're having hot flashes and weight gain and things of that nature.

And you want to get your hormones balanced and you want to know what to take. And that's all important. But I'm going to bring you with my dear guest today, Deanna Hansen, who's a bestselling author and pioneer in the field of faster decompression for physical and emotional transformation.

She has more than 20 years of hands on clinical experience, and she created black therapy, a unique at home foster release program to relieve chronic pain and disease, encourage healthy detoxification and reverse the aging process.

And so you may be thinking, what does that have to do with menopause? But it has a lot to do. So we're going to enlighten you now. So welcome. I'm so excited to have you here.

Thank you for being a part of the summit. Thank you. Dr. Stills and it is an absolute pleasure to be here communicating with you and sharing with the community.

And thrilled because I my background in European biological medicine, I am obsessed with the extracellular matrix and the fascia and how healing happens there.

And so I love that we're going to have this conversation for all the ladies who are listening. So 20 years in the field, I always love to know like, do you have a personal story?

How did you end up doing what you're doing? Yeah, so back in my twenties I had certified to be an athletic therapist and I had a really successful practice with clients.

I was always focusing on deep tissue work, but my own personal health was just gone. I was £50 overweight, struggling with anxiety, depression, and I just couldn't really get a grasp on my life, even though I was doing everything I was trained to do with the dieting, with the working out.

And the harder I worked, the bigger I got and then the worse I felt in general.

Deanna Hansen's Personal Health Journey

So I made some big changes to my life at the age of 30, which resulted in me having some serious anxiety attacks. And it was this one attack in particular that was the seed of everything to come.

I literally thought in that moment I was going to die because I was frozen with fear in this panic. And intuitively I drove my hand into my abdomen, which I never touched, because that was where I carried my £50 of extra weight.

And I, I truly loathed that space of my body. So now I'm in this area. And what was so fascinating was what I was encountering was a marbling that felt like scar tissue, even though I hadn't had any injury or surgeries in that area.

And that just brought me to all of these aha moments. The fact that I wasn't breathing ever, I was literally always

holding my breath in fear. And as I would come home from a five mile run dripping wet with sweat, my belly would still feel cold.

Suddenly I recognized that these adhesions were in the way of of metabolizing anything. And after the first night of just intuitively working for about 30 to 45 minutes, my belly was softer than it had looked or felt in.

Well, not that I ever really touched it. It was warmer, though, and that was the key thing. I was also very calm the next night when I came home and I continued to do the same thing.

It was amazing because when I stood up I felt taller and when I looked in the mirror, my belly was flatter than it had looked in years. So this became my home practice.

Every night after clients, I'd come home, I'd work on myself. Within two weeks, my chronic low back pain was going away. My issues with anxiety, depression were really changing for the better.

Then I started flipping my patients over onto their backs, doing some similar work with them, and that was the seed of everything to come about 23 years ago.

Well, I just love that because one of the things I always say is not all medicine comes in a pill bottle and patients come to me and it's very common to have anxiety, depression, and yes, I can help them balance their hormones and their diet and the right nutrition and so forth.

But we've got to get in these bodies of ours. These physical bodies need to be addressed. So I love that you're doing that. And it's just such a good example of how sometimes you don't even need to take a pill.

Sometimes you just need to be touched or stretched or decompressed or whatever it is. So that just after that excites me so much. And I love that, you know, it's always great when we personally have an experience and then we can share it for others because then we're much more empathetic and we understand what someone is going through.

So thank you for sharing that with us. And I have you. You graciously sent me some blocks. I just wanted. So these are like the home blocks, what they they look like and they're so cool and I'm so excited to be utilizing them.

And I've just getting started. I watched your first video where you lay on your stomach and it's just opening up the diaphragm and that's so powerful and so powerful that you don't have to go see someone.

You can do it yourselves. So talk about, I guess, before we talk about the blocks in your system, talk about just foster We mentioned, you know, in the beginning that you do faster release and if you can just I think it's not something that we generally talk about even in the holistic field.

