Introduction to Fascia and Fertility

Deanna Hansen, you are a pioneer in the field of fashion decompression for a physical and emotional transformation. With more than 20 years of hands on clinical experience, you created block therapy that's trademarked and at home fascia release protocol to relieve chronic pain and disease, encourage healthy detoxification, and reverse the aging process.

I'm so excited to have you here for the Super Fertility Summit. So that we can talk about how fascia is related to fertility and how fascia is related to reversing reproductive aging, which is a topic that we love to focus on at the Fertility and Pregnancy Institute.

Since so many of our mamas are coming to us to have their super babies later in life. So, Deanna, welcome to the Super Fertility Summit. Thank you so much for being here. thank you so much.

It's an absolute pleasure to be sharing with your community. Thank you. This is going to be an incredible conversation unlike anything else that's being featured in the summit.

And I think it's a conversation that isn't had enough and that people are not aware enough. And so I'm really excited to be able to bring this to the super fertility summit.

So I love to start from the end and ask if there's one thing that you hope that the mama dada person of every gender listening to our voices today will take away from our discussion.

What's that one thing. To prepare your body before the most amazing event creates such a different outcome, and to be able to understand how to truly access, sell health to prep.

It's it creates magical changes in your body, in how you feel, the experience to be. It's all about understanding the fascia system and how to truly support this through melting adhesions, releasing scar tissue, and optimizing proper diaphragmatic breathing.

That's what facial decompression, which I'll be sharing a lot about, is about. And I'm so excited because giving mothers this opportunity to prep their body prior is a very exciting, change that people don't understand yet.

And that's really what I'm excited to share with you here. I'm so, so excited. All right. We I there's so many things that I want you to dive into. I would love to hear you talk about the relationship between fashion and fertility and pregnancy outcomes.

How Fascia Affects Cellular Health and Detox

And then maybe we can go a little bit deeper and talk about the relationship of fascia to cellular health and the relationship of fascia to detoxification, because I think most people understand or if if they're looking deeply at fertility and pregnancy, they're understand that cellular health is important, especially as we get older and they understand that detoxification is important.

And also especially as we get older, for fertility and pregnancy outcomes, as well as the health that we're passing down to our super babies. But I don't think that people understand the links directly between from fascia to fertility, and then through these pathways of cellular health and detoxification.

So I'd first love to share what fascia is and how it's impacted by external forces, and then how that impacts our reproductive health. So we have trillions of cells in the body.

And one of the roles of the fascia is to ensure that we keep those cells in correct alignment, because if we do, there's optimal space in and around the cell.

Space allows for ease of nutrients into the cell, as well as ease of waste to be removed from the cell. So as long as there's space, there's flow. As long as there's flow, there's health.

So no matter what we're talking about in the body, that is the reality. And especially when we're talking about reproductive health, we want to ensure that the body has the space so that there's ease of the transition going from not being pregnant to being pregnant, and then through that whole journey, because space allows for that elasticity, but also for the structural component to be supportive.

So fascia is comprised primarily of collagen and elastin. And this creates the structure as well as that flexibility mobility. Now the challenge we have is gravity.

Is this constant force pulling us down. But it doesn't pull us down in a linear fashion. We're dominant on one side, so we end up spiraling down toward the Earth as we age.

So this is really important for the mother. That's a little older because the older we become, the more gravity has impacted our fashion system. So as we start tipping off balance because we are dominant on one side, we're sitting in front of computers all day.

We're not conscious of proper alignment and proper breathing. The collagen component of the fascia starts to migrate. So as I'm right handed and 70% of the population are typically what will happen is I will shift my center of gravity over to my less dominant side to keep that dominant side free for action.

Now the fascia here to support us. So as I start tipping, what happens is the collagen migrates to areas to create building blocks or structural support.

So I don't tip over. But like scar tissue this creates blockages to flow. So if that doesn't get resolved through changing postural alignment, they continue to build up and add up.

And the denser we become as a result of negative alignment, the faster gravity keeps manipulating us. So talking specifically about the alignment of the pelvis, whenever I'm looking at a body and I'm doing an assessment, I always look at what's going on in the feet because the feet direct what happens up the chain.

And fascia, well, those adhesions in the fascia will gripping adhere to bone with a force of up to 2,000 pounds per square inch? That's an incredible seal.

It's a magnetic seal. So as I start tipping off balance, my my entire fascia structure starts to migrate in order to support me standing upright. So if I'm incorrect alignment and my feet are underneath my hip joints, my hip joints sit properly in the pelvis.

