Introduction to Kelly Kennedy and Bio-Regulatory Medicine

Welcome back to the conversation. Today we have Kelly Kennedy. You are in for a treat, everyone. Hi, Kelly. Welcome. Laura, thank you so much. I love being with you.

It's such fun. I love being with you in person on video. However I can get some kelly in my life is is amazing so thank you so much for being here. I want to make sure our audience knows how significant this conversation today is going to be.

Now, you are an expert in bio regulatory medicine and people may wonder, what the heck is that? In the way I like to describe it is it's the grandmother of functional medicine.

You know, American functional medicine is lacking. And somewhere along the way, a lot of knowledge was lost in somehow simplifying functional medicine.

And you really practice bio regulatory medicine, which encompasses everything, all the missing pieces that have been lost along the way. And you are an expert in lymph and fascia and this is another one of those things has been lost along the way is how important are lymph system is in helping us heal symptoms and chronic conditions and mitochondria as well.

And in fact, it's so important and you're such an expert in it that you're known as the Limp Queen. And I was wanting to be a queen, Laura. Always, I guess.

Oh, me, do I? I tell my clients all the time to go find you on YouTube when they want to know how to support their link system. I say, You know what? Just go.

Go watch my friend Kelly Kennedy on YouTube. She'll teach you how to get your own lymph moving. And you also have a podcast, The Beats, with Kelly Kennedy.

And you also have a brick and mortar place where people can come to you in Pennsylvania, the true wellness center. So today we're going to go deep into lymph.

And I'm really excited for the people who are listening because they're probably going to have one of the biggest breakthroughs of everyone watching interviews on this summit.

So as we jump in here, can you give us an overview of lymph and fascia and as known as the body's terrain? Why or why is this important in this conversation about mitochondria?

So I got chills both like when you call by regulatory medicine the grandmother of I really appreciate that your take on that Lauren getting to know you and understanding your mission and functional medicine and wanting to broaden that and get better results for clients.

That's how I ended up with by regulatory medicine because I want to read better results for me selfishly and for the clients that my husband was getting results for, he was the first person that I ever got results with in my own chronic case.

And as we started to research how to help other clients get more and more and better results, we ended up in this bi regulatory approach of understanding the medicine, the science behind what he was doing in vibrational therapy and getting results for clients.

I needed to understand the medicine. I like. Microscopes that shoulder. And I like looking at quantitative

assessments and I like to feel and touch things, but really there's a lot of unseen things that we're dealing with, right?

And understanding terrain is understanding the spaces between the cells and a lot of functional medicine. Allopathic medicine is based upon blood. And looking at blood is important.

I'm not saying it's not, but it's we have three times more lymphatic fluid than we do blood and it's all held together by the fossa. And when I looked at terrain medicine and I looked at my own case and I looked at all the clients cases, I'm like, everybody's got fossa issues, everybody's got lymphatic issues and so forth.

They can't detoxify because they're not draining.

Why Terrain Medicine Was Left Out of Functional Medicine

And the system needs to drain the toxins more than it needs to detox. Because the, the the spaces are filled. There's nothing the cells can dump into.

And everybody wants to energize the cell, right? They want mitochondria. They want energy while they're walking around with sluggish bags of toxicants and pathogens and emotional traumas that are trapped essentially in the fashion.

The lymph the lymph is the fluid part of our body that will change. We know that fluid. It changes its form. And it's very like plasma. It's very morphic.

It'll change its form and its shape based upon the environment it's in. And then the fascia, which is the electrical fabric that really encompasses every aspect.

And we start off as a tongue and fascia embryo logically as we're developing and throughout our life, a lot of us are told it's the skeleton that gives us our structure, but that's wrong.

It's our fascia. And the bones are actually floating inside the fascia, which is holding the structure with collagen fibers that a lot of people know the word collagen.

So everybody wants college and you want good skin, good hair. You give yourself a lot of collagen. And collagen holds the minerals and the water and it's the irrigation.

The water irrigation system is your fascia that when we move it hydrates and it pumps just like our lymph. As we move it pumps it does it pump like the heart is known to pump and the lymph in the fascia, if they move well and oxygen and water can get to all the places and the spaces in between the organs, in the cells and in all the joints where it's more highly concentrated.

Then we have good flow and we receive information, we receive nutrition, we receive light because light color and sound is how the cells communicate and how we communicate with our environment.

And that fascia is like the antenna to hook into that information around us and to receive whether that's oxygen, nitrogen, hydrogen, all the things we need from breathing in water or it's vitamin A and vitamin B and the mineral components that we need when we eat our food, can our body take that in and then let go drain out what we don't need?

