Ease Your MS Symptoms By Releasing Fascia Tightness Transcript

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Introduction and Deanna Hansenu2019s Background

And welcome to another interview with the MS and Neuroimmune Summit. I'm Dr. Terry Wahls, your host, and I'm here with my friend Deanna Hansen. Now, Deanna Hansen, is a pioneer in the field of understanding fascia and how fascia relates to health.

she is a, expert in decompression, fascia for physical and emotional transformation and resilience. With more than 20 years of hand on clinical experience, Deanna created The Block Therapy, a unique fascia release protocol, which, by the way, I've been through is really very nice to leave chronic pain and encourage healthy detoxification and reverse cellular aging.

Welcome, Deanna. Now, is there anything that I left out in that bio? I was a certified athletic therapist for 25 years, recently retired, so I could put all of my time and attention into this work.

Okay, great. So, let's talk about fascia, because I think many of the people who are listening to all these interviews may not be aware of what fascia is.

so I started diving into the world of fascia. Jeez, 25 years ago, almost. And it was absolutely fascinating what I uncovered with my fingertips. I've spent over about 60,000 hours working in patients bodies as well as my own.

And what I really recognized along the way is that I was tapping into this beautiful fabric called the fascia. So as a result of my exploration, I really come to understand how this beautiful container of the entire body shifts and changes over time under the forces of gravity being dominant on one side of the body, and so on and so on, all of the different forces that we experience in our lifetime.

So basically, fascia is the like skin to the body washes the skin to the self. It connects every single one of our cells in the body. It's the communication system.

It also allows us the opportunity to be mobile but also structured. So we don't simply turn into a puddle with the goal that we keep all of the cells in correct alignment.

Because if that's the case, there's an ease of absorption of nutrients into the cells, as well as ease of absorption or ease of removal of toxins away from the cells.

And of course, for people struggling with any autoimmune disease with MS.

What Fascia Is and Why It Matters

, this is really important to understand because when the fish is healthy, it maintains a certain tissue temperature. When we start falling out of alignment, though, the fascia, the body in general becomes cooler.

So for example, the myelin sheath that lining on the nerves, it becomes cold and brittle. And then the transmissions in the body don't function properly.

So my work is really all about understanding how to keep the fascist system healthy. So that we can ensure that blood and oxygen flow are reaching all cells required for us to thrive, which is all of them, as well as to keep the body clean.

And when when cells are clean and healthy and not starving, they function with ease. It's when they start to be, blocked from flow that we start to struggle.

Cells become hungry and then areas of tissue become dirty. And that ultimately is what creates disease in the body. You know, part of I'm thinking about, a lot of folks with multiple sclerosis and immune conditions, we get tight, we were spastic.

our muscles get stiffer and stiffer. and, we're more likely than that. probably have problems with our fascia, getting, tight, and stiff. and we probably have a fair amount of asymmetry because, we have blocks, you know, in the spinal cord in the brain.

And so we're not communicating equally, to the right in the left body. and how does that show up, then? In the fascia? So as, as fascia connects every single cell, whether it's muscle, nerve fiber, tendon organ, whatever the tissue is, it's innervated by fascia.

And there's three pillars to facial decompression. So basically what happens over time is gravity makes us shorter and wider. And as you mentioned, we we twist in one direction or another.

But then certain people ultimately become more asymmetrical as a result of life. Let's say, for example, you play a professional sport or you play an instrument, or your job is such that you're always overusing one side of the body, which most of us typically are.

It can also start from injury or surgery in the body, where suddenly we become asymmetrical. So we have foundations in the body that are actually here to support proper cellular alignment.

However, if we're not paying attention to those foundation, then we start to tip away from balance. And then the fascia, it's the collagen component to the fascia.

So fast is comprised of primarily collagen and elastin. And the balance of these two proteins in the fascia allow us that opportunity for mobility and stability.

But when we start falling forward over time, we age in a forward rotational direction. It's the collagen that begins. Okay. So hang on, let let's talk about this aging forward.

What does that mean? So if you look at most people when they're standing they look like a C. Their body collapse going forward. Yeah. We should have approximately 60% of our body weight on our heels.

However, the majority of people have and I learned this decades ago. So it's probably greater now, approximately 80% of their body weight on the balls of their feet.

So because everything is done in front of us, you know, our movements, how we see the world, we end up collapsing over time. Gravity's constantly pulling us down.

And again, we're dominant on one side. So I was a provincial volleyball player when I was a teenager. The number of times I went from one rotation in the same direction, it created a very asymmetrical body in myself.