And I'm on a mission to change that as you are as well. So maybe just start fast and one on one for everyone who's listening, why don't we start? Absolutely.

So we have trillions of cells in the body and every cell has a position it should be in. So we have a correct cellular alignment. And if we have that correct cellular alignment, we have optimal space in the cell as well as surrounding the cell.

So the fascia, like the skin of the body, is like the skin of the cell interconnecting every single cell. So it becomes this wonderful communication system between all the cells.

It provides both stability and mobility in the body, and it literally keeps our cells positioned where they're supposed to be. If we approach the facial properly.

The challenge is we don't know how to do that. For the most part because we've got all these external forces impacting our body.

What Fascia and Faster Release Are

First of all, gravity is constantly pulling us down toward the earth. So if we combine gravity with unconscious posture and unconscious breathing, what happens is as we age, we literally wind down, we become shorter and wider.

As we get older. And I think most people typically feel that once they get to a certain point in their life. So because the fashion is here to support and protect us, what it's doing is it's create adhesions.

As we start falling out of balance, the cells start migrating away so the fashion doesn't want them to fall away. So it starts reaching out to them. But as it reaches out, the further and further it gets, the more frozen the tissue becomes because it's pulled away from the heat source, the life force, which is actually the breast.

So these adhesions, they create structure and stability, but they also block blood and oxygen flow to cells as well as block the ability for the byproduct of functioning the toxins, the ways to get pulled away from the cells.

So ultimately, we age in this way. We develop acidic environments, we develop areas of tension in the body as a result of this. And what's fascinating is fashion will grip and adhere to bone with a force up to £2,000 per square inch.

It's a magnetic seal, but that's literally what's holding us in these twisted, crunched bodies. So what my system does is it gets in there, it release is those adhesions training with proper diaphragmatic breathing, which moves the fluids, the oxygen into those newly opened spaces.

And then through understanding proper postural foundation, we can actually pull those cells that have migrated away from their home, back to their home to create that space.

So there's optimal flow. And as long as there's optimal flow, pain, aging and disease are a completely different animal then if we allow gravity to direct us.

All right, I have it. I'm like, there's so many different directions we could go and flow. It's to me, if your fascia is congested, then you're going to experience that in your life as well, you know, because there's such an interplay between our emotions and our energy.

And so this is really important. And no one goes to the typical doctor and gets up for a checkup. There's no how do you know someone listening? Can we just assume we all have issues or is there certain things that we can kind of check in to see if this is more of an issue for us?

Basically, if you have pain, aging or disease in your body, you're flashes out of alignment. So it's pretty much everybody and as well traumatic. I mean, emotional instability, mental confusion, all of these things that it's really because there's a lack of optimal flow to the cells that we're attempting to reach.

Similarly with menopause, of course, you know, if as as and the thing is, when we reach menopause, we've already lived for decades, so we've already have years of fashion compression, pulling us out of alignment, and then we go through this life change.

And then no wonder, you know, we're starting to see things like weight gain at a rapid pace because we're literally compressing, ballooning, and then all of those adhesions blocking flow cause us to become toxic.

So pretty much anything pain and aging disease really results from this. So there's nothing that this doesn't benefit. And it really does come down to understanding how to pull those cells back and access our proper diaphragmatic breath, which is one of the three main pillars of block therapy.

Listen up. It's for everyone who's listening, because we are all everyone's getting older. You can't avoid that. We're always marching, but we can do it healthy and feeling good.

And it is true. I always say we're so fixated on the cell. And of course the cell is important, but the home, the fashion, the milieu where the cells live, that's really where diseases begins or ends.

And so this is so crucial. So for posture, is there anything I'm like sitting up straighter as I'm talking it is is there anything that you can recommend?

Just posture check what we can be doing with the ladies listening now can be doing because I know it's so easy to just, you know, we're at our desks and slumped over and so I'm sitting up straight and listening.

Yeah. So three things we really discussed three foundations. So the first foundation is how we're standing. We're like a building. So when we look at foundation issues, I always notice one foot's going to be drawing away from the body, the other foot is going to be anchoring and this is all unconscious because it happens slowly over time as we go through our shifting of alignment, which occurs largely because we're dominant on one side.