But what I see in people is we always have one side that acts like a flat tire. So one leg pulls away from alignment, the other side anchors. So if you translate what that's doing in the feet to what's going on in the hips, now we're getting the hip joints, migrating inside the pelvis, squeezing the life out of the reproductive organs, creating adhesions in this area and creating stagnancy.

So this is problematic when of course, we want this area to be open and fluid and healthy so that we can become pregnant. So the goal and the work of facial decompression is to melt the adhesions, pump life into that newly created space, and then also understand proper postural foundation so that we can support proper cell alignment.

And then again, if there's optimal flow, cells are happy, they're not hungry. They're also clean cells that are or a body that is riddled with adhesion and scar tissue.

The cells become starving and dirty. And that's not what we want. That is such incredible, incredible information.

And there are so many places that I want to follow.

One of the things that came to mind for me was your discussion of gravity, and how gravity is pulling us down more and more as we're getting older, and the denser we become from these patterns that we hold in our body, the more gravity's pulling us down.

And it made me think about how pre-term labor and preterm birth are more common among older mamas, and also among mamas who use IVF.

Gravity, Alignment, and Reproductive Health

And it made me think about how this and we actually I've done a ton of studies on pregnancy and preterm birth, and we actually don't fully understand what initiates labor and therefore how to prevent preterm birth.

But it occurs to me, as I'm listening to you, that one of the pieces that we're clearly missing in the scientific community is the is this this physical aspect, structural aspect of fascia and, and the gravity pulling, pulling us down as we're getting older.

That may be a contributor to the higher rates as we get older. So that to me is really, really important that we need to go and do some studies on that.

And it's so, so incredible. And then I also am thinking a lot about the adhesions. And in there and specifically in the reproductive organs in and around the reproductive organs and, endometriosis and, and, and maybe even related to fibroids.

And so I would love to hear you talk about how we can use our understanding of fascia and creating that space and clearing out the adhesions to take some of the ability to affect endometriosis into our own hands.

Now, obviously hormonal and hormonal imbalances have a lot to do with this nutrition, the microbiome. So there are a lot of things that we can do, but these actual structural aspects are really important as well.

Can you tell us a little bit about it? So my my view of endometriosis is when we are perfectly aligned with every cycle, our body is releasing the lining.

However, if we're not correctly aligned, we don't have gravity assisting us to release us because there's a twisting in the pelvis. So now you know. And that's why we, in my view, why we cramp.

Because the body is trying to push out what it's trying to release. So if it's not coming out with ease, then the body's cramping to create that additional energy to move it out.

Now, what I see with people with endometriosis is there's so much congestion that there's a migration of this uterine lining. And as that isn't released every month, it keeps building and building and building.

And this old tissue that's not properly released now, it's attracting foreign invaders to come in and to take home here and creating problems. And then dirt, debris also gets trapped, which can be part of the cysts, the fibroids.

If we can't have that optimal flow of release, things get stuck and trapped and held within those adhesions. So the goal of faster decompression is to get into this space and to heat those adhesions, to melt them, and to create enough energy through understanding proper diaphragmatic breathing.

Because this is really the foundational component is the breath is it okay if I talk a little bit about the breath right now because and how everything.

Yes please do. Okay. So we want to have a container that functions optimally. And I'm just going to bring my camera down here for a moment. So the diaphragm is a plate of muscle.

That's the foundation of the rib cage. When it's working properly when we inhale it moves down. When we exhale it lifts. And if working we're getting this continual mechanical action to your organs.

And through here, if this is strong it's a support for everything above. The challenge is pain. Fear and stress causes us to reactively hold the breath.

We're still going to breathe anyways, but we're going to end up breathing through the muscles of the upper chest. And if that's not resolved, this muscle becomes weak.

And then this is what happens. We come crashing down into the pits, and as soon as we do that, all of the weight of everything above displaces the internal organs.

And if we're breathing up here, we're also not getting this mechanical action in through here. So this area becomes cold and frozen. So now normal processes can't function properly.

We can't digest, we can't absorb. The liver becomes cold so it becomes clogged like fat at room temperature. Butter at room temperature is a solid. We need to create heat in the area, and the mechanical aspect of the breath creates a beautiful heating.

Also, when we are diaphragmatic breathers, we feed the body up to six times the oxygen, not because we're pulling that much more air into the lungs because we're directing the oxygen to the receptor site at the base of the lungs.

And then also we release the majority of our toxins through the full conscious exhalation. And just as a little fun side note, the full exhale is the counterforce to gravity.

So we have a very different opportunity to direct what happens to the body as we go through time. Then what we previously thought.