I was also a Highland dancer, and I created a turnout on purpose with my feet, which is not proper alignment. So all of these things that we do through life, they add up over time and we start to wind down.

So as the body starts winding down so that we don't tip over, the collagen begins to migrate to create false walls and false floors. But like scar tissue, this is what blocks flow to and from cells.

So then cells begin to become hungry. and dirty as a result of that lack of flow inside. You know, and I'm thinking about, I'm going to hold up my smartphone.

Most of us are spending way too much time looking down at a smartphone, and that probably accelerates this, asymmetry and falling forward. Absolutely.

And you can really see the difference in the youth today. The posture of the youth today is so incredibly different than our generation. My father, he loved watching all these.

And I remember going into the room and he would have this movie on. And no matter the size of a person, they all had this beautiful structure and broad shoulders coming in at the waist.

They all looked appropriate in their. If you look at kids today, they are so incredibly twisted and rounded and absolutely largely from the posture that we have seen through technology.

Yeah, yeah. okay. So this is certainly we can understand how we're we're at bigger risk for this, even if we're healthy, because of our technology and our smartphones.

Aging Forward, Posture, and Technology

And then it's made worse because of our disease process, which may have caused us to be asymmetric. and I know, that is very, very common that people, are weaker, in one arm or one leg, and that makes all of this worse.

What do we do? So what we want to do is we want to go in reverse to what? and the biggest issue is how we breathe. Because when we are breathing properly through the diaphragm, we are pulling the air deeply enough into the lungs to reach the majority of the oxygen receptor sites.

However, pain, fear and stress caused us to reactively hold the breath. So most people are breathing through the muscles of the upper chest really shallow, so they're not care deeply enough into the lungs to reach this bed of abundance of alveoli.

We're also not exhaling fully and properly to move the toxins properly out of the body. So this is a really big issue because when this die, I'm just going to bring my computer down for a second so I can just share with people.

So the diaphragm is a plate of muscle that supports the weight of the ribcage. When we inhale it moves down. When we exhale it lifts. If it's working properly, it's giving all of the organs here a continual massage.

However, because we're not conscious breathers by nature, we typically collapse into the core of the body and we're going to either fall over to the left or over to the right again, depending on what side we're dominant on and a number of other factors.

But when we collapse through here, we start breathing through here. So now we're putting all of the weight of the rib cage and everything above it. It comes crashing down into the core space and it will displace the organs.

But we're also not getting that mechanical action in that place. So that combined with the weight of the everything above, it's basically creating a frozen area.

So now for us to digest and absorb nutrients properly, for the liver to function properly, for the gallbladder, the pancreas, all of these organs, they need that mechanical action to create energy.

And if we're simply not using this muscle and then it becomes weak. So we fall in and we crash into these organs, displacing everything. Now they're getting cold.

And things that are cold simply don't work as well. I live in Winnipeg, in Canada here, and in the winter it can be -35 and if you try to start a car.

Okay, so it's like you -35 Celsius or -35 Fahrenheit Celsius. Yeah. So it can be very, very cold. So that's. Very typical. Yeah. Do do thing when you're cold.

It's not the same as when you're nice and warmed up and you can just move properly. So that's what happens to the body when we start breathing through the muscles of the upper chest.

As a chronic response. So it would seem like, one of the first things we can do that is to work on our, belly breathing. So we're consciously breathing out, through our belly, as opposed up here in the top of our chest.

Absolutely. But when we're looking at the fascia, what we really need to understand are the cause sites to the issue sites. So because the calves and the feet and the forearms and the hands are the furthest from the diaphragm from the engine, this is the area that fascia will grip and adhere with the greatest force to bone holding us out of alignment.

So you could work forever. Like let's say you had, chronic low back pain and you go for some back treatments and you're working forever getting these back treatments.

Now you're addressing the pain site.

Breathing, Diaphragm Function, and Core Alignment

But as soon as you start walking and going about your normal day activity of movement, you get pulled back into that negative fascia patterning that's held in the limbs.

The limbs are the puppet masters of the course. So we also need to really understand how to look at the body as a whole and how to address those cause sites so that we can release the holding pattern and ultimately feed blood and oxygen flow into those newly opened spaces through the process of facial decompression, as well as understand how do I support my body?

Like what? What is my body supposed to do? We're like a building, so we have a proper alignment to support correct cellular alignment of the chain. But if we don't adhere to those practices, then we fall into that unconscious patterning again, because most people are not most people.

