"Drain Before Detox": Fascia And Lymph Mistakes Blocking Detox | Dr. Stephanie Canestraro Transcript

(Transcripts are generated by AI and may contain errors)

Coming Upu2026

When you're sick with Lyme or you have When you're sick with Lyme or you have mold toxicity, that's what you're mold toxicity, that's what you're draining. Our body's always trying to do draining. Our body's always trying to do what it has to to protect us, but what it has to to protect us, but sometimes it needs a little help. I had sometimes it needs a little help. I had a much larger left [music] breast than a much larger left [music] breast than my right breast, and I had like severe my right breast, and I had like severe lymphatic stagnation. It's driving me lymphatic stagnation. It's driving me crazy when I hear people say you just crazy when I hear people say you just have to regulate your nervous system.

have to regulate your nervous system.

Why Detox Often Fails

But your nervous system is hijacked, But your nervous system is hijacked, you're not clearing something. So you you're not clearing something. So you and I have a lot of synergy. We've and I have a lot of synergy. We've shared, um you know, clients in the shared, um you know, clients in the past. You've been out to the Sila Center past. You've been out to the Sila Center to train for people. I think our synergy to train for people. I think our synergy started because both of our health started because both of our health histories. So I want to make sure we histories. So I want to make sure we cover like what you personally learned cover like what you personally learned through your Lyme journey. We have a lot through your Lyme journey. We have a lot of similarities, but you also like of similarities, but you also like arrived at really interesting arrived at really interesting conclusions. I've heard you speak really conclusions. I've heard you speak really eloquently privately with me about what eloquently privately with me about what you see is missing in the landscape you see is missing in the landscape right now in functional medicine, right now in functional medicine, longevity medicine, performance medicine longevity medicine, performance medicine about our fascia and our deep lymphatics about our fascia and our deep lymphatics or our lymphatic system. What are we or our lymphatic system. What are we still getting wrong even in this era of still getting wrong even in this era of like really studying and wanting to like really studying and wanting to honor how fascia works, how the honor how fascia works, how the lymphatics work? What are we still lymphatics work? What are we still missing in the functional medicine missing in the functional medicine conversation?

conversation? conversation?

What Fascia Really Does

>> I think like a big thing missing is we >> I think like a big thing missing is we talk a lot about lymphatics. And when we talk a lot about lymphatics. And when we talk about lymphatics, we're first of talk about lymphatics, we're first of all not talking about the fascia along all not talking about the fascia along with it most of the time, right? And with it most of the time, right? And even when you see the way people are even when you see the way people are addressing what they think is the addressing what they think is the lymphatics, it's like this gentle lymphatics, it's like this gentle pumping motion, which drives me pumping motion, which drives me absolutely crazy because when you're absolutely crazy because when you're sick with Lyme like we had or you have sick with Lyme like we had or you have mold toxicity, it's not just your skin mold toxicity, it's not just your skin that needs drained, which that's what that needs drained, which that's what you're draining when you do that very you're draining when you do that very small pumping. And you know, even the small pumping. And you know, even the whole messaging, which is that our whole messaging, which is that our lymphatics don't have muscular muscular lymphatics don't have muscular muscular walls, they don't have valves. That's walls, they don't have valves. That's only true for the very superficial only true for the very superficial layer, the very top layer in our skin.

layer, the very top layer in our skin. So we're talking about our skin fascia, So we're talking about our skin fascia, maybe, you You vanity is very big right maybe, you You vanity is very big right now. People don't want to be puffy, all now. People don't want to be puffy, all of that. That's great. But, when you're of that. That's great. But, when you're sick and you're in pain and you have sick and you're in pain and you have organ issues and you know, you talk a organ issues and you know, you talk a lot about the liver, your organs need to lot about the liver, your organs need to drain. When your organs need to drain drain. When your organs need to drain and they're the deeper things, that's and they're the deeper things, that's under the layers of deep fascia. So, our under the layers of deep fascia. So, our fascia separates every organ. It's It's fascia separates every organ. It's It's People use the analogy of an orange peel People use the analogy of an orange peel cuz it's the easiest thing to like cuz it's the easiest thing to like envision, right? So, if you picture envision, right? So, if you picture peeling back an orange and the first peeling back an orange and the first layer is your skin and then that white layer is your skin and then that white thick layer underneath is the fascia.

thick layer underneath is the fascia. So, you have that superficial thick So, you have that superficial thick layer, but then you peel apart each layer, but then you peel apart each orange and you Those are all intertwined orange and you Those are all intertwined in their own little fascial layer, in their own little fascial layer, right? So, if you think about that and right? So, if you think about that and you just pumped an orange gently like you just pumped an orange gently like and you're thinking of the and you're thinking of the interconnection of all the other ones interconnection of all the other ones that are supposed to be sliding, like that are supposed to be sliding, like can you picture that that maybe wouldn't can you picture that that maybe wouldn't really affect it that much, right? So, really affect it that much, right? So, now we know that in each layer of our now we know that in each layer of our fascia, there's under our superficial fascia, there's under our superficial layer of fascia, there's our more layer of fascia, there's our more superficial drainage. So, the first superficial drainage. So, the first there's our skin lymphatic drainage, there's our skin lymphatic drainage, then underneath the first layer of then underneath the first layer of fascia is still called our superficial fascia is still called our superficial lymph, but that lymph is still has a lymph, but that lymph is still has a muscular wall and a valve. And then, muscular wall and a valve. And then, under the deeper fascia is our deep under the deeper fascia is our deep lymphatics that are draining even deeper lymphatics that are draining even deeper our organs and all of the tissue that our organs and all of the tissue that needs drained in our whole entire body.

needs drained in our whole entire body. So, when you're in pain cuz your organs So, when you're in pain cuz your organs are draining, you need to be affecting are draining, you need to be affecting even the deep fascia, which that's why even the deep fascia, which that's why we teach a lot of teasing techniques we teach a lot of teasing techniques where you're teasing the fascia because where you're teasing the fascia because that's the only way that you're going to that's the only way that you're going to manually affect your the deeper manually affect your the deeper lymphatic tissue, right? And there has lymphatic tissue, right? And there has to be a little bit more pressure. Like, to be a little bit more pressure. Like, yes, you might compress for a few yes, you might compress for a few seconds the more superficial lymph and seconds the more superficial lymph and even the lymph nodes are okay to even the lymph nodes are okay to compress temporarily, right? Obviously, compress temporarily, right? Obviously, you don't want to push on them so hard you don't want to push on them so hard that you compress them and damage them, that you compress them and damage them, but again, we're trying to teach people but again, we're trying to teach people self-care because when I was really sick self-care because when I was really sick and I'm in pain and I'm suffering and and I'm in pain and I'm suffering and I'm herxing, I'm herxing, if I could release my left side where if I could release my left side where most of my lymphatic drains, right? So, most of my lymphatic drains, right? So, we all know 75% of our body drains into we all know 75% of our body drains into our lymphatic duct on the left-hand our lymphatic duct on the left-hand side. If you just knew that and worked side. If you just knew that and worked deep on that fascia in the chest and deep on that fascia in the chest and created space there because again, created space there because again, another misconception is that lymph another misconception is that lymph doesn't know where to flow. We got to doesn't know where to flow. We got to push it to the right direction.

push it to the right direction. Right? Like, I mean, come on. Just silly Right? Like, I mean, come on. Just silly to think our body's that it needs to be to think our body's that it needs to be like like like >> It never sounded real to me. Yeah. Yeah.

>> It never sounded real to me. Yeah. Yeah.

Deep Lymphatic System Explained

When you create more space, it almost When you create more space, it almost creates like a vacuum and stuff and then creates like a vacuum and stuff and then your your lymph can clear better. So, I your your lymph can clear better. So, I think what I found and even bigger was think what I found and even bigger was like your abdominal, like no one touches like your abdominal, like no one touches people's bellies. That's where all your people's bellies. That's where all your organs are. So, we got really into organs are. So, we got really into working on the fascia in the belly, like working on the fascia in the belly, like the deeper layers of fascia. Those are the deeper layers of fascia. Those are like these money spots. If you release like these money spots. If you release that's like the stomach starts gurgling.

that's like the stomach starts gurgling. People feel like this release of People feel like this release of pressure and then like, you know, think pressure and then like, you know, think about all of the upper GI stuff you're about all of the upper GI stuff you're seeing right now where people are seeing right now where people are getting like their getting like their hiatal hernias or their valves not hiatal hernias or their valves not working and if you think of just behind working and if you think of just behind those structures is one of the biggest those structures is one of the biggest structures that clears your whole body, structures that clears your whole body, which is the cisterna chyli. Right? So, which is the cisterna chyli. Right? So, that's this big huge lymph node that has that's this big huge lymph node that has to clear your whole body. Well, imagine to clear your whole body. Well, imagine that stuck and congested and it pushes that stuck and congested and it pushes forward. There can be a structural issue forward. There can be a structural issue that's creating that, right? And even that's creating that, right? And even when we try to detox, we start moving when we try to detox, we start moving more lymph or we have lots of infections more lymph or we have lots of infections and we create more lymph. So, there's and we create more lymph. So, there's too much pressure and there's not enough too much pressure and there's not enough clearance and there's not enough space clearance and there's not enough space and then you're not actually able to get and then you're not actually able to get better because no matter if you push better because no matter if you push something and you take a lymph drainer something and you take a lymph drainer that helps it move, you know, you're not that helps it move, you know, you're not you don't have any space. So, we're you don't have any space. So, we're creating space with teasing and then creating space with teasing and then we're using topicals like you love we're using topicals like you love topicals that help the the smooth muscle topicals that help the the smooth muscle mover. They help things open up, or you mover. They help things open up, or you know, just like help the immune system know, just like help the immune system even that is intertwined with our even that is intertwined with our fascia. People with frustrating chronic fascia.