So we overuse one side compared to the other. We start tipping off balance and we start shifting things. We want to bring our foundation back.

Posture Basics and Tongue Alignment

So one of the most important things we can do, which is super simple, is look down at your feet, have them underneath your hips, have the feet pointing straight ahead, and most importantly, keep the knee slightly bent because pretty much everybody locks their knees.

They go into hyperextension, which causes a twisting of the pelvis. It allows gravity to be the winner because we're actually splinting our legs instead of using our muscles to support our body weight.

So the simple act of turning your feet straight ahead and bending your knees in itself makes a huge difference. Another thing is anatomical position with the arms is palms facing forward.

Pretty much everybody is walking around with their palms facing behind them, and that causes internal rotation of the arms, which pulls the rib cage forward and down, which is going to manipulate and strangle the diaphragm ability to properly breathe.

So that's another simple thing that we can do. Like even if were lying on our back of your palms up, don't have your palms facing down, it's a very, very different alignment and the breath becomes easier.

It moves the thoracic spine into the body. The heart and the lungs get positioned in a way that we can support them as opposed to having this weight of the world, like pushing down on top of us.

And then the tongue. Most people don't recognize this, but the tongue isn't just designed for chewing and talking. It's also here to help support the weight of the head.

If we don't use the tongue properly, it becomes a hindrance. People that have a double chin think that they have a double chin. It's really a displaced and weak tongue which affects the thyroid.

It affects the carotid arteries, the major lymphatic drainage sites. It also pulls the head forward, causing a ton of tension back through here and then subsequent aging.

So if you notice that the roof of your mouth about a pinky nail distance from your teeth, there's a ridge, the tongue, the surface of the tongue should be supporting the roof of the mouth.

If I'm not conscious, my tongue will dart forward and go to the right, causing me to clench on the left. So to pull the tongue back and down are really good thing people can do is get an almond or something and support that up against the roof of the mouth.

And that's going to help to align the tongue properly. Another little trick for the tongue, it is a muscle. So if we strengthen it, it becomes stronger and then we can use it better.

Holding the tongue out, like sticking it out literally like that and taking ten full breaths, you're going to feel the fatigue in three this area because people don't think to exercise their tongue unless we're talking or chewing.

But when we can actually exercise this muscle and make it a nice, strong support to support the weight of the head, then again, everything changes. As far as alignment goes.

And we do the tongue breathing thing right now and we'll I'll do it together. I'm like, I'm sitting here flipping my arms and I could feel the difference and I'm just sitting in my chair, which is not the most economical.

But I can feel like when my arms are, when my hands are facing back, they feel tension and they do I feel kind of in that constricted motion. And then when I flip them over, it's like, oh, like I just feel this opening and the sun is shining and it's just just so subtle, but you can really feel the difference.

So let's do that tongue breathing thing because I want to try it. And then so we want to hold our tongue out. Everybody says okay. And to make it, if you if you want to increase the challenge, lift your head up and then take your tongue up toward the ceiling and let's see how many breaths you can get through before you're like, okay, that's enough.

I'm tired. It does strengthen quickly, though. So if you practice this a few times a day, you're going to notice some changes pretty quick. So should we maybe just do five breaths?

Sure. Okay. All right. You want me to Do you want me to just count while you do it. Or not to do with you? Yeah, Do it with us. Okay. All right. Ready by four, three, two, one.

And as we do for you. I was a little weird. I'm like, I want to see what you were doing, But that's. I mean, I could definitely feel this opening in here.

And that's a place we all carry. You know, I do a lot of thermography scans, and it's always lit up like everyone's neck is always lit up, it's always congested.

So there you have it, tongue breathing. I love that. That is you know, and I just I hope for everyone listening, this is just reminding you of the power you have, like with your self to do things with your body, with nothing external.

So I'm going to start tongue breathing as part of my morning routine and I will report back. Well, and I've never actually called it tongue breathing, but I love it.