We're dominant on one side. So for me, for being right handed, if I'm not conscious of how I'm sitting or standing, I fall to the left. That's my nature to fall to the left.

So I've trained myself to, for example, when I'm sitting, do I have equal weight on both sit bones? Are my feet both planted on the ground, or do I have one foot tucked over?

You know, we get pulled into these chronic postures that ultimately become down the road a huge reason for whatever our struggles are. okay, so. If the feet and hands are part of the problem, and you mentioned something this, this tight.

what did you call it? This tight bone fascial adherence? Yes. Can you explain that? I, I'm not familiar with that term, and I'm sure my listeners are not familiar with that term.

So fascia can grip and it will the adhesions, which is the collagen that migration of collagen can grip and adhere to anything in its pathway and to bone with a force of up to 2,000 pounds per square inch, which is an incredible force to even fathom.

So if I've been sitting in front of a computer for 20 years, collapsed over, I've literally created a magnetic connection between my lower rib and that bone here, that ass's bone.

So if I've been like this for decades, these are now bound and tied together. So to simply be able to say, I'm just going to lift up and release that, there needs to be a process of doing that.

And we're talking about magnetics. So if you have magnets far enough apart, they have no attraction to each other. Bring them close together. They seal with the force.

If I wanted to try to pull a magnet away, I can't just pull it apart. But I can share it. So when we're doing facial decompression, it's with the understanding that our goal is to work through the layers of fascia, shearing through

those layers, through those adhesions, so that we can get to those deeper areas to create that blood and oxygen flow.

The oxygen fills up into that newly created space. Then we can sink a little deeper with the goal of getting to the root of the issue, which is at the bone, and of course, the calves and feet, forearms and hands.

This is where the fascia is the most frozen and the most bound. And when I work with people with Ms., this is what I really observe. The calves are so incredibly tight, their feet are very much out of alignment.

So this is the areas that we really need to focus on to bring life back into these structures and to create awareness of how to support proper alignment up the chain.

And it's a really simple process. It's just a process of understanding what to do and taking the steps to do it. Okay. So, I'm sort of going back to I'm sure it was an elementary school and we had this two magnets.

And, you know, we're sort of moved here that we couldn't really pull them apart very well, but we could twist them and get them separated. So you're telling me that I, for my adherence, that maybe adherent, in my hands and feet, I have, you know, back pain.

Incredibly common for people with Ms.. That helping shear our fascia to get them separated in my feet. and potentially my hands may be super important.

Yeah. And a super simple thing you can do with the hands, for example, if you put pressure between here and here. And then I would just. So it's comfortable.

So like you're not forcing from here push and hold and you want to breathe for three minutes. Exhale for three minutes. through the diaphragm. If we do that between each of the fingers for three minutes each, you're going to start to change the patterning of the fingers, because anatomical position we should be standing with our palms facing forward.

But because we've collapsed our humerus bones end up internally rotating, and most people have their palms facing behind them. So this is going to keep us in that locked forward alignment, blocking our ability to breathe properly.

Similarly, between the toes, you can take a finger between each toe or a pencil between each toe. And you want to press and you want to get to that point where you feel the pain, but your breath is your guide.

So you want to be able to be breathing in a relaxed way. If it hurts so much, it's causing a stress breath, then that's not what we want. We want you to be able to breathe as you connect to the pain, so that we can re pattern how the toes work.

Because, for example, when I look at the body, there will always be one foot that's acting like a flat tire, pulling the body away from alignment. And then the opposite side is going to anchor to try to stop you from tipping over.

But this creates a twisting up the chain and then all these adhesions develop and create again a slowing of flow. okay. So, the first thing we do is sort of liberate our toes and our fingers, you know, so something I do once and I'm done.

You know, I would do it as a daily practice. And in fact, there's so many people in my community that are doing this as a daily practice. And the changes are absolutely phenomenal.

In fact, I have a gentleman who's been working on his 102 year old father, and since October he's been working daily between his toes. And his father is walking.

He's got his legs were swollen and red. His feet were a size ten. After three weeks of the daily work, all that

swelling went away. His feet are back down to the size eight.

He started walking again. He's eating. He's so. Wonderful. Yeah. So there's lots of just simple, simple things. And how long would we anticipate it would take to begin to see some of these changes?

You know, so perhaps again, I'm thinking back pain, very, very common in my community. how long would it take, perhaps to see some of these changes? for them. The change is very, very quickly.