Fascia Restrictions And Organ Health

People with frustrating chronic symptoms, how should they be thinking symptoms, how should they be thinking about taking care of their own about taking care of their own lymphatics and their fascia? Where do lymphatics and their fascia? Where do they start at home? I want to talk about they start at home? I want to talk about um the practitioner point of view of um the practitioner point of view of like evaluating and supporting the like evaluating and supporting the fascia limb from your perspective using fascia limb from your perspective using your technique. I also want to make sure your technique. I also want to make sure that we squeeze in a little bit of time that we squeeze in a little bit of time for those um performance injuries and for those um performance injuries and your thought process on those, too. But your thought process on those, too. But you just said a mouthful about um how you just said a mouthful about um how we're ignoring the abdomen, and I agree we're ignoring the abdomen, and I agree with you. Look, we we see everybody who with you. Look, we we see everybody who comes to us has this paradoxical comes to us has this paradoxical breathing, really shallow breathing, so breathing, really shallow breathing, so they're not using their diaphragm they're not using their diaphragm because they've been through prolonged because they've been through prolonged periods of stress or shocks or traumas, periods of stress or shocks or traumas, so that their so that their their diaphragm is no longer stretching their diaphragm is no longer stretching and using its full range of motion the and using its full range of motion the way that it needs to in order to massage way that it needs to in order to massage the internal organs and keep things the internal organs and keep things moving. So, right away we know we've got moving. So, right away we know we've got some serious

stagnation to deal with and some serious stagnation to deal with and retrain out of the body. And I've heard retrain out of the body.

Diaphragm And Breath For Lymph Flow

And I've heard you say that everything starts with the you say that everything starts with the breath, and you really teach people how breath, and you really teach people how to breathe, so I want to talk about that to breathe, so I want to talk about that today, and then I want to go to the the today, and then I want to go to the the abdominal piece. So, again, when I was abdominal piece. So, again, when I was talking about fascia, there's so many talking about fascia, there's so many different levels, but your diaphragm's different levels, but your diaphragm's this it's a muscle, but there's like this it's a muscle, but there's like such a thick layer of fascia that such a thick layer of fascia that connects to it and connects the whole connects to it and connects the whole organ system, the mesentery, organ system, the mesentery, um and the omentum. These are different um and the omentum. These are different fascial structural structures in our fascial structural structures in our abdomen, but one of the biggest points abdomen, but one of the biggest points where you can access is releasing the where you can access is releasing the actual diaphragm. So, we teach people actual diaphragm. So, we teach people how to hook under their diaphragm, hold how to hook under their diaphragm, hold and release until you feel like a gurgle and release until you feel like a gurgle or some sort of release, but even just or some sort of release, but even just the manual release part, then people the manual release part, then people start to breathe better, right? So, start to breathe better, right? So, sometimes it's like what comes first, sometimes it's like what comes first, the chicken or the egg? Did you stop the chicken or the egg? Did you stop breathing breathing breathing well because there wasn't enough space well because there wasn't enough space also, right? Like you have all these also, right? Like you have all these infections, uh your term that I say all infections, uh your term that I say all the time is the solution to pollution is the time is the solution to pollution is dilution. And so now you have all that dilution. And so now you have all that pressure. So first of all, you can do pressure. So first of all, you can do some things to release it and then some things to release it and then things start to gurgle and move and then things start to gurgle and move and then you'll feel like your breath opens and you'll feel like your breath opens and breathing is obviously one of the ways breathing is obviously one of the ways that we pump our lymph. It is, for sure.

that we pump our lymph. It is, for sure. I'm just doing a deep breath now into my I'm just doing a deep breath now into my belly because it's another reason why belly because it's another reason why all of the organs are shifting upwards, all of the organs are shifting upwards, right? So that was part of I personally right? So that was part of I personally had a hiatal hernia. Again, just like had a hiatal hernia. Again, just like you, a lot of our personal story drives you, a lot of our personal story drives us into finding solutions and then us into finding solutions and then sharing that with other people in order sharing that with other people in order to empower them. One of them was like to empower them. One of them was like pushing out my belly while doing a pushing out my belly while doing a diaphragm breath and I I have a sliding diaphragm breath and I I have a sliding hiatal hernia and I could feel it go hiatal hernia and I could feel it go downwards. And we use breath a lot too downwards. And we use breath a lot too when we're treating people in the when we're treating people in the abdomen, breathing into our hands abdomen, breathing into our hands to help us release different areas that to help us release different areas that we can't reach without them. Breathing we can't reach without them. Breathing out to get deeper. So we use breath in out to get deeper. So we use breath in that way, but just obviously breathing that way, but just obviously breathing through your diaphragm and not having through your diaphragm and not having just those shallow breaths is going to just those shallow breaths is going to help open up your entire system. Your help open up your entire system. Your neck is going to move better. Your neck is going to move better. Your posture is going to be better. You're posture is going to be better. You're going to get better blood flow going to get better blood flow everywhere. Your organs are going to be everywhere. Your organs are going to be in the right place. Your lymph can flow.

in the right place. Your lymph can flow. Your liver can get the nice pumping it Your liver can get the nice pumping it needs so it doesn't get stagnant as needs so it doesn't get stagnant as well. Like all of that. So breath is well. Like all of that. So breath is huge.

huge. huge. Working on your actual diaphragm is part Working on your actual diaphragm is part of what we teach because of how powerful of what we teach because of how powerful that area is and how thick that fascial that area is and how thick that fascial layer is. So that's a very important layer is. So that's a very important piece as

well. From your perspective, piece as well. From your perspective, somebody at home, what is the first step somebody at home, what is the first step they should do if they're struggling they should do if they're struggling with chronic symptoms, with chronic symptoms, you know, fatigue, you know, fatigue, edema, you know, sensitivity to their edema, you know, sensitivity to their environment, sensitivity to foods. It's environment, sensitivity to foods. It's not headed in the right direction. They not headed in the right direction. They may not be dealing with a diagnosis yet, may not be dealing with a diagnosis yet, but this is not but this is not ending well for them. Where should they ending well for them.

Liver Congestion And Edema

Where should they start to support their fashion and their start to support their fashion and their lymph? I want people to work on their lymph? I want people to work on their lymph and their fascia, but I'm a big lymph and their fascia, but I'm a big proponent of binders as well because proponent of binders as well because even when we loosen a lot of your even when we loosen a lot of your fascia, you release a lot of toxins fascia, you release a lot of toxins because your body is is smart. It because your body is is smart. It doesn't keep these bugs like it tries to doesn't keep these bugs like it tries to kick them out of your bloodstream.

kick them out of your bloodstream. That's why a lot of people with chronic That's why a lot of people with chronic illness and they're doing blood tests illness and they're doing blood tests and it's like, oh, but it's not like I and it's like, oh, but it's not like I don't have an infection, you know? The don't have an infection, you know? The our body kicks them out into the our body kicks them out into the interstitial space, into the fascia, and interstitial space, into the fascia, and that's where we kind of get these, you that's where we kind of get these, you know, your terrain starts being know, your terrain starts being I don't want to say dirty, but you know, I don't want to say dirty, but you know, giving off a frequency of help clear me giving off a frequency of help clear me out like some systemic kind of out like some systemic kind of inflammation. We have now inflammation. We have now this dirty fascia, and then now we're this dirty fascia, and then now we're going to tease it, right? So, we're going to tease it, right? So, we're going to release some toxins. We even going to release some toxins. We even see it in people's live blood cells.

see it in people's live blood cells. Like if they get fascia work or, you Like if they get fascia work or, you know, if you get fascia work or go in a know, if you get fascia work or go in a sauna, anything that moves stuff around, sauna, anything that moves stuff around, things are dumped back into circulation.

things are dumped back into circulation. Finding a binder, even if it's a Finding a binder, even if it's a stronger like plant antioxidant binder, stronger like plant antioxidant binder, like it doesn't matter. I just need like it doesn't matter. I just need people to know that they can handle people to know that they can handle something that helps them if something something that helps them if something flares them or makes them hurt if they flares them or makes them hurt if they know that term, which I'm sure they do know that term, which I'm sure they do if they're listening to this and have if they're listening to this and have been through been through their own issues. But the place to their own issues. But the place to start, like I said, is already always start, like I said, is already always around the left collarbone, around the left collarbone, the left trap area, the left trap area, neck clearing. You want to clear that neck clearing. You want to clear that area first because that's where it has area first because that's where it has to dump back into circulation, then it's to dump back into circulation, then it's cleared out either through our cleared out either through our intestines or through our kidneys cuz intestines or through our kidneys cuz our lymph has to recirculate through our our lymph has to recirculate through our heart, which kind of is like, you know, heart, which kind of is like, you know, and And a good example of that, too, and And a good example of that, too, which I want to share because it kind of which I want to share because it kind of gives it gave me an aha moment and it's gives it gave me an aha moment and it's when I had like severe lymphatic when I had like severe lymphatic stagnation.