That's perfect for people to stick their tongue out and breathe. But tongue breathing sounds amazing. We have a new a new term for it. And so we kind of went off track there.

But I was going to ask you about diaphragmatic breathing, because that's something we hear about so often. And I'd love for you to just walk us through it to make sure that everyone is listening, understands and is doing it correctly.

Yeah, so probably one of my favorite topics. So if I'm going to bring my camera down just for a moment. So the diaphragm muscle is a plate that lives, that supports the rib cage.

When we inhale, this plate moves down. When we exhale, it moves up. So when it's working properly, it gives the abdominal organs a continuous massage.

It supports the heart and the lungs, the aorta, wrong side. Sorry, the aorta leaving the heart. It helps to keep everything nice and lift it. When we don't breathe with these muscles or with this muscle, and we start breathing from the muscles of the upper chest, this becomes weak and it causes us to collapse.

So as we collapse inward, we've got the weight of the whole upper body moving into that internal space, causing a ballooning of the belly.

Diaphragmatic Breathing and Nose Breathing

And again, we don't just collapse linearly. We either collapse one side or another. So majority of people are right handed. They're going to collapse over to the left.

Now we've got the stomach organ. We have the aorta leaving the heart. We have the heart now. We've got all this immense pressure literally sealing us.

And now the diaphragm muscle is pretty much locked away from us, kind of like having a frozen shoulder. When we breathe Diaphragmatic li, we feed the body up to six times the oxygen.

In Steven Koch's book, Yoga in the Quest for the True Self, he has a whole chapter on this. It's fascinating. And what's interesting is it's at the base of the lungs is where the majority of the alveoli, the oxygen receptor sites reside.

So pain, fear and stress cause us to reactively hold the breath. And the world is under this 24 seven. So most of us are chronic upper chest breathers.

So we're not pulling the air deeply enough into the lungs for optimal absorption. They also prove that in 2014 they did a study in Australia shared through the medical the medical news that 84% of weight loss comes through proper exhalation.

And I mean, this is huge to understand because I mean from the perspective of weight loss, that's huge. But also just the detoxifying effect of being able to with every single exhale, move all of this waste out of the body.

So if we're working properly, we have, again, a constant massage for the abdominal organs for everything to be nice and heated and warm. If we start to collapse in like we all do now, we're displacing those organs from the weight of everything collapsing into the core that muscles not working.

So now those organs that would normally be getting a massage to keep everything heated and mobilized, it becomes frozen and then we start breathing up through here.

And these are the secondary muscles. So the diaphragm is like the body's internal furnace. If we want to be able to drive the fluids, the energy to all of the trillions of cells in the body, we need the powerful engine to be turned on, kind of like a an inboard a motor in a boat compared to a trolling motor.

Most people are moving around with the trolling motor. So acting like a space heater. I live in a 30 storey building and it can get to be -35 Celsius here in Winnipeg in the winter.

If my if the building's furnace isn't working, it's freezing cold in here. And if I only have one space heater, I can't even keep my whole apartment. I'm only heating one room.

So that's the difference between the heating ability and this engine. When we really tap into that proper diaphragmatic breath, it changes everything.

It connects us to the parasympathetic nervous system, it changes the brain waves. And it really is, in my view, the counterforce to aging, because every action has an equal and opposite reaction.

Gravity's constantly pulling us down, the exhalation lifts and it's continuous. If we're using it properly. So then we can go through time without those aging effects because we are keeping ourselves positioned, are ourselves in our cells positioned where they should be so that we don't allow those adhesions to have to form to try to stop us from tipping over.

I, I didn't really know about exhaling and weight loss. I mean, I am I always say the breath is your best medicine. And I actually just named I have a new weekly roundup going out to my email list on Fridays and we named it the weekly Exhale with Dr.

Stills. And I did that because I just the power of exhaling and the power of the breath is such good medicine. So I love that you just said that. And now you can exhale.