And that's the really lovely thing. When you begin the journey, we always start in the core in the rib cage, because most importantly, we want to teach people how to breathe properly and even the fascia on the rib cage.

Hands, Feet, and Fascia Decompression Techniques

If I've been sitting like this now, it's like I've got a frozen diaphragm. It twists and it gets locked just like a frozen shoulder. So we're breathing mostly again through those muscles of the upper chest, which is more like a space.

The diaphragm is like your body's furnace. We want to turn on that furnace so we can stay heated so that, you know, all of our cells are getting properly fed and cleaned.

But if we start doing this right away, the first thing people feel is that they're a little bit cold, because you release that holding pattern in the diaphragm and then you start to lift, and then the breath starts to become stronger.

And if you combine that with working the feet, we have had people share within two days the differences within three weeks, this one woman, shared, all she had done was these three things.

She her hair stopped falling out, her Reynolds in her hands. Her hands were suddenly warm. I'm hearing incredible things happening now. One of the things that many people in the community have is heat intolerance.

and that when we get hot, you know, hot temperature outside or we run a fever, our Emma symptoms are worse. So they're probably listening to this getting heated.

And so you're like, oh my God, this is going to make everything worse. Because I know if I have a fever or if I go outside and it's hot or I try taking a sauna, my my symptoms are worse.

So can you speak to that? Because I'm sure we're having some anxiety in the, in the listeners right now. Absolutely. So there's a difference between that external heating and the internal heating and what we're really doing with the work by opening up the diaphragm and and strengthening this is we are regulating our body's temperature.

So if we're not breathing properly, we don't have that ability to proper regulate temperature. All of our body's regulation processes are are not functioning as they should.

If that breath is compromised, even the brain pattern changes when we breathe through the muscles of the upper chest. So again, that dysregulation is going to cause confusion to the body.

When we start breathing and exhaling and moving the toxins out as we pull in the oxygen, then we start to balance things. You know? And again, for everyone who's listening, it's very, very common to have what's called autonomic, nervous system dysfunction, such that our ability to regulate our, temperature, our heart rate, our blood pressure, our blood flow to our extremities is compromised, which can be why, that we start getting really cold hands, cold feet.

We may have more problem with Raynaud's. We may have more problem, with some lightheadedness upon standing. and I think what you just told us, Deanna, is that addressing some of these, fascia releases may improve that autonomic dysfunction.

it may reduce some of these symptoms that people are having. Yes. So again, if we think about the aorta leaving the heart here, if we have proper space and that diaphragm is functioning properly, we're supporting the the channel for the blood to leave.

If I collapse here. Now I've taken this tube essentially, and I've strangled it. So now the heart has to work harder. We're not able to send blood to the extremities with efficiency.

So then the body starts saying, okay, I'm going to feed what I need to survive as opposed to what I need to thrive. And then when we can change that and we can open it up through moving into the layers of fascia, sharing those adhesions, focusing on strengthening proper diaphragmatic breathing, and then being aware of how to use our body properly, how to sit correctly, how to walk properly, how to not allow our bodies to fall into those negative patterns.

Then we can support again proper cell alignment. And as long as cells are are as long as their space in and around the cell, it's getting what it needs.

It's when the cell becomes congested and blocked that now it's not taking what it needs. And it's also building up waste and becoming toxic. And can we talk a little bit more about, feet?

you were talking about, that, you think that problems with their feet can be a big driver for, people with M. S. that you have, supported them in their healing journey?

Yes. Because whatever is happening in the feet that this is going your feet are essentially being the foundation of your body. Every step that you take through life is going to be patterned based on how you stand and how you walk.

So when we have a foot that's falling away from balance, and then the opposite side of the body is is anchoring to stop that tipping, we're getting a twisting of the feet and that's going to create twisting of the chain.

So for example, if I'm in correct alignment, my feet are right under my hips. And if these are my hips and these are my feet if that. So here's my hip joints in the pelvis.

Now if I've got one foot pulling away and the other one anchoring, now I'm getting a migration of the heads of the, the femurs in the, in the pelvis. And now causing stress on the organs in there.

And I'm affecting the alignment of the pelvis. I'm getting pulled forward now, my back muscles, they're under constant tension because now they're trying to hold me up, and that's not their job.

we have other foundations that are required for proper, foundational support. But when we start tipping forward, the muscles in the back of the body end up having to do a job that's not really their job.

And as we continue to fall and collapse in this forward alignment, there's more and more and more stress. And it's typically the equal and opposite side to that flat tire that you're going to be experiencing your pain.