stagnation. So much so that I had a much larger left So much so that I had a much larger left breast than my right breast. Like I'm breast than my right breast. Like I'm talking like a double D on one side and talking like a double D on one side and like a regular size on the right. I was like a regular size on the right. I was doing some work on my chest and I also doing some work on my chest and I also got some neural therapy, which is when got some neural therapy, which is when one of the things that can help lymph one of the things that can help lymph move, which is an injection. Once that move, which is an injection. Once that started moving, I started getting started moving, I started getting multiple heart palps one after the other multiple heart palps one after the

other after the other as the toxins like kind after the other as the toxins like kind of recirculated through followed by a of recirculated through followed by a deflated left breast and a feeling of deflated left breast and a feeling of calm, you know, so that congestion and calm, you know, so that congestion and all that waste that had nowhere to go, all that waste that had nowhere to go, so it overflows into my breast. My arm so it overflows into my breast. My arm always kept felt kind of swollen. As I always kept felt kind of swollen. As I opened up that collarbone area with the opened up that collarbone area with the neural therapy and with just teasing all neural therapy and with just teasing all of the fascia up, down, side to side, of the fascia up, down, side to side, same with on my trap and just opening same with on my trap and just opening the space around where it all the space around where it all drains into, opened up enough that I drains into, opened up enough that I literally like a balloon deflated and literally like a balloon deflated and that was my lymphatics kind of like that was my lymphatics kind of like recirculating and draining out and it recirculating and draining out and it gave me like immense relief gave me like immense relief and was one of those aha moments for me.

and was one of those aha moments for me. So like because 75% of your lymphatics So like because 75% of your lymphatics drains right into your left side, that's drains right into your left side, that's where you start, right? So and that is where you start, right? So and that is what they teach with pumping your nodes what they teach with pumping your nodes here, but we're not pumping. We're here, but we're not pumping. We're teasing fascia.

teasing fascia. You know, if you're advanced, you can be You know, if you're advanced, you can be cupping the fascia. If you're if you cupping the fascia. If you're if you have a manual therapist that have a manual therapist that understands, they can even loosening the understands, they can even loosening the whole shoulder complex helps clear this.

whole shoulder complex helps clear this. So that's how we're like a little bit So that's how we're like a little bit different. How are you rotating in your different. How are you rotating in your ribs, releasing your ribs? Ribs hold on ribs, releasing your ribs? Ribs hold on and don't let you drain a lot if they're and don't let you drain a lot if they're stagnant, too, and that comes back into stagnant, too, and that comes back into breathing as well, but you know, there's breathing as well, but you know, there's that manual component that can start to that manual component that can start to open it up because again, there's too open it up because again, there's too much pressure. There's not enough space much pressure. There's not enough space for the heart. The heart's electrical.

for the heart. The heart's electrical. The lungs are now stagnant or have too The lungs are now stagnant or have too much fluid or around them cuz of the much fluid or around them cuz of the lymphatics and it's like compression.

lymphatics and it's like compression. So, to me, when I had heart palps, when So, to me, when I had heart palps, when I figured out, okay, I have these heart I figured out, okay, I have these heart palpitations, I have tachycardia, but palpitations, I have tachycardia, but they're telling me nothing's wrong with they're telling me nothing's wrong with my heart. And I know infections can do my heart. And I know infections can do that. We know all of that. But, when I that. We know all of that. But, when I loosened my lymph enough, I would have loosened my lymph enough, I would have days with days with without that. If I ignored it and things without that. If I ignored it and things build up, then I'd have more heart build up, then I'd have more heart palpitations. Even like we get people palpitations. Even like we get people who are having lots of heart who are having lots of heart palpitations to prop themselves up a palpitations to prop themselves up a tiny bit at night to help drain down.

tiny bit at night to help drain down. There's a lot, gravity, there's there's There's a lot, gravity, there's there's the frequency of our bodies being the frequency of our bodies being grounded enough, there's minerals, grounded enough, there's minerals, right? Like again, our lymph moves right? Like again, our lymph moves electrostatically, right? So electrostatically, right? So So, there's that whole frequency So, there's that whole frequency component that comes in. And there's the component that comes in. And there's the there's the loss of minerals from all of there's the loss of minerals from all of the different exposures of EMF that we the different exposures of EMF that we have. Like, think of all the electricity have. Like, think of all the electricity coming at us at different ways. So, that coming at us at different ways. So, that stagnates our our lymph. So, stagnates our our lymph. So, you know, again, we have so much coming you know, again, we have so much coming at us. Our body's always trying to do at us. Our body's always trying to do what it has to to protect us, but what it has to to protect us, but sometimes it needs a little help. And sometimes it needs a little help. And when it starts to give us these when it starts to give us

these symptoms, like and we're trying to symptoms, like and we're trying to decipher them, I think this is one of decipher them, I think this is one of the missing ones. But, I see the right the missing ones. But, I see the right side stagnant a lot with people who have side stagnant a lot with people who have really really really really hard time detoxing through their really hard time detoxing through their liver or really stagnant liver.

liver or really stagnant liver. Because the liver starts to take up too Because the liver starts to take up too much space much space and then you get a backing up of and then you get a backing up of everything even though we're only everything even though we're only clearing clearing clearing 25% to the right. Like, we know people 25% to the right. Like, we know people with Lyme, with Lyme, um, um, um, mold toxicity, all this, they have like mold toxicity, all this, they have like that right-sided neck pain, that kind of that right-sided neck pain, that kind of gallbladder referral. It's like so gallbladder referral. It's like so common. Or even like that coat hanger common. Or even like that coat hanger tightness, but it always seems to be tightness, but it always seems to be more to the right, although I have seen more to the right, although I have seen where it's more like the left side of where it's more like the left side of the liver or spleen that's taking up the the liver or spleen that's taking up the space and when we work on release that, space and when we work on release that, then it opens up, but there's that whole then it opens up, but there's that whole the right side can be a big big problem the right side can be a big big problem with the chronic disease too. So, just with the chronic disease too. So, just starting off, you would start teasing starting off, you would start teasing and loosening both your collar bones, and loosening both your collar bones, your traps. Even when you work on your your traps. Even when you work on your traps, you're activating your vagus traps, you're activating your vagus nerve as well, and then that helps nerve as well, and then that helps lymphatics move, right? Our nervous lymphatics move, right? Our nervous system. So, it's it's complex, but the system. So, it's it's complex, but the actual movement is not complex. It's actual movement is not complex. It's just teasing your fascia. Like and we we just teasing your fascia. Like and we we teach also with tools too, because some teach also with tools too, because some people aren't great with their hands or people aren't great with their hands or they don't know if they're pushing they don't know if they're pushing enough, so you can use different tools.

enough, so you can use different tools. What are some of your favorite tools What are some of your favorite tools for, you know, supporting at home? Small for, you know, supporting at home?

Home Tools For Lymphatic Support

Small vibrator tools I've seen you use, like vibrator tools I've seen you use, like little massage little massage >> I even have this little one here, and >> I even have this little one here, and this is like even this is like even um one of the other gentlemen that teach um one of the other gentlemen that teach lymphatics, he had this, and I just have lymphatics, he had this, and I just have this from when I took his course, but we this from when I took his course, but we use little like one of them's called the use little like one of them's called the tend, but it doesn't have to. Any little tend, but it doesn't have to. Any little vibrating tools, and anything that it's vibrating tools, and anything that it's better if it's like maybe silicone and better if it's like maybe silicone and you can create like a little bit of you can create like a little bit of friction up and down. Mhm. You know, you friction up and down. Mhm. You know, you can add castor oil once you start to not can add castor oil once you start to not even advance, that's something that we even advance, that's something that we can start off with. It's pretty gentle can start off with. It's pretty gentle mostly for people when they can take a mostly for people when they can take a binder um binder um for anything that doesn't clear. Cuz if for anything that doesn't clear. Cuz if you do a good job clearing through your you do a good job clearing through your collar bones, then you really should collar bones, then you really should feel better and not herx, but just in feel better and not herx, but just in case you're not fully flowing through, case you're not fully flowing through, then we know that that's going to help then we know that that's going to help bind up some of those toxins. So, bind up some of those toxins. So, cupping, because you know how some cupping, because you know how some people they just go crazy and they're people they just go crazy and they're too aggressive. But you can do gentle too aggressive. But you can do gentle cupping on your chest, but you can cupping on your chest, but you can easily do it on your trap very safely, easily do it on your trap very safely, right? So, we get right? So, we get >> Interesting, I haven't seen most people >> Interesting, I haven't seen most people do that. So, you take the cup and you do that. So, you take the cup and you can cup your trap, and you can even drag can cup your trap, and you can even drag it up and down to like lift some of the it up and down to like lift some of the fascia and create some of that redness, fascia and create some of that redness, like get a good blood flow. You could do like get a

good blood flow. You could do below the collar bone, right below it is below the collar bone, right below it is really safe, and it's more for frail really safe, and it's more for frail people, like you don't want to like people, like you don't want to like suction the lungs up if they're really suction the lungs up if they're really frail in between the But again, one pump frail in between the But again, one pump of a cup is not going to do that. But of a cup is not going to do that. But what I find with cups is that what I find with cups is that when we're not good at feeling like even when we're not good at feeling like even using a vibration tool or our hands like using a vibration tool or our hands like the cup does the kind of work for us.

the cup does the kind of work for us. Another really important part where we Another really important part where we put the cup is on the back of the put the cup is on the back of the shoulder. We call this the chicken wing, shoulder. We call this the chicken wing, but it's actually called the but it's actually called the quadrangular space and it has to drain quadrangular space and it has to drain the whole kind of back body. So, in the the whole kind of back body. So, in the course we teach you like where all of course we teach you like where all of the lymph flows like all the lymph from the lymph flows like all the lymph from your back has to flow forward, right?