You're your pounds away as well. So that is that's pretty profound. Well, that was. Actually I mean, sorry to interrupt that. That was the first thing that I really recognized in my own body, because when I was back in my thirties, I would do 400 sit ups a day.

I was running every day. Thibeault aerobics, weights, you name it. The harder I worked, the bigger I got. And then when I started yoga, I had this wonderful teacher as my first teacher, and every 30 to 45 seconds she would remind us to breathe.

Every time she reminded us, I'm like, Well, I'm not breathing. So if I'm not breathing, probably most people aren't. So that became like a really important trigger for me to understand.

And then when this study came out 14 years later, it was like, Wow, okay, well, this is why things are changing. And it was just such a beautiful opportunity for me to have a little bit of that research to back up what I was personally experiencing as well as my community.

MM Yeah, Well, I'm so on a mission to dispel all the myths of what we think we need to do, especially as we're aging in our exercise needs and what we need to maintain our figures.

It changes. And so this is such great proof. So for breathing tips for the listeners to make sure they're diaphragmatic breathing correctly and anything too, because I think what you said is so important.

We we have to keep reminding ourselves because until it becomes natural, it can take a lot of time to to retrain ourselves to breathe properly. Yeah. So a very simple thing to do.

And it's probably easier to start when you're lying on your back as opposed to seated is place your hands on your belly and then when you inhale, the belly should get nice and big.

So I was a I was a dancer when I was younger and everybody told us, hold your belly. And because you want to have this flat belly, well, now you're forcing the body to become an upper chest for either when we're supposed to be breathing through the belly and when we can take a nice full inhale.

We also have the control to pull the exhale. And my process focuses on the exhale. But this is where the breath should come from. So when you're lying there, think pregnant belly with the inhale, make the belly, squeeze the belly small with the exhale.

And it's actually that squeezing action that's moving out the past the waist to create space for the breath for the now. So we move out the past with the exhale we pull in the present with the inhale.

And if we keep the system flowing this way, then again, we're we're connecting to our parasympathetic nervous system. We're changing everything. Our entire physiology changes.

It's like we're different animals. So also breathing in and out through the nose. That's another key thing because a lot of people will breathe in through the nose, out through the mouth.

There's some wonderful information on what's actually going on inside the nostrils. A book called The Science of Breath is one of them. I know there's a number of books out there, but this talks about the three turbine.

It's at the base of the nostrils and how it directs the airflow from the right nostrils. It affects the left side and vice

versa. And how it also with the exhaling out through the nose, it keeps the moisture inside.

When we breathe through the mouth. I like to use the analogy. It's like eating a chocolate bar for energy as opposed to a really healthy meal. You know, you'll get that immediate in influx, but it's not as quality or long lasting as nose breathing.

So the nose breath is is really key. So that's something to also consider. So do you ever think because in certain exercises some people will say it like breathe in through your nose and exhale through your mouth and I'm a hot yoga junkie.

So all we do is breathe in and out. There are no so I'm just trained to do that. But I'm curious because sometimes I see that in different things and I'm thinking, No, you should just be breathing through your nose.

So is there ever a time or place other than the chocolate fix? There's not, in my opinion.

Scars, Adhesions, and Block Therapy

I mean, like, I know there's like a lot of different processes where people will do that and, and there might be some like faster breath work where they might be breathing out through the mouth.

But from the perspective of the reasoning behind why we're going to be nose breathing and the yogic breath is breathe in and out through the nose. I truly trust in that whole philosophy.

And also, if your tongue is properly aligned, you can't breathe through your mouth. So that's another thing that really shows me that, yeah, this is this is how we should be breathing. So again, it really comes down.

How do you feel doing it? That's that's what I always say. If you're if you're doing an exercise and you're breathing out through the mouth. Fair enough.

But give that nose breathing and try and just notice the difference in the quality of how you feel. So what do you think about mouth taping? Oh, I've never tried it.

They say, you know, to tape your mouth while you're. It's like a new biohacking thing to make sure that you're breathing through your nose when you're sleeping.