Because a lot of times in our food, we've got aluminum. Even if we're eating organic, we've got all sorts of genetically modified things that the body doesn't recognize, even if we're eating an organic diet.

It's just insidious right now in our environment. So being able to allow the body to take in what we need and let go of what we don't need is considered proper adaption or proper regulation or proper compensation.

And that's what terrain medicine is really about. It's the regulation, the ability of the body to properly compensate, using our autonomic nervous system, our sympathetic and our parasympathetic, and my own fight flight, or in my digest recover and how well the body receives that and shifts between those gears is dependent upon how well the fascia and the lymph are flowing or not flowing.

Because when we get back up in the fashion the lymph, that's when people see symptoms. So we don't chase symptoms. We look at causative agents and why the body's not draining.

There's your very long winded answer, Laura. This is so good. So I have. I just want to have dialog here and you might not know the answer to this, but what's coming up for me is how is it possible that terrain theory and terrain medicine was left out of functional medicine modality when it was introduced to the United States and to, you know, Australia and to, you know, other developed first world countries in Europe.

And, you know, a lot of it came from Germany, German functional medicine, of course, but when it came to the United States, why was this left out? I mean, this is just brain boggling to me.

You might not know the answer. No, I do. I honestly do know the answer as not being a doctor. Okay. I start off pre-med at Cornell. I wanted to be a doctor. I got a car accident.

My father had harsh senses. That's how this whole thing started. I started. I just kept searching, searching till I found answers. I found who's now? My husband, Ion, who did all this emotional vibrational work.

And then I started to find this group in Europe. We had run a practice for 18 years and we've helped more clients out of the medical model of taking pharmaceutical drugs and medications than ever.

And I love the concept of helping people get off of medications and changing their lifestyle and changing from from pharmaceutical drugs to supplements to.

But the causative agent is what never got uncovered in functional medicine. It just became a switch.

Symptoms of Sluggish Lymph and Fascial Rigidity

I call it honestly, green pharmacy. It's no different. It's symptom suppression. It's not causative agent root cause oriented, because when you turn a case around, you don't become dependent anymore on the medical system.

And that independence isn't desired for economies that are based upon control of the people. Did you really want to go there? Because that's the answer.

Well, yeah. I mean, I do want to go there because in my so I spent, you know, 21 years working in Western medicine. I retired from that finally last November, about 15 years.

I know huge. And about 15 years into my career, I learned about functional medicine. So I immediately did what most American functional medicine practitioners will do.

I started studying with the AFM and working towards a certification there and then realized once I started talking and meeting people like you that Oh, there's this huge thing missing by regulatory medicine is missing out of our functional medicine training here in the United States.

And so then I went down the bio regulatory medicine hole and started studying that. And so people always ask me like, what certification do you have? Laura It's like, it's not about a certification.

It's about who you learned from, who did you train with, who did you train with? And so I, Mike Hurt. My whole journey to functional medicine has been me mentoring with individuals who have all the answers that are missing from the big institutions like IFM.

That's right. And there's not been a lot of money to back up regulatory medicine because it's truly just heart centered practitioners that want to get results that have had our heads down.

I mean, I didn't know what a podcast was three years ago, to be honest with you. Yeah, I just we we didn't have a sign in the front of our office for 15 years because of the medicine we were doing in the medical doctors that were here, that we wanted to protect them because it's out of the box.

And it's it's actually practicing medicine, which honestly isn't allowed in the United States. They want you to follow this program that's approved by the insurance companies, that is dictated by the the schools, which is run by the pharmaceutical companies.

So the insurance companies and pharmaceutical companies are dictating what doctors are and nurses and nurse practitioners are prescribing if it's outside of that, outside that rule those rules, then you're in trouble.

And I have a lot of friends that have lost their licenses in the States in the eighties that were doing this medicine and they were holding space for it, and they were kicked out of this country.

And so it's been hard to hold this medicine. And I would say it's truly the heart center practitioners that maybe aren't the most brilliant marketers and entrepreneurs because they're a bunch of frickin science geeks that put their heads down and wanted to help people get better and didn't care how much it cost or didn't cost and kept searching.

Because when somebody walks into our center and they're like, Oh, I've been told my body's broken and I don't, it doesn't work anymore. And I'm destined to live this way for the rest of my life.

I sit there and go, hut! And even what God wanted, I'm sorry, I it was down to right. And many of our viewers have worked with a lot of functional