your back has to flow forward, right? So, if it's in your lower back first it So, if it's in your lower back first it flows to your sacrum. So, there's sacral flows to your sacrum. So, there's sacral edema that people deal with a lot like edema that people deal with a lot like that lower belly stagnation. You can that lower belly stagnation. You can clear help clear the back and that you clear help clear the back and that you got to clear if you if you work on the got to clear if you if you work on the back, you can puff out someone's belly back, you can puff out someone's belly if you don't work on the lower belly as if you don't work on the lower belly as well and then the upper belly. So, you well and then the upper belly. So, you start with the left. Let's say you do start with the left. Let's say you do the right and say it's your legs that the right and say it's your legs that are the problem. So, you're going to are the problem. So, you're going to tease all the fascia around your chest tease all the fascia around your chest and then you're going to work on the and then you're going to work on the emotional heart so down the sternum that emotional heart so down the sternum that thick fascia down there and then you go thick fascia down there and then you go all the way down to you know where your all the way down to you know where your ribs end and the top of your belly and ribs end and the top of your belly and you can you tease there because you want you can you tease there because you want to open up to open up each level, right? So, if everything each level, right? So, if everything flows upwards from your legs, you don't flows upwards from your legs, you don't want to start loosening your legs or the want to start loosening your legs or the fascia on your legs or your lower belly fascia on your legs or your lower belly until you've opened up your chest and until you've opened up your chest and you've opened up the cisterna chyli, you've opened up the cisterna chyli, which is the place in your tummy between which is the place in your tummy between your sternum and your belly button, but your sternum and your belly button, but you're not really opening that. That's a you're not really opening that. That's a deep, but you're teasing enough the deep, but you're teasing enough the fascia. You're you find pressure points fascia. You're you find pressure points like you we use people's pain points.

like you we use people's pain points. So, if you have abdominal oh, that's So, if you have abdominal oh, that's feels stuck. Like right now my thumb's feels stuck. Like right now my thumb's on a place that feels stuck in my belly.

on a place that feels stuck in my belly. And I just put pressure And I just put pressure with my thumb and then counter pressure with my thumb and then counter pressure with my other arm to like put some with my other arm to like put some pressure in and I just want to wait for pressure in and I just want to wait for like a gurgle or a little bit of like a gurgle or a little bit of movement or a feeling of relief or maybe movement or a feeling of relief or maybe gas passes or maybe you want to burp or gas passes or maybe you want to burp or something like that. Any like little something like that. Any like little space that you could create, that's space that you could create, that's going to be helpful. So, you work down going to be helpful. So, you work down your belly like that and then you can your belly like that and then you can start working the front of your legs if start working the front of your legs if your legs are puffy like in those in the your legs are puffy like in those in the groin like or draining the back of the groin like or draining the back of the knees things like that. But again, we're knees things like that. But again, we're not working just on those lymph nodes.

not working just on those lymph nodes. We're working around the lymph nodes. We're working around the lymph nodes. That's where the power is. The lymph That's where the power is. The lymph nodes are there to filter.

They're not nodes are there to filter. They're not really they're the ones that are clogged really they're the ones that are clogged up. They're not what needs personally up. They're not what needs personally teased, right? It's like the tissue teased, right? It's like the tissue around them that needs opened up. So I around them that needs opened up. So I think that's maybe like the biggest take think that's maybe like the biggest take home. We're following fascial lines.

home. We're following fascial lines. We're following superficial lines. We're We're following superficial lines. We're following deep lines following deep lines depending on what we're doing. And depending on what we're doing. And again, we're trying to teach more again, we're trying to teach more practitioners so that we can actually practitioners so that we can actually refer and people can start understanding refer and people can start understanding [clears throat] this because what we've [clears throat] this because what we've seen is like extremely powerful. But seen is like extremely powerful. But there needs to be some consistency and there needs to be some consistency and then that's why we like to teach the then that's why we like to teach the self-care part because then if you're self-care part because then if you're consistent and you can do it at home consistent and you can do it at home even if you're not doing it perfectly even if you're not doing it perfectly you're going to you're going to give yourself some relief or create some give yourself some relief or create some space or start to like even learn space or start to like even learn something more about your body, you something more about your body, you know, we treat teach people to be know, we treat teach people to be introspective in a way introspective in a way in a positive way like you know, not too in a positive way like you know, not too introspective that it's like introspective that it's like detrimental. So how many times a day detrimental. So how many times a day should somebody be checking on their should somebody be checking on their fascia and trying to loosen things up, fascia and trying to loosen things up, you know, and keep things moving if they you know, and keep things moving if they don't feel well if they're dealing with don't feel well if they're dealing with stubborn symptoms whether yeah, they're stubborn symptoms whether yeah, they're a Lyme patient like so many people who a Lyme patient like so many people who come to you or to me come to you or to me or they're dealing with mold toxicity or or they're dealing with mold toxicity or they're just dealing with skin issues, they're just dealing with skin issues, digestive issues. How many times a day digestive issues. How many times a day do you want them checking on their do you want them checking on their fascia?

fascia? fascia? >> Like at least twice a day like once in >> Like at least twice a day like once in the morning, once before bed. If you can the morning, once before bed. If you can have like a small break in the day where have like a small break in the day where you're able to lay down for a second, you're able to lay down for a second, find a tight spot in your abdomen, find a tight spot in your abdomen, stretch your leg across your body like stretch your leg across your body like holding like it that can be really holding like it that can be really powerful especially like when we're powerful especially like when we're having to sit all day and all of our having to sit all day and all of our abdomen's getting compressed. Um I think abdomen's getting compressed. Um I think just having a chance to also lie down just having a chance to also lie down stretch we use your legs and we use your stretch we use your legs and we use your arms a lot. You pressure with like say arms a lot. You pressure with like say your thumb and then you're bringing your your thumb and then you're bringing your arm across your body to and to add that arm across your body to and to add that pressure or leaning into your hand.

pressure or leaning into your hand. Just because there's so much stagnation, Just because there's so much stagnation, so much pressure, that's going to be so much pressure, that's going to be helpful. So, helpful. So, you know, in the morning, even if you're you know, in the morning, even if you're just like tease your chest for a little just like tease your chest for a little bit, tease your sternum, like even like bit, tease your sternum, like even like rubbing your neck or you know, above and rubbing your neck or you know, above and below, like below, like that that that can make your day way better. When When can make your day way better. When When I was really sick and I woke up and I I was really sick and I woke up and I was like, "How am I going to get through was like, "How am I going to get through this day?" this day?" If I could get and I taught my husband If I could get and I taught my husband and he's very talented at knowing how to and he's very talented at knowing how to do these type of treatments as well, do these type of treatments as well, or another colleague that we learned or another colleague that we learned together, we I was able to sometimes together, we I was able to sometimes almost feel normal, right? If I could almost feel normal, right? If I could get that really good clearing and then I get that really good clearing and then I figured out, "Oh, I'm do this to figured out, "Oh, I'm do this to myself." Like I would always feel myself." Like I would always feel pressure here, so I'd always be like pressure here, so I'd always be like pushing

and hooking under my armpit. And pushing and hooking under my armpit. And even just that that lift, like lifting, even just that that lift, like lifting, so if you're having so if you're having like even right now, that makes me feel like even right now, that makes me feel so much calmer just like having my hands so much calmer just like having my hands under my armpits and pushing upwards.

under my armpits and pushing upwards. So, there's a lot of that lifting stuff. So, there's a lot of that lifting stuff. Even if people have really stagnant Even if people have really stagnant breasts, like lifting it up, pulling it breasts, like lifting it up, pulling it to the side, like just like that affects to the side, like just like that affects the fascia and then that in turn affects the fascia and then that in turn affects the lymphatics. So, something as simple the lymphatics. So, something as simple as that. I used to have terrible period as that. I used to have terrible period cramps and so when I had my period, I cramps and so when I had my period, I started lifting, pretty much lifting started lifting, pretty much lifting where my uterus off of my pelvic floor.

where my uterus off of my pelvic floor. And I'd feel this gurgle or something And I'd feel this gurgle or something and then I had zero cramps. Like it was and then I had zero cramps. Like it was all just stuck inflammation and and all just stuck inflammation and and lymphatics that were like stagnant lymphatics that were like stagnant there. And if you could just get that, there. And if you could just get that, it felt almost like a bubble to move and it felt almost like a bubble to move and you're like, "What really is that?" Then you're like, "What really is that?" Then I would like be completely pain-free, I would like be completely pain-free, more so than any painkiller. That's how more so than any painkiller. That's how I saw just how powerful it really can I saw just how powerful it really can be. Yeah, this is so interesting to me be. Yeah, this is so interesting to me because, um, you know, I healed myself because, um, you know, I healed myself from Lyme and that was like a really from Lyme and that was like a really debilitating experience. Several years debilitating experience. Several years of like not being able to open my hands of like not being able to open my hands for the first few hours of the day.

for the first few hours of the day. Well, not really walking cuz I couldn't Well, not really walking cuz I couldn't really sit or I couldn't stand. And like really sit or I couldn't stand. And like unwinding all of that and using all the unwinding all of that and using all the detox tools for that and like red light detox tools for that and like red light and sauna and the you know, the and sauna and the you know, the vibration plate and all this stuff, all vibration plate and all this stuff, all the gas therapies. And then getting to the gas therapies. And then getting to the COVID era and getting long COVID and the COVID era and getting long COVID and getting re-exposed to black mold and to getting re-exposed to black mold and to it taking a while to figure that out. I it taking a while to figure that out. I started holding fluid in brand new ways.