Endometriosis, Adhesions, and Diaphragmatic Breathing

So when we're feeding cells, oxygen cells are like a fully blown up balloon. They're round, they glow, they almost defy gravity. But you take half the air out of a balloon.

Now it's a wrinkly piece of rubber where dust and debris get trapped in the creases. So if we're not conscious breathers, that's what's happening to our cells.

They're starting to deflate. And as we deflate, there are structural changes that happen within the fascia and the whole body structure. And again, those adhesions, they get created and the dirt and debris gets trapped.

So with this process it's really about releasing the negative impact that is held in the diaphragm. It's like we have a frozen diaphragm like a frozen shoulder.

So we're basically told the cells are starving and the cells are dirty. So by releasing the adhesions throughout the whole body and we have to look at the whole body because there's cause sites to our issue site.

So if we just go to the area of concern, we're never going to get the results that we want. We have to look at really what's going on with the limbs. The limbs are the puppet masters for the core.

So if we only address the core, as soon as you start walking, your legs and feet are going to pull you back into that negative alignment. And those adhesions are going to continue to develop trapping debris and causing those cells to be starving.

And if they're starving, they don't have the energy to do what they're supposed to do. Oxygen is the most important nutrient for all cells, and especially if we're wanting to grow life, we need to be able to feed these areas properly so

that we can have the best outcome and the healthiest children on this planet.

And I love that. The healthiest children on this planet. That's such a good addition to our definition of super babies, because they really are among the healthiest children on the planet, and I'm so thankful for that in mind, body, and spirit.

It's so beautiful. I remember years ago I read something that was a quote of J. Lo, and it said something like, before 25, you have the face that you were born with, and after 25 you have the face that you earn.

And I had never heard anything like that. And it took me a little while of thinking about it to understand and then I realized that as we get older, the face becomes stuck and our primary expressions are primary moods which are reflected on our faces.

And the same thing is true of the body. You can see so much of someone's state of mind, personality and mood locked into their body. And I'm sure you're absolutely a pro at this and we are all aware of it to some degree.

And so these blockages that happen, even though they are very mechanical and structural and concretely physical, are often a reflection of our internal state and the, the, the thoughts that we have on repeat, the psychological habits and moods that we tend to tend to lean toward in life.

And so I think it's really interesting to think about how we don't have to stay stuck in those places. We can become consciously aware of them. We can physically work them out.

And that that can really also have this incredible feedback loop with what's happening on the inside of us, not just at the cellular level, but how we're feeling in terms of mood.

And we've seen that right posture correlates with different hormones and how confident you feel and all kinds of things. And I think that that's a beautiful place to focus for exiting the stress and emergency of feeling like I'm I'm not I'm not successfully getting or staying pregnant or I'm afraid I won't be able to because of my age or because of an endometriosis diagnosis or PCOS or anything else.

So you, you give, a new kind of information and hope that is so tangible and so practical. But as a scientist, I understand and I know you as a practitioner understand the ripple, the powerful ripple effect that what we're talking about has in that the mind and the body.

So thank you so much for that. I would love to hear about the importance of fascia during pregnancy. So we've talked about how critical it is in the prime after leading up to conception for our healthiest fertility, for our healthiest cells, which are the foundation of our fertility, our healthiest genetic expression.

But when once you're already pregnant, what does that mean for the health of the pregnancy, the health of the developing baby, and also what it means for when when the baby emerges?

Because I know you've made some interesting observations about how babies have changed in response to our modern world, and even just very recently. Can you share a little bit about that?

Yes. I love this conversation. I read years ago when I was studying to become an anchor yoga teacher, that we are born into this lifetime with a signature posture, and the goal of this lifetime is to break through that signature posture.

The way I see that is we are born into this lifetime with our mother's breath, and lifetime is to change that. So the mother of my generation, I'm 54 years old compared to the mother of today who would, let's say, 25 to 35 years old, and that whatever the age range is very different in posture because I did not grow up in front of technology.

So, you know, we were out hanging from trees when we were playing like it was a very different world, very different world from the perspective of toxins and, and convenience and, and just how we live in general.

So the mothers of today have grown up with this negative collapse from being on their phones, growing up in front of technology as well as all of the other things that were, you know, confronted with from just the dirty world that we live in.

So now the babies aren't coming out breathing diaphragmatic. So in past, you saw their bellies rise and fall so beautifully. And not that there aren't some that still do, but I've seen so many babies now who don't have that natural breath.

So from my generation, we lose it over time because pain, fear and stress cause us to reactively hold the breath and gravity kicks in and we keep getting more and more compressed where the babies are coming out, not breathing properly so their development is hindered as a result of that.