Oh, interesting. I unless you get like all stuffed up in the middle of the night, then. I haven't personally try to get and I am a pretty, you know, determined nose breather.

That's how I breathe. But I wanted to try it, but I was like, teasing. I was like, you know, if you don't hear from me in the morning, you know, maybe you better come check on me.

So, okay, I want to I want to keep moving on because I've got lots of questions for you. So scars and scar tissue and that's as I practice neuro therapy, which is the injecting of scars or nerve plexus, as I'm curious to know how you feel about scars and how in your system you address them.

Because most women, again, by this age have some sort of scar, whether it be external or internal. And it's probably one of my three favorite topics as well, because scarring and adhesions are really the same thing.

It's too much collagen blocking flow. And so the process that we go through melts through the adhesions. There's no there's nothing forceful, there's nothing fast cutting.

It's all about melting. And again, it really comes down to the magnetic. So if you have two magnets at a far enough distance apart, they don't have any attraction to each other.

That's like two cells positioned where they should be. You bring these magnets close together and they seal this

way and try to pull them apart. You can't pull them apart, but you can glide them apart this way.

So when we become so adhesions different from scars, if we have a burn, let's say, or we have a cut or we have a surgery, we have a scar that it's forced, you know, it's a sudden influx into the tissue and the body responds.

Adhesions, the way I understand it is as we start winding down in those adhesions develop to hold us, it's like this slow forming scar tissue throughout the entire body.

So again, like the fascia will grip and adhere to bone and these grips act like scar tissue. So what we need to do is we need to get into them and we need to magnetically release them because again, we're dealing with a £2,000 per square inch force.

But just like this, you can't pull them apart. But you can, with ease, do this. So the whole process follows the Fibonacci sequence. So everything in nature is developed from the sequencing of numbers, the way our bodies form the spiral galaxy in nature.

This is the Fibonacci sequence, also the way that we age. We don't just collapse linearly, we wind down over time. So energy will move in a wave until it hits a barricade.

Then it spirals and then it turns into chaos. So our bodies, at least on the outer shell, are pretty much all chaotic because we have lost our connection to the wave.

So when we tap into the fascia and we spiral in nice and slowly, we're literally tapping into the seams of time combining that. So we're lying on the pool.

It's not fast. We spend in each position a minimum of 3 minutes, so it's very relaxed and very restorative. And then as we start to search for pain, which is where those adhesions are combined with proper breathing, now we're pumping up blood and oxygen flow into that space that's been compressed and contracted with the breath.

What's beautiful? It's like blowing up a balloon. A balloon that's fully blown up almost defies gravity. It's round, it glows. Take half the air out of the balloon.

It becomes wrinkly, develops dust, it falls to the ground. So if we're not breathing life long correctly, we're losing this buoyancy. And so then we start to fall in, and then we become these sticky cells that get stuck and adhere and collapse.

So as we start to release that pump, the air and the oxygen, then we start to it's almost like pumping up a tire. We start to put life into that space.

And then combined with understanding how to sit properly, how to walk correctly, which are simple to do, if you go through simple steps, then we can own that space and keep those cells properly aligned.

So through that process we melt the adhesions, we melt through the scar tissue to get that life back into that space. And then it's amazing what the body can do when we take care of it for what it needs.

I'm I'm on board. I'm like, how do I use my blocks? And so is it something is it better to do in the morning, at night? Does it not matter how much? Doesn't it.

Yeah, it's really it's really about what's lovely about this process is it's all about tapping into your own healing potential and listening to what your body says.

Some people love it in the morning because it energizes you. Some people love it at night because it takes away the stress of the day. You can do it any time, anywhere.

That's the nice thing. You've got the tools, you can take them with you. You always have them. And it's it's just a

beautiful process of really empowering yourself to learn.

And what I love is in Greg Braden's book, The Guide Code, I'm not good with the detail, but he basically shares that on the surface membrane of every cell is the message God lives within.

So when we have all these cells that have been pulled away from our connection, we're missing so much of what our highest capacity is here while we're on this planet, as we start to really connect in through those layers and we start to connect to those cells that have been blocked, we start to hear our higher intentions here, and it connects us to that God source.