started holding fluid in brand new ways. I had a little bit of that joint pain, I had a little bit of that joint pain, um a little bit of limited mobility that um a little bit of limited mobility that I had had in the past, but n- all the I had had in the past, but n- all the fluid retention stuff was a totally new fluid retention stuff was a totally new pattern. The right side of my neck pattern. The right side of my neck wasn't draining. The you know, my wasn't draining. The you know, my abdomen was filling up. My armpits were abdomen was filling up. My armpits were puffing out in like a crazy way. And I puffing out in like a crazy way. And I wish I had known all these pieces wish I had known all these pieces because all the information I was because all the information I was getting was more about superficial getting was more about superficial lymph. Are there any other like myths we lymph. Are there any other like myths we need to bust to support people that are need to bust to support people that are seeing this kind of edema and how to seeing this kind of edema and how to work through it so that they can feel work through it so that they can feel empowered to empowered to get to the root causes. Yeah, most of get to the root causes. Yeah, most of the things like I said, that superficial the things like I said, that superficial pumping, even the like dry brushing your pumping, even the like dry brushing your skin, like that's great for exfoliation.

skin, like that's great for exfoliation. And again, your skin lymph. But again, And again, your skin lymph. But again, when you're feeling how you just when you're feeling how you just explained that kind of puffiness, when explained that kind of puffiness, when you just work on the skin lymph, you can you just work on the skin lymph, you can flare more than anything. Like it just flare more than anything. Like it just it brings more to an exit that is it brings more to an exit that is blocked, right? So, that like blocked, right? So, that like rebounding, does it help a little?

rebounding, does it help a little? Maybe, but like it's not going to ever Maybe, but like it's not going to ever the

vibration plate way more beneficial the vibration plate way more beneficial than rebounding. Is rebounding bad? No.

than rebounding. Is rebounding bad? No. As if you can move, but the the whole As if you can move, but the the whole thing that that's like really doing thing that that's like really doing something great and huge for your for something great and huge for your for your lymphatics, that's something else.

your lymphatics, that's something else. Whereas like more like like I said, the Whereas like more like like I said, the hydration, the minerals, the grounding, hydration, the minerals, the grounding, the humming, gargling, gagging, anything the humming, gargling, gagging, anything that like, you know, whenever you're in that like, you know, whenever you're in a more rested state and you're not a more rested state and you're not tensed up, like your fascia is not tensed up, like your fascia is not tensed up, then things flow better, tensed up, then things flow better, right? So, those are the bigger right? So, those are the bigger movers and shakers. Like even when movers and shakers. Like even when you're teasing your fascia, you're you're teasing your fascia, you're getting better blood flow, right? So, getting better blood flow, right? So, more oxygenation, you get a more calming more oxygenation, you get a more calming feeling when you do that. And then feeling when you do that. And then there's all these other wonderful there's all these other wonderful wonderful therapies that you can wonderful therapies that you can pair with all of this and it can help a pair with all of this and it can help a lot cuz again, one of the things that I lot cuz again, one of the things that I did a lot was neural therapy and they did a lot was neural therapy and they were doing some deeper injections and it were doing some deeper injections and it was releasing stuff in my deep lymph, was releasing stuff in my deep lymph, but the more superficial layers weren't but the more superficial layers weren't ready to let that go. So, I was ready to let that go. So, I was increasing pressure in different ways increasing pressure in different ways and I felt more terrible than I did and I felt more terrible than I did before until I realized I can't get that before until I realized I can't get that injection without having this type of injection without having this type of treatment right after or even before and treatment right after or even before and after if I'm lucky or doing it for after if I'm lucky or doing it for myself, but even my neural therapist, I myself, but even my neural therapist, I was showing him, you know, like if you was showing him, you know, like if you do that, just like tease the fascia do that, just like tease the fascia after. It's just like we do acupuncture after. It's just like we do acupuncture on people. When you do acupuncture and on people. When you do acupuncture and you do a deep needle, sometimes you can you do a deep needle, sometimes you can the fascia gets almost tangled and the fascia gets almost tangled and people like can't move their arm for a people like can't move their arm for a day, but if you work on it and you can day, but if you work on it and you can clear it, it's actually going to have clear it, it's actually going to have the benefit of that deep needle, but the benefit of that deep needle, but also, you know, clearing out what you also, you know, clearing out what you affected.

affected. affected. >> This is so interesting to me because um >> This is so interesting to me because um you and I both been through all like the you and I both been through all like the herxing and flares where it's like, herxing and flares where it's like, well, I tried the right thing, what well, I tried the right thing, what functional medicine said was the right functional medicine said was the right thing or bioregulatory medicine said thing or bioregulatory medicine said this is the tool for you and then I had this is the tool for you and then I had a paradoxical reaction. What happened to a paradoxical reaction. What happened to me? And it's so often we see like right me? And it's so often we see like right tool, wrong time or not balanced tool, wrong time or not balanced appropriately with the steps to set you appropriately with the steps to set you up for success. So, I'm really glad up for success. So, I'm really glad you're, you know, highlighting this you're, you know, highlighting this piece. One of the things that you and I piece. One of the things that you and I both use a lot is topicals for our both use a lot is topicals for our sensitive guys, you know, with that have sensitive guys, you know, with that have have the mold and the infections and all have the mold and the infections and all the things and they're not draining the things and they're not draining well. And what I wish I'd understood well. And what I wish I'd understood earlier in my journey is that if your earlier in my journey is that if your liver cannot keep up, it will start to liver cannot keep up, it will start to overproduce overproduce overproduce lymph fluid, and it's not good lymph.

lymph fluid, and it's not good lymph. It's really low-quality lymph. The white It's really low-quality lymph. The white cell blood count is off. The proteins cell blood count is off. The proteins are low quality. It's that whole are low quality. It's that whole dissolution solution solution, and it's dissolution solution solution, and it's like, "Okay, I can't get it out fast like, "Okay, I can't get it out fast enough, so I'm just going to try to enough, so I'm just going to try to

dilute within the tissues and buy myself dilute within the tissues and buy myself some time." And that's where the edema some time." And that's where the edema is coming from for so many people. What is coming from for so many people.

Castor Oil And Topical Detox Support

What do you wish people understood about like do you wish people understood about like the lymph fascia liver connection? I the lymph fascia liver connection? I mean, if we're talking about topicals, mean, if we're talking about topicals, like there are things that you can put like there are things that you can put topically that topically that go deeper, that help go deeper, that help release, like calm down, create space, release, like calm down, create space, bring down inflammation so that we don't bring down inflammation so that we don't have those reactions that you're talking have those reactions that you're talking about. And I know that, you know, about. And I know that, you know, there's different there's different there we start with the basics. Well, there we start with the basics. Well, what we call the basics is just castor what we call the basics is just castor oil, which is, you know, can oil, which is, you know, can go and be absorbed up to 7 cm go and be absorbed up to 7 cm in depth. People don't realize that. It in depth. People don't realize that. It breaks apart scar tissue. Like it brings breaks apart scar tissue. Like it brings down inflammation. It helps move smooth down inflammation. It helps move smooth muscle, right? So, if you have that muscle, right? So, if you have that stagnant liver and it's just, you know, stagnant liver and it's just, you know, trying to survive by like overproducing, trying to survive by like overproducing, and you actually help it drain a little and you actually help it drain a little bit, then you start to get that higher bit, then you start to get that higher quality lymph. You start to, quality lymph. You start to, you know, dump your bile acids so that you know, dump your bile acids so that you actually you actually break down things properly. You start to break down things properly. You start to protect your gut lining. Like all of the protect your gut lining. Like all of the things that all of these downstream things that all of these downstream things that happen if we, if our liver's things that happen if we, if our liver's stagnant, doesn't happen. So, castor oil stagnant, doesn't happen. So, castor oil is one of the first ones, but then is one of the first ones, but then there's other ones. Like there's there's other ones. Like there's pokeweed. Pokeweed breaks down even pokeweed. Pokeweed breaks down even more. We use that a lot. We use more. We use that a lot. We use different ozonated oils that have different ozonated oils that have different herbs that actually start to different herbs that actually start to like get at those infections that that like get at those infections that that get stuck in the fascia and help clear get stuck in the fascia and help clear them out. So, them out. So, one of them's like we use the gamma oils one of them's like we use the gamma oils or, you know, I've used or, you know, I've used Para Three with you. We use a lot of Para Three with you. We use a lot of those immuno cream, which is those immuno cream, which is you know, has the immune cells that you know, has the immune cells that actually can you can drive them in and actually can you can drive them in and you can start to help clean up the area.

you can start to help clean up the area. So, So, So, those things are powerful and you can those things are powerful and you can use them on your chest on the areas that use them on your chest on the areas that you want to clear. It can help you clear you want to clear. It can help you clear those areas. You can use it over your those areas. You can use it over your liver, over your belly. Once you start liver, over your belly. Once you start and you build on that without herxing and you build on that without herxing you because even topicals I don't know you because even topicals I don't know if you find that, but topicals these if you find that, but topicals these days can herx people.

days can herx people. We have to start really small. We have to start really small. >> You know, organic castor oil and, you >> You know, organic castor oil and, you know, just really gentle thin like not know, just really gentle thin like not even a full pack, just like a thin layer even a full pack, just like a thin layer gently inviting the tissue to just start gently inviting the tissue to just start to move, start to drain. And really to move, start to drain. And really controlling it you know, where you place controlling it you know, where you place it based on the stagnation that you're it based on the stagnation that you're seeing in the body. You know, really seeing in the body. You know, really focusing on like the terminate area and focusing on like the terminate area and the armpits and just supporting this the armpits and just supporting this area to drain before we put a ton of area to drain before we put a ton of pressure on the liver and say like cuz pressure on the liver and say like cuz we can do great topical packs, you know, we can do great topical packs, you know, you and I love to do this. You're like you and I love to do this. You're like we're using a castor oil and Para Three we're using a castor oil and Para Three and we're like stacking

like five things and we're like stacking like five things and like damn it so like all of that, and like damn it so like all of that, but we would never start there for a but we would never start there for a super sensitive person directly over the super sensitive person directly over the liver because it's just an accelerant.