Because if I'm pulling away with my right side, that left side is getting wrapped over. And then I'm going to anchor. So these muscles through this left side, whether it's the low back, whether it's up through here, they're going to be constantly trying to hold up this driving force.

And they become exhausted. And that's where we start feeling pain. And so to change the patterning of the feet and bring life back in. So one of the things I recommend people to do is after they release the toes, stand in front of the mirror, slightly bend your knees.

Most people also hyper extend their knees so they're not really directing where their body should be positioned. We we end up locking the joints instead of supporting the body properly through our muscles.

This work by gripping the toes and breathing for ten breaths. It's almost like you're pumping the air back up in the tires. It helps to bring a spring in your step, and it helps to re pattern how you walk so that we start walking consciously with equal pressure on both sides of the body.

Instead of you see most people walking in, they tend to like bound. You can see them like how they'll fall into one side. And that's putting tremendous amount of stress into the body. And.

You know, I'm thinking that it's really very common in the EMS, to have asymmetry between, how we walk that, one foot, may have foot drop, in this weaker, is that tied in your mind to this fascia, problem?

Absolutely. In fact, the first gentleman that I ever worked on, who had EMS, we were we were going back through his history to find out, you know, what was what was this journey for him like?

And it started with, fibula fracture. So he ended up walking with a cane, to compensate when he had his fracture. But he never got off the cane. And so, you know, ten, 20 years later when I saw him, that was years ago.

I can't remember how long it was from the fracture to when I ended up seeing him. And diagnosis of M. S., but he was he never got off the cane. So he was so twisted in that forward alignment and his breath was strangled.

So he was hardly breathing. His body was very rigid, very cold, feeling very, spongy. The tissue. When the tissues alive and healthy, it you should be able to palpate it like the calves.

They should be easy to, palpate where again, if you feel people with Ms. Parkinson's, most of these autoimmune issues, they've got very, very hard rock hard calves and that's there's no life getting to them.

So again, now your foot becomes a bit of a club instead of an incredible 26 bones that can manipulate different landscapes and, and push off and do phenomenal things.

It ends up just being this base of the body that we really don't pay any attention to. And then that affects again, everything up the chain. okay. So, we're liberating the toes.

Literally the fingers. we are doing this sort of interesting exercise. could you describe that again where you're going to. Yeah. Yeah. So you can take your finger or a pencil.

and basically you're putting pressure just like this. If these were my toes, I'd push down. So the hands you can do with with ease just by using both hands.

And you can, you know, do both hands at once with the toes. You'll want to do one toe at a time. Put pressure and it won't take much to feel pain. Let's just get to the between the the second and the third area again.

And then we hold. But we want to hold for three minutes because we can't rush melting. And our goal here is that we're melting the adhesions that have locked our lower body in this negative alignment.

So the act of pressure over time, combined with focusing on that diaphragmatic breath, which is like turning on your body's furnace, we start melting through these infusions.

Deannau2019s Personal Healing Journey and Block Therapy

We create more life into the feet, and then we start changing our gait. And then as soon as the gait starts changing, stress becomes minimized throughout the rest of the body.

And then we start to feel those changes. in, you think that we may will see changes as early as a couple of days of making this. Wow. Yeah. Yes. That that is remarkable.

so, this is so, so helpful for people with back pain. I know some people also have difficulty with their hands

developing hand weakness. Could we speak a little bit, for those folks, because it is so hard.

if you develop hand weakness now, it becomes difficult to write, difficult to type, becomes it can even become so difficult that it may become difficult to, to feed yourself.

So let's talk about hands, because hands are such a vital part of, of quality of life. Yes, they sure are. And that really comes back again to that understanding of that proper alignment of anatomical position when our when our palms are forward, just even just sitting here, if everybody could just turn their palms forward.

You notice when I do that my ribcage lifts. And as soon as it lifts and I turn the humerus bones into that correct alignment, now I open up the channels for flow to the hands.

If I'm compressed in my ribcage, then my arms internally rotate. And now I'm blocking. I'm blocking my lymphatics and blocking the channels for blood and nerve flow into the arms, my hands.

And just like the feet, the hands end up patterning based on, you know, whatever we've been doing throughout our life. So like the do trons, you know, this again, this isn't a function of an issue of the hand.

The hand is the response to the collapsing of the ribcage, which is also a response to the migration of the feet. So, you know, if I had a if I had a towel and it was perfectly flat and then I started twisting it in the center, you're going to see the corners of the towel coming in toward each other.