Fascia During Pregnancy and Baby Development

So as the mother going through the journey, what we want to understand is how we can really support our proper diaphragmatic breath that puts us into that parasympathetic state.

That's where we heal, where we rest, and where we're calm. If we're breathing in this stressed upper chest breath, that's what your baby, as it's growing, is going to be adopting as the breath coming out.

So the baby's going to be coming out into the world already with issues with anxiety. And then you put on the stresses of life from that moment going forward, it's going to be able to really support that proper relaxed breath as well as understanding proper alignment, because we want to be able to grow symmetrically.

And if we're collapsed on one side, that's going to affect what's going to happen as the baby grows. And maybe that's why they come out with a scoliosis, because they're already twisting and, and flipping in the womb.

So first steps out of support. Your own body, structurally as well as with breath will give you the best outcome. Once you are pregnant and to to manage that pregnancy going forward.

It is so beautiful and it just every time we have another conversation, it is just a reminder of how interconnected we all are and how interconnected all parts of us are.

So we always talk about the fertility and pregnancy system, that it is a complex network. It's not just in the ovaries and and the these conversations just really, really bring that to the forefront.

And I hope really leave people with the understanding that you are fertility is affected by so much more than we realize, in so much more than the traditional approaches are looking at and assessing when searching for the problem, which is why such a large percentage of fertility challenges are called unexplained in fertility, because we need to be looking in a much broader way at this system.

So and you talked about the, the positive side or, and basically the root causes. Right. So if you're just looking at where the symptoms are showing up, you're missing the cause.

Sites are the root causes. That's so, so beautiful. I would love for you. So I'm thinking about so many of our mamas. I'm going to just, think of one case study as an example.

So this is a mama who came to us in her 40s, which is standard the average age at first birth of our FPI prime minister mamas is 40.6 years old, as compared to 26 years old in the United States at first birth.

So almost 15 years. So, and she came to us in her 40s. She'd been trying for six years. She had very severe and meet process and fibroids and had, I think 7 or 9 uterine surgeries.

So she had a lot of had to have a lot of things removed. But then the surgeries also left her with a lot of scar tissue. So she had she had only gotten pregnant twice, miscarried both times.

And the rest of the time that she was trying it was never able to get pregnant, even with fertility treatment. She got pregnant immediately upon finishing her prime minister, stayed pregnant, has a perfect super baby girl and yeah, I think about how she went into pregnancy with so much fear because she had so much scar tissue and she had to have a plan.

They planned her C-section from the very beginning. They were not going to allow her to give birth vaginally because of all of the things that had been going on with her uterus leading up to her natural conception.

What what would you do with this was a this is a beautiful success story. And is one that we can replicate over and over again. And yet I feel like with the addition of a tool like this, there is, a greater level of mastery in the body and certainty in the body.

So I would love to hear if you are looking at this mama, when she first got her positive pregnancy test and she was so afraid, like, am I, first of all, am I going to stay pregnant finally?

And then once I stay pregnant, you know, first of all, I'm a woman of color, and women of color are so at risk giving birth in the United States of America.

I mean, at the time that we're recording this, it's black, maternal Health Week, and we we know that up to 80% of maternal deaths are preventable. So women of color often go into pregnancy with both with a combination of delight and also fear because of the system around them.

Right. But what would you say to her about having the confidence that her uterus and her body can do what it's it's made to do?

Fear, Healing, and Building Confidence in the Body

I just absolutely love this question. It's so beautiful because I teach people where we're trapped in a pain fear cycle. It's not the problem, it's the fear that we attach to the pain.

That's the issue when we're breathing through the muscles of the upper chest, we're actually connected to a stress frequency in the brain, which connects us to thoughts of past and future, which aren't real.

I like using the acronym of fear false energy Acting Real. When we start connecting to the diaphragm, we bring that frequency into a lack a relaxed phase.

We turn on the vagus nerve, we bring the body into that rest and digest mode, where we actually have that potential for healing on such a profound level.

So the first thing I would share is that we have this inside of us to really bring us to the space of calm, and to take that fear out of the equation.

Yes, we have pain. Pain is pain. Is the baby crying pain is the language of the cell. We don't want to squash that, but we want to know what to do with that.

And then from there, I would be wanting to address the foundation because the foundation, her feet, the way that they're going to be splaying away and creating balance is going to be creating those adhesions up the chain.

And when we don't have proper breath, our body becomes cooler overall. And so that frozen area in the pelvis, we need heat to create life. If we're cold because of scar tissue riddled throughout, there's not that energy in that space.