liver because it's just an accelerant. Yeah, even as simple as like Yeah, even as simple as like on days that I'm like maybe being a on days that I'm like maybe being a little bit I don't want to call it lazy, little bit I don't want to call it lazy, but I'm like less symptomatic. Like I but I'm like less symptomatic. Like I just have my roller of organic castor just have my roller of organic castor oil and I just roll it over my above and oil and I just roll it over my above and below my collarbones and kind of like below my collarbones and kind of like you said on those the apical nodes like you said on those the apical nodes like near the armpits and all in the chest near the armpits and all in the chest where we want everything to clear and where we want everything to clear and then just kind of do a little bit of then just kind of do a little bit of massage there. Just that helps to bring massage there. Just that helps to bring stuff up and open up the area, right?

stuff up and open up the area, right? So, if you want to start even just that So, if you want to start even just that gentle, it's better than nothing for gentle, it's better than nothing for sure and it's really you'll start to see sure and it's really you'll start to see a difference and feel better and sleep a difference and feel better and sleep better. And then if you're sick, you'll, better. And then if you're sick, you'll, you know, maybe you'll be able to do you know, maybe you'll be able to do that protocol or that herb that you that protocol or that herb that you couldn't do before if you're working on couldn't do before if you're working on these areas.

these areas.

Gas Therapies And Healing Support

>> I also um have really relied more and >> I also um have really relied more and more and more over the last few years on more and more over the last few years on gas therapies. And I know you do, too.

gas therapies. And I know you do, too. So, I want to get your thoughts on that So, I want to get your thoughts on that because we first discovered this like we because we first discovered this like we were using ozone a lot. You know, ozone were using ozone a lot. You know, ozone insufflations and like ozone bagging.

insufflations and like ozone bagging. And of course the topical ozoneated oils And of course the topical ozoneated oils for people as well as like for people as well as like 10 pass ozone, although you need to be 10 pass ozone, although you need to be really intentional about how and when to really intentional about how and when to fold that into a protocol. But I don't fold that into a protocol. But I don't think I would have healed from long think I would have healed from long COVID and turned it around and lost all COVID and turned it around and lost all this weight that my body could not shake this weight that my body could not shake without the use of the um hydrogen without the use of the um hydrogen therapies to just reduce the therapies to just reduce the inflammation. But then the CO2 suit to inflammation. But then the CO2 suit to really vasodilate and kind of wake the really vasodilate and kind of wake the tissues back up cuz my body felt so shut tissues back up cuz my body felt so shut down from head to toe from that black down from head to toe from that black mold and the long COVID situation. I mold and the long COVID situation. I just could not shake it through just could not shake it through supplementation, couldn't reach it. What supplementation, couldn't reach it.

Detox Strategies For Chronic Illness

What are your thoughts about that and how do are your thoughts about that and how do you use gas therapies? Gas therapy it you use gas therapies? Gas therapy it was a one of the game changers for me.

was a one of the game changers for me. Using it daily, like lucky enough to be Using it daily, like lucky enough to be able to purchase it and use it daily. I able to purchase it and use it daily. I mean, it's just a potent antioxidant, mean, it's just a potent antioxidant, crosses the blood brain barrier, and crosses the blood brain barrier, and just that helps your whole nervous just that helps your whole nervous system calm down, just create space for system calm down, just create space for healing. And like the CO2, I didn't have healing. And like the CO2, I didn't have

the suit, but I even I had the CO2 the suit, but I even I had the CO2 creams that create that same kind of creams that create that same kind of vasodilation. Not same, I'd say the suit vasodilation. Not same, I'd say the suit is definitely better, but you know, is definitely better, but you know, that's what I had available. And those that's what I had available. And those were things that helped me a lot. And were things that helped me a lot. And especially like even I had a lot of especially like even I had a lot of rashing and whenever I went into the CO2 rashing and whenever I went into the CO2 suit, my rash would almost disappear, suit, my rash would almost disappear, getting that proper blood flow to the getting that proper blood flow to the skin because I think you see that ashen skin because I think you see that ashen look in a lot of people because your look in a lot of people because your body is like it's prioritizing where body is like it's prioritizing where it's shunting shunting the blood to, it's shunting shunting the blood to, right? So, you see a huge difference.

right? So, you see a huge difference. So, I think if people have access to So, I think if people have access to that, it's really powerful. Ozone I that, it's really powerful. Ozone I found really harsh for myself, not the found really harsh for myself, not the topical stuff. A single pass and I topical stuff. A single pass and I flared or I had just like an ozone flared or I had just like an ozone Well, the direct ozone was really tough, Well, the direct ozone was really tough, but then I had this ozonated saline like but then I had this ozonated saline like it my veins were so sensitive and then it my veins were so sensitive and then it like blew up my vein you know, like I it like blew up my vein you know, like I don't know and that was when my chest don't know and that was when my chest puffed out like that, but even though puffed out like that, but even though once I cleared my chest after that once I cleared my chest after that ozone, it obviously helped because it ozone, it obviously helped because it kills a lot it cleans out a lot it like kills a lot it cleans out a lot it like is but I think it mobilizes a ton. So, is but I think it mobilizes a ton. So, just like you said, just like you said, you know, time and a place for those you know, time and a place for those kind of 10 passes and stuff.

kind of 10 passes and stuff. Insufflations I found helpful. I like Insufflations I found helpful. I like the um insufflations a lot like sinus the um insufflations a lot like sinus insufflations, ear insufflations, rectal insufflations, ear insufflations, rectal insufflations, and vaginal depending on insufflations, and vaginal depending on the context, but ozone bagging is really the context, but ozone bagging is really great for people that have thick stuck great for people that have thick stuck areas. Like Michael used to bag his head areas. Like Michael used to bag his head cuz his head wouldn't drain. Oh yeah. He cuz his head wouldn't drain. Oh yeah. He was so underweight was so underweight and his fascia was so tight and his head and his fascia was so tight and his head wouldn't drain this poor guy. My head wouldn't drain this poor guy. My head wouldn't drain and like it would puff wouldn't drain and like it would puff out like freaking conehead and then out like freaking conehead and then sometimes I get this like severe dent, sometimes I get this like severe dent, but it was like this right here and but it was like this right here and sometimes it would be like so so full it sometimes it would be like so so full it was hot like was hot like so again working on the tissue there and so again working on the tissue there and I would use a lot of like immuno cream I would use a lot of like immuno cream on the back of my neck and just like on the back of my neck and just like work it in and I'd actually I could feel work it in and I'd actually I could feel it kind of draining, but that would have it kind of draining, but that would have been cool. I never did the ozone on the been cool. I never did the ozone on the on the head.

on the head. >> those bags are cheap, you know. >> those bags are cheap, you know. >> Yeah. >> Yeah. >> Yeah. We do a lot of ozone insufflations and We do a lot of ozone insufflations and bagging at the clinic and you know, I I bagging at the clinic and you know, I I actually think actually think um your experience about single pass um your experience about single pass ozone is way more common than people ozone is way more common than people realize. Like we take sensitive people realize. Like we take sensitive people through EBOO, which is a much deeper, through EBOO, which is a much deeper, more productive use of ozone in the more productive use of ozone in the body, you know, because you're body, you know, because you're pulling the blood out, you're pulling the blood out, you're oxygenating, pulling it back in, and oxygenating, pulling it back in, and it's actually tolerated so much better it's actually tolerated so much better because of the filtration process.

because of the filtration process. >> Yes. Yes. Plus it's just like >> Yes. Yes. Plus it's just like throwing ozone into the you know. throwing ozone into the you know.

>> No. [clears throat] Because they >> No. [clears throat] Because they recirculate it. So, this is the thing,

recirculate it. So, this is the thing, right? So, they take out a whole bag of right? So, they take out a whole bag of blood to ozonate it. And when they took blood to ozonate it. And when they took out that blood, I felt so much better. I out that blood, I felt so much better. I was like, "Can you just dump that blood?

was like, "Can you just dump that blood? Like, I do not want it. I don't want it. Like, I do not want it. I don't want it. It's dirty. It's gross." [laughter] It's dirty. It's gross." [laughter] And then they they spun the ozone in, And then they they spun the ozone in, and as it started coming back in, like, and as it started coming back in, like, my heart helps, my started feeling like my heart helps, my started feeling like the prickly feeling, like it was oh, it the prickly feeling, like it was oh, it was tough for me, for sure. But if they was tough for me, for sure. But if they had filtered out that nasty stuff after had filtered out that nasty stuff after spinning it in there, it that would have spinning it in there, it that would have been a whole different thing, but I've been a whole different thing, but I've never actually done the EBOO because I never actually done the EBOO because I think I've been so like nervous because think I've been so like nervous because of that, but I'm now willing, for sure.

of that, but I'm now willing, for sure. I got to show you this test I ran on I got to show you this test I ran on myself then because oh, you know, we're myself then because oh, you know, we're such nerds. We went to, you know, A4M in such nerds. We went to, you know, A4M in December, and that that hotel room was December, and that that hotel room was so moldy, and I knew it. You and I are so moldy, and I knew it. You and I are like litmus test for this, right? So, like litmus test for this, right? So, you walk in, you know, immediately, oh you walk in, you know, immediately, oh crap. And the hall was moldy, and it's crap. And the hall was moldy, and it's like, "Okay, you know, I've got my stuff like, "Okay, you know, I've got my stuff with me. I'll be fine." But I didn't with me. I'll be fine." But I didn't feel amazing afterwards. We're only feel amazing afterwards. We're only there for a couple of days, but I went there for a couple of days, but I went and did an EBOO cuz, you know, right at and did an EBOO cuz, you know, right at the clinic, we just like made a bee-line the clinic, we just like made a bee-line back home for that, and I got a ton of back home for that, and I got a ton of filtration stuff out, like I enough filtration stuff out, like I enough liquid that I could liquid that I could send it in and pretend it was a urine send it in and pretend it was a urine sample to Vibrant sample to Vibrant the total tox bundle, so I just the total tox bundle, so I just pretended it was urine just to see what pretended it was urine just to see what would happen.

would happen. And it came back so high in these black And it came back so high in these black mold markers that I haven't had before, mold markers that I haven't had before, and I was like, "I knew it." and I was like, "I knew it." >> [laughter] >> [laughter] >> [laughter] >> I'm going to do that. I have to do that >> I'm going to do that. I have to do that now. I have to come there. I'm in now. I have to come there. I'm in Dominican, and I there was water damage.