If I want to bring that towel back to being flat, I can't just untwist the center. I also need to pull the corners back so it's ironed out and it's flat again.

So again, understanding how to release those adhesions through this space and then on that new space, through understanding proper alignment, that is what we can do to improve the function of our hands.

And again, this is a really helpful trick. another thing we can do is if you have a hardcover book, because again, the wrist like the hands, now they've got 24 bones.

So they're these beautiful articulating, creatures, but yet they end up becoming hard and frozen and they don't have that same mobility. So putting a book underneath the sacrum, underneath that low back bone, and then sandwiching your hand between the book and the sacrum, like right at the wrist or the palm and holding for three minutes.

This helps to increase the energy and melt the adhesions in this part. So that, combined with working the fingers, is a really efficient way to open up the hands.

We have a whole program that addresses the entire body, but these are just some things that you can start with right away, just to get a sense of. What might be possible.

Actually it is, yeah. Wow. and so how long have you been doing all this Deanna? Since the since 2000. This is when this whole journey began for me. okay.

and you have your own interesting, healing journey that got you into, this fascia release. I sure do, yeah. I was 30 years old at the time. I had been an athletic therapist already for five years, trained to work with professional athletes.

And the harder I was working with my body, the bigger I was getting. I was 50 pounds overweight, struggling with anxiety, depression, chronic pain. And in this one moment, I was having an anxiety attack.

And it was the anxiety attack that was the seed of everything to come. Because in that minute I thought I was going to die. My breath was frozen. So for some reason I intuitively dove my hand into my abdomen.

I had already been an athletic therapist for years, so focusing on deep tissue work. So I'm very familiar of what scar tissue felt like. And here I am.

The first thing I experienced when I put my hand there was pain, but the pain connects me to my exhale. So now I'm like, okay, I'm breathing, I'm going to live another day.

But then I just started intuitively moving my hand through that tissue. And it was fascinating because it felt marbled with scar tissue, even though I hadn't had any injury or surgery in that area.

And then I thought, no wonder when I'm coming home from a five mile run dripping wet with sweat, my belly still felt cold. So I was having these moments as a result of this anxiety attack.

After 45 minutes of working on my my body that first night, most importantly I felt calm, which was not my normal. Next day I was excited to get back home and do it again.

I did after the second night of work. When I stood up, I felt taller and I went and I looked at myself in the mirror and I literally began to cry because my belly was flatter than it had looked in years.

And I was doing the 400 sit ups a day. The the running, the aerobics, the type of weights, I mean, all of it. And the harder I worked, the harder my body got.

Not in a good way. The more congested and thickened and and bigger I got. So within two days of seeing this wonderful change that became my new process.

So every day I came home and after two weeks of doing this work, my chronic low back pain was going away. My neck pain. I started slipping my patients onto their backs.

I'm doing this in a similar fashion, and that was almost 25 years ago now, and along the way, continue to learn and develop further and further. So Block Therapy is the self-care version of what I.

Like this this, is just so, so, wonderful. Deanna. and, no, all of our listeners, I'm sure you're curious.

Where to Learn More and Closing Remarks

You're like, okay, I'd like to get more fired up in all of this. and I believe you created a gift, that, again, I want to encourage all of you, to be sure that everybody should download this and check out this gift.

because in that gift, you give us some guidance on how we could begin exploring, Block Therapy with that stuff that we have at home. Using a rolled up towel. So there's nine classes in there.

And with this, this series alone that you can download and begin right away, you're going to feel it. You're going to notice. You're going to learn how to breathe, where the breath should come from, and also how to open up the channels on the body.

And it will give you a very good deep understanding of fascia decompression to see if there's something that makes sense for you. Okay. Now, Deanna, do you want to tell our listeners where they can find you?

to learn more about all of this? Yes. My website is blocktherapy.com. And that was all too fast. Go through that one more time. Website is. blocktherapy.com.

And if anybody happens to be on Facebook, a beautiful place to go is my private Facebook community. I have over 15,000 members and two of my therapists that man the group.

But what's lovely is if you go in and you ask specific questions, you'll have the members responding. So it's a lovely place of support and understanding about this work.

Okay. Block Therapy Community. Sorry. On Facebook. Okay. Well, excellent. Thank you so much. This has been, really, remarkable. And I'm going to do some more, work on my feet because I realized that I've been having a little more back trouble lately.

So I need to get back into, taking care of my feet. Better. So thank you, Deanna, again, thank you so much for all the wonderful work that you were doing.

Thank you so much. It was a pleasure.