But this process melts those adhesions and melts through scar tissue. So it's all about understanding magnetics. When we have magnets far enough apart, they have no attraction.

Pull them close together and they seal with a force. Try to move those magnets apart by pulling them apart. You can't, but you can share them apart. So the process of what we do is we teach people how to get into the tissue and move through the way.

Basically, we were, developed through the Fibonacci sequence. Everything develops through the sequencing of numbers, as does how we age. So when we can move in through the tissue in a spiral pattern, as we teach you, we melt through those adhesions, we melt through that scar tissue, we teach you how to connect with your proper breaths so that you pump that lifeforce into the space.

And then everything changes. And the lovely part is you feel it right away. As soon as you understand how to connect to your diaphragm and you start bringing this breath in, you feel calmer, you feel lighter, you feel more aligned.

And then it's a journey from there. But it's an efficient journey, and we make it really efficient by looking at the body from all the different aspects that we need.

As far as those concepts, which really is the limbs, so we can best scar tissue and issues at a distance and work our way up toward that space, especially if there's a lot of fear around that space.

So it's a very controlled, lovely protocol that empowers you because you understand immediately I'm not afraid. I I've got control. Pain is pain. But as women, I mean, we're so adapt to pain.

It's like the pain is not the issue. The thought of what does this mean for my future is really where we get tied in. So we pull that fear out of the equation, and now we simply have a roadmap.

And pain is the roadmap in to a healthier body. And it's not scary. And the lovely part is pressure overrides pain. So the pressure fibers are larger in diameter than the pain fibers.

So when we do have a lot of pain, simply adding pressure in not rubbing, we don't want to rub the surface. We want to apply pressure. Just like if you were holding your baby and comforting your baby.

You hold, you hold near your heart and you might rock, but you don't rub, you hold. And so we want to look at our cells like all these little babies that are here to allow us to thrive.

And if we can treat our cells with the same love that we would treat our baby, then we can make some huge advances very quickly in our health. So, so beautiful.

One thing that I was thinking about when you were talking about how when the breast is not, full it when we're not breathing from the diaphragm, the body becomes colder and it made me think of when people are charting their temperature to understand their cycle, and they find temperatures that are lower than they should be, usually that can that's an indication of a thyroid condition and a hypothyroidism specifically.

So it made me wonder if there's any link between the way that we're breathing and thyroid function. And I'm sure that there is true oxygen and other pathways, but that's a really, really important information, I think, for anybody who's listening, who has any issue with their thyroid.

I have loved this conversation so much, I feel like I want to ask you one more questions. In the interest of time, I will wrap up with two questions. The first one is if there was one thing that you could tell, a woman, man, human to do to take care of their fertility and their future.

Super baby, what would that one thing be? And then my second question is, what does super fertility mean to you? Like, what's the the feeling that it evokes for you?

Diaphragm, Thoughts, and the Meaning of Super Fertility

So the most important thing is to understand this muscle, the diaphragm. This is what God gave us to breathe with. And unless we're conscious of it, we're not conscious of it.

And then we're breathing through the muscles of the upper chest and the entire way you perceive life changes. We're literally a different physiological animal from all aspects when we breathe from these different spaces.

So giving yourself that time to learn diaphragmatic breathing and we make it simple, that would be the most important thing, if I can add one more thing.

Also, your thoughts matter, you know, like what we put into our into our minds, whether it's outward to someone else or how we think of ourselves. There's a frequency that comes with that.

We do not want to be shutting down the codons in the DNA. And negative thinking does that. The fear, wave is different than the love wave. The love wave equals our DNA, the fear wave, if you superimpose it, it basically starts shutting down the codons in the DNA.

So start hearing what you're saying to yourself and to others in your mind and change that. What we put out comes back. So be aware of those things. And to me, the super baby, I'm I'm so very excited because there's so much we can do, we can do to change what's going on and to create these.

I don't even believe for a moment that at least in hundreds of years, we have truly experienced the beautiful gift of this container for our soul and the potentials that we can have.

People say we only use 10% of our brain. I believe we're only breathing 10% of our capacity when we understand how to turn on this incredible mechanism, the diaphragm that is really the source of life for us.

It's the connection to God. What is possible for our future is mind blowing, and I'm so very, very grateful to be part of this time in the world where these things are starting to come out and we get to see and live the changes.

I love that so much. It's beautiful Deanna It's been so incredible to have you here. Thank you. Thank you for your work and for sharing this incredible information and inspiration with us.

And to all of you listening. Thank you so much for being here. And I'll see you on the next interview. Thank you.