Dominican, and I there was water damage. There's been lots of rain, and you could There's been lots of rain, and you could see the walls are bubbling in this place see the walls are bubbling in this place I rented for 2 months and while we were I rented for 2 months and while we were out they peeled it off. I unfortunately out they peeled it off. I unfortunately I wish I didn't even say anything I wish I didn't even say anything because they just peeled it off and they because they just peeled it off and they let the spores go like just willy-nilly.

let the spores go like just willy-nilly. I can't even walk in the door now I can't even walk in the door now without having my blood pressure go up. without having my blood pressure go up.

We're moving out of there. I'm out of We're moving out of there. I'm out of there right now but like I am a I am there right now but like I am a I am like you I can feel it. Whereas everyone like you I can feel it. Whereas everyone else is in there cleaning up. No one's else is in there cleaning up. No one's wearing a mask and I'm like, "What?" You wearing a mask and I'm like, "What?" You know, I can feel when those things know, I can feel when those things happen and speaking of lymphatic happen and speaking of lymphatic drainage like I've been nice and drained drainage like I've been nice and drained not like having a lot of stagnation and not like having a lot of stagnation and then just like puffed right back out then just like puffed right back out after and had to like work all here, after and had to like work all here, work all around the tissue for the last work all around the tissue for the last 2 days and then I can now recover 2 days and then I can now recover faster. I took my binders that I know faster. I took my binders that I know bind up in the micro toxins. I feel bind up in the micro toxins. I feel better but you know, it's still in your better but you know, it's still in your system but right away like the liver system but right away like the

liver pain that radiates to my neck which I pain that radiates to my neck which I haven't had in at least a year and a haven't had in at least a year and a half and like you know, this feeling in half and like you know, this feeling in my There's one thing I wanted to talk my There's one thing I wanted to talk about which I think is missed about which I think is missed is the cerebral spinal fluid as being is the cerebral spinal fluid as being part of that glymphatic system. We were part of that glymphatic system. We were just talking about Michael's head, my just talking about Michael's head, my head. That's our cerebral spinal fluid head. That's our cerebral spinal fluid doesn't have anywhere to go. It leaks doesn't have anywhere to go. It leaks out the dura then you get like it's like out the dura then you get like it's like in the scalp, right? So in the scalp, right? So we do a lot of work face down where we do a lot of work face down where we're working along the whole spine like we're working along the whole spine like right beside the spine making sure right beside the spine making sure there's like a finger depth or we can there's like a finger depth or we can get our finger in between your spinous get our finger in between your spinous process and your TVP it's called. It's process and your TVP it's called. It's like this type and if we can't if we're like this type and if we can't if we're able to like pump that or create a able to like pump that or create a little bit of space little bit of space the brain starts to drain. People feel the brain starts to drain. People feel less of those a lot of neurological less of those a lot of neurological symptoms they're getting from like the symptoms they're getting from like the dirty CSF and it helps like to start to dirty CSF and it helps like to start to flow it and pump it. If you think of flow it and pump it. If you think of like you know, craniosacral type of like you know, craniosacral type of treatment, right? They're they're in a treatment, right? They're they're in a more gentle way changing pressure to more gentle way changing pressure to help drain the whole dura cerebral help drain the whole dura cerebral spinal fluid kind of um thing. And if spinal fluid kind of um thing. And if you can work on even pumping your you can work on even pumping your partner's ribs, if they're laying face partner's ribs, if they're laying face down as if you have a table where their down as if you have a table where their face can be flat, and you just go up the face can be flat, and you just go up the rib heads, and you just pump, you're rib heads, and you just pump, you're going to help clear the cerebral spinal going to help clear the cerebral spinal fluid. So, like it's not talked about fluid. So, like it's not talked about enough how the CSF is part of our enough how the CSF is part of our lymphatics, and when your lymphatics is lymphatics, and when your lymphatics is stagnated, stagnated, stagnated, like think about all the like head like think about all the like head symptoms that we get with all of these symptoms that we get with all of these chronic infections, right? So, if we can chronic infections, right? So, if we can help the cerebral spinal fluid move out, help the cerebral spinal fluid move out, help the glymphatic system in some way, help the glymphatic system in some way, shape, or form, our immune system starts shape, or form, our immune system starts to work better. So, if we talk about to work better. So, if we talk about stagnation, so when you have a puffy stagnation, so when you have a puffy area, and it's hot and red, there's area, and it's hot and red, there's there there's gunk in there. If you there there's gunk in there. If you think it's like a pond, that's a little think it's like a pond, that's a little stagnated area, but if you think of a stagnated area, but if you think of a flowing river, it's still the same body flowing river, it's still the same body of water, but it's pristine and clear.

of water, but it's pristine and clear. Like when when things are flowing, our Like when when things are flowing, our body can clean them up. So, the the more body can clean them up. So, the the more that we can that we can force that along when our body can't force that along when our body can't really do it by itself, like the more we really do it by itself, like the more we can help our body clear these infections can help our body clear these infections and toxins, not just infections, but the and toxins, not just infections, but the toxins as well.

toxins as well. >> Yeah, that's what I used to tell my >> Yeah, that's what I used to tell my client, "A moving stream runs clean. You client, "A moving stream runs clean. You have to move. You have to move the have to move. You have to move the tissue." I like your rhymes. Kind of I tissue." I like your rhymes. Kind of I know for people listening um know for people listening um I I need to ask you a serious question I I need to ask you a serious question as we wrap up today. Actually, two as we wrap up today. Actually, two serious questions for you. You and I serious questions for you. You and I have both been through hell with our have both been through hell with our health, and we have pulled ourselves out health, and we have pulled ourselves out of it. I'm very at peace with that now, of it. I'm very at peace with that now, and all the, you know, lost years, like and all the, you know, lost years, like I I don't grieve for that time at all. I I I don't grieve for that time at all. I feel so good and on mission about what feel so good and on mission about what we're doing now. You know, every one of we're doing now. You know, every one of these like episodes and like by every these like episodes and like by every everything that we've been through, I everything that we've been through, I try to turn into a love letter for the try to turn into a love letter for the people listening and following both of people listening and following both of us because we're some of the few us because

we're some of the few examples of people who had really had to examples of people who had really had to walk the talk and pull ourselves out of walk the talk and pull ourselves out of this when the answers weren't easy. What this when the answers weren't easy. What do you wish you had known do you wish you had known um when you were really in the depth of um when you were really in the depth of like your Lyme being reactivated and you like your Lyme being reactivated and you knew all the functional medicine stuff knew all the functional medicine stuff and it's still the answers weren't and it's still the answers weren't coming. Like what was overlooked? What coming. Like what was overlooked? What do you wish you had known? I think we do you wish you had known?

Advice For Patients And Practitioners

I think we covered a lot of them here. Like again, covered a lot of them here. Like again, the lymphatic stagnation. Honestly, I the lymphatic stagnation. Honestly, I tell everybody about the gas therapies, tell everybody about the gas therapies, the topicals, the homeopathics became so the topicals, the homeopathics became so much more powerful for me. Looking at it much more powerful for me. Looking at it from a different lens to like help the from a different lens to like help the body get rid of something as opposed to body get rid of something as opposed to maybe not always like maybe not always like directly killing it at the start.

directly killing it at the start. Minerals, minerals, frequency. Minerals, minerals, frequency. I mean I mean those type of things. Like I wish I I those type of things. Like I wish I I knew about them and I was reading about knew about them and I was reading about them.

them. them. I didn't really get it get it. I didn't really get it get it. Connecting back with the earth for sure. Connecting back with the earth for sure.