And it's just such a very beautiful process. And it really, you know, especially for for women, I think going through this period of time in their life when change can be scary and you're you're feeling all of these things to feel that empowered and to move into this phase in life from a place of beauty and strength and wisdom.

I mean, the wise old woman, right? Like we're here to do some really important things. So we need to support ourselves and ourselves first. So that we can be the best version for everyone else.

I adore what you just said. I was like, Oh my God.

Self-Talk, Love, and Closing Thoughts

It's just it's just how I, I think and what my mission is. And so. Oh, my God, I'm so excited that you just said all that, because that is, we have to we have to do a little like if we just go through the aging process and we're we're stuck in what we've been told by society or the media or even our mothers or aunties or neighbors or our friends that, oh, well, because what are we here?

We here, of course, you have pain, you know, that's aging. Oh, we're getting old. Yet it's no fun getting old. Like, if we stay stuck in that, then we stay stuck, literally, including our foster.

And we don't get to experience the brilliance that we are. But for those of you that are here, this is such a huge, huge gift for you on your journey.

Because it's true. If you stay stuck in that, then you don't get to share your gifts. And I always say menopause. We can't birth physical children anymore, but we can birth creativity and compassion and experiences and adventure or stillness or whatever it is that is yearning to be expressed through us.

And so that's exactly what you're talking about. And the physical body, we are these spiritual beings, but we've chosen to be in physical bodies. And so we have to love on our physical bodies and so what better way to love than doing all the things you've been talking about and unwinding?

And I love that balloon analogy. I'm like, Ooh, I want to be a shiny, bright red balloon. I, you know, with the dust on it, I'm like, Oh, I hate those balloons, right?

You just want to throw them away. So that was just beautiful. So usually I ask at the end, Is there any wisdom you want to share? But I think you just wisdom on us so beautifully.

So is there just anything else that I love? Some of the tips you get? I'm like, me and my tongue have a new relationship. Now we're going to practice our ribs and going to get an arm and and the breathing.

Is there anything else that you'd like to share with everyone who's listening? Any other tips or tools or things that they can do to help themselves? I think one of the most important things is the self-talk.

We really need to change that self-talk, because again, I love Greg Braden. His work is just so profound. And in one of his other books, The Science of Compassion Walking Between the World, he shares how the frequency of love equals the frequency of our DNA.

It looks like a this the frequency of fear is like this. So if you superimpose love in our DNA, it connects. So all of the code on when we're loving, whether it's toward ourselves or toward outward, it's increasing the frequency and it's connecting to these DNA to tune them up.

As soon as we have fear, whatever that looks like, whether it's negative self-talk or whether it's anger or other things outward, now we're pulling that frequency.

And so now we start shutting down some of the codons in the DNA. So when we can really start to understand that talking with love to ourselves as well as what we're putting out there, it's going to be coming back.

That's a big game changer. One of the first things I have in one of my books I had people, do women take your clothes off, stand in front of the mirror and no matter what you tell yourself, you're beautiful.

And I remember the first time I did it, I literally blushed because I knew I was lying. And so it's amazing though, when you keep repeating it, you keep repeating it.

Things change very quickly, and then before you know it, you're in a new level and you're doing more things for self-love and self-care, and then it just becomes a really beautiful journey after that.

God, you and I are. We're like soul sisters. We are so And because that is our self-talk is such a foundational piece of medicine and it's something that we need to pay attention to.

And so this has just been amazing. And I can't imagine anyone not wanting to learn more about you. I'm like, I want to come to Winnipeg and hang out with you.

So if people, the women listening, want to learn more, how do they find. My website is blocktheraphy.com. blocktheraphy.com I hope you all rush there because there's just so much healing in this talk we just had I mean from the physical and I love how you tie it into the emotional so thank you so much for being here.

Thank you everyone for being here. Hashtag not all medicine comes in a pill bottle. So thanks for being at the summit. We've got lots of good tools and I'll see you for the next interview.