Like again, partially when I got sick I Like again, partially when I got sick I was up in a tower as well. Like I lived was up in a tower as well. Like I lived in a condo high up. That's big but like in a condo high up. That's big but like the whole mineral thing the whole mineral thing for me because again, it was this for me because again, it was this mineral IV that really was a mineral IV that really was a game-changer for me.

game-changer for me. And then I realized like how depleted And then I realized like how depleted all the different electricities make us all the different electricities make us like all the Wi-Fi. So I think that was like all the Wi-Fi. So I think that was one of my aha moments cuz once I one of my aha moments cuz once I introduced those in a real way, that was introduced those in a real way, that was really helpful.

really helpful. I do think we've covered I do think we've covered the nervous system stuff. Again, I want the nervous system stuff. Again, I want to just end by saying it's driving me to just end by saying it's driving me crazy when I hear people say you just crazy when I hear people say you just have to regulate your nervous system.

have to regulate your nervous system. You know, they've done five million You know, they've done five million things. I know someone who's literally things. I know someone who's literally gone as far as like one of their like gone as far as like one of their like organs is removed and that's what helped organs is removed and that's what helped them feel better. And they're like, "All them feel better. And they're like, "All you have to do is regulate your nervous you have to do is regulate your nervous system." And I'm like, "Well, you felt system." And I'm like, "Well, you felt way better after you had an organ way better after you had an organ removed that was diseased, right? Like removed that was diseased, right? Like it wasn't just your nervous system." So it wasn't just your nervous system." So like let's just clear up nervous system.

like let's just clear up nervous system. You don't want it to go into overdrive. You don't want it to go into overdrive. You don't want to panic when you feel You don't want to panic when you feel something and make it worse because your something and make it worse because your cortisol goes through the roof and then cortisol goes through the roof and then you shut down your immune system more.

you shut down your immune system more. You want to control the spirals of your You want to control the spirals of your nervous system, but your nervous system nervous system, but your nervous system is hijacked because you have these toxic is hijacked because you have these toxic load. You're not clearing something. You load. You're

not clearing something. You need your body needs help. Cuz someone need your body needs help. Cuz someone said that to me who I respected and said that to me who I respected and they're like, "Just go calm your nervous they're like, "Just go calm your nervous system." And I'm like, system." And I'm like, I want to I want to punch you. Yeah, I I want to I want to punch you. Yeah, I have I have a I have a I have a podcast have I have a I have a I have a podcast episode coming out about this because it episode coming out about this because it is the most revolting form of is the most revolting form of gaslighting to me. "Oh, you don't need gaslighting to me. "Oh, you don't need to detox. You don't need to support the to detox. You don't need to support the body biochemically even though your body biochemically even though your body's under siege. Just ignore that and body's under siege. Just ignore that and support the nervous system." It's like, support the nervous system." It's like, "What do you think the nervous system "What do you think the nervous system is? It is the command center for your is? It is the command center for your body. It is a physical body. It is a physical system." And also, can we talk about how system." And also, can we talk about how we had to go through some hard things we had to go through some hard things sometimes and and that's okay a little sometimes and and that's okay a little to an extent, too, that you're sometimes to an extent, too, that you're sometimes you do feel a bit worse before you feel you do feel a bit worse before you feel better, but you don't just quit. Like, better, but you don't just quit. Like, you have to get over humps. Like, this you have to get over humps. Like, this isn't like a straight line of healing.

isn't like a straight line of healing. Like, you're going in the right Like, you're going in the right direction, but there's dips and there's direction, but there's dips and there's valleys as your body clears stuff out.

valleys as your body clears stuff out. I show a slide a lot when I'm teaching I show a slide a lot when I'm teaching even about lymphatics and like this even about lymphatics and like this stagnation that's going on in there. And stagnation that's going on in there. And I show a picture of like what should be I show a picture of like what should be like this clear background in a live like this clear background in a live blood cell and it's just full of waste.

blood cell and it's just full of waste. My nervous system is responding to the My nervous system is responding to the waste. That's why I was hijacked. So, if waste. That's why I was hijacked. So, if I'm just going to sit there and waste I'm just going to sit there and waste away and like, I don't know, away and like, I don't know, say some affirmations or tell myself I'm say some affirmations or tell myself I'm okay, it's not going to help to the okay, it's not going to help to the extent that you need. And I see those extent that you need. And I see those people who disappear for the while cuz people who disappear for the while cuz they got talked into that they think they got talked into that they think they just have to primal trust their way they just have to primal trust their way out of something. And that's not You out of something. And that's not You can't just use that. That's a great tool can't just use that. That's a great tool that you use along with getting things that you use along with getting things out.

out. out. >> to support your body to do the deeper >> to support your body to do the deeper work. It's not either or, it's both. work. It's not either or, it's both.

Yeah, I'm so glad you said that. It's Yeah, I'm so glad you said that. It's nervous system support and deeper nervous system support and deeper fascia, deeper detox work, you know, got fascia, deeper detox work, you know, got to clear out the toxins and the to clear out the toxins and the infections. And I think the emotional infections. And I think the emotional aspect of things that people talk about aspect of things that people talk about past trauma can only be accessed at past trauma can only be accessed at certain times once you're out of that certain times once you're out of that hijacked phase. Like I think sometimes hijacked phase. Like I think sometimes we're trying to address the wrong things we're trying to address the wrong things at the wrong time. So, those are things at the wrong time. So, those are things that I Right, like you're not going to that I Right, like you're not going to talk therapy your way out of a mold talk therapy your way out of a mold driven depression.

driven depression. And your body's going to feel a whole And your body's going to feel a whole lot safer once it's no longer trying to lot safer once it's no longer trying to I love you so much as a person, as a I love you so much as a person, as a colleague, as a fellow chronic illness colleague, as a fellow chronic illness warrior. Um, warrior. Um, you know, of course we're featuring your you know, of course we're featuring your work as a faculty member in Tox work as a faculty member in Tox University.

University. University. Um, you know, you're our director of Um, you know, you're our director of structural

lymphatic and fascia and care structural lymphatic and fascia and care and all that stuff here at the Sailor and all that stuff here at the Sailor Center. What do we call you? You're Center. What do we call you? You're structural director, I don't remember.

structural director, I don't remember. >> [laughter] >> [laughter] >> [laughter] >> I'm not good with titles. We'll have to >> I'm not good with titles. We'll have to get it We'll have to It's on the get it We'll have to It's on the website, I don't remember.

website, I don't remember. >> [laughter] >> [laughter] >> [laughter] >> I also want to really underscore that >> I also want to really underscore that um, you have this body of work as a um, you have this body of work as a pioneer in this field, and you can speak pioneer in this field, and you can speak to this intersection of functional to this intersection of functional medicine, chiropractic care, nervous medicine, chiropractic care, nervous system forward support. It's deeply system forward support. It's deeply informed by what's going on with the informed by what's going on with the root cause exposures of today, the mold, root cause exposures of today, the mold, the EMFs, you know, and how these the EMFs, you know, and how these infections can take hold and get stuck infections can take hold and get stuck in the tissues. So, the way you've in the tissues. So, the way you've pioneered your own technique about this pioneered your own technique about this is is so cool to watch you turn your is is so cool to watch you turn your personal frustrations and all this like personal frustrations and all this like knowledge that you've deeply steeped knowledge that you've deeply steeped yourself in from all these different yourself in from all these different disciplines into your own body of work.

disciplines into your own body of work. I want to make sure people know how they I want to make sure people know how they can learn from you, both as, you know, can learn from you, both as, you know, somebody working on their own health, somebody working on their own health, and also, you know, practitioners. Our and also, you know, practitioners. Our course is going to be out soon. We're course is going to be out soon. We're releasing two body parts by the end of releasing two body parts by the end of March. So, first the chest and then the March. So, first the chest and then the abdomen. So, but we're doing some abdomen. So, but we're doing some in-person work as well that are going to in-person work as well that are going to be like pop-ups. So, if you're a be like pop-ups. So, if you're a practitioner and want to learn, then practitioner and want to learn, then those will be posted on our website, those will be posted on our website, which is vegasclinic.com.

which is vegasclinic.com. Um you can also find us on Instagram, Um you can also find us on Instagram, either Vegas Clinic or my personal one, either Vegas Clinic or my personal one, which is dr.s.canishiro.

which is dr.s.canishiro. And And And again, we're going to have again, we're going to have the course platform where we're going to the course platform where we're going to have We already have a lot of have We already have a lot of information that we that we give for information that we that we give for free. We have a YouTube channel. So, free. We have a YouTube channel. So, yeah, there's multiple different ways.

yeah, there's multiple different ways. We're going to be on Detox Talks and We're going to be on Detox Talks and University. We're going to start getting University. We're going to start getting it out there because it is it out there because it is really important and we can really help really important and we can really help people a lot get through some some dark people a lot get through some some dark times and I don't want people to feel times and I don't want people to feel helpless ever and I think that we share helpless ever and I think that we share that and that's why we share our stories that and that's why we share our stories so much and so much and try to help people troubleshoot through try to help people troubleshoot through with information that we didn't have of with information that we didn't have of at the time when we were suffering.

at the time when we were suffering. Well, I think you're a ray of light in Well, I think you're a ray of light in the space. So, thanks for everything you the space. So, thanks for everything you do and thanks for being so generous um do and thanks for being so generous um with the information that you share, with the information that you share, especially today. My pleasure. Thanks especially today. My pleasure. Thanks for having me.

for having me. >> [music] >> [music] >> [music] >> Thanks for spending this time with us >> Thanks for spending this time with us today. I know these conversations can today. I know these conversations can bring up a lot and I

want you to have bring up a lot and I want you to have room to sit with what you learned and room to sit with what you learned and let it land in your own body.

let it land in your own body. If you want more support or you're If you want more support or you're curious about the next step on your curious about the next step on your healing path, you can always connect healing path, you can always connect with me.

with me. Find me on Instagram at the Detox Nation Find me on Instagram at the Detox Nation >> [music] >> [music] >> [music] >> and explore resources mentioned in this >> and explore resources mentioned in this episode at detoxnation.com.

episode at detoxnation.com. This conversation is shared for This conversation is shared for education and personal reflection and education and personal reflection and isn't medical advice.

isn't medical advice. Please always work with your trusted Please always work with your trusted healthcare providers for your care. healthcare providers for your care.

I'm really glad you're here and I'll I'm really glad you're here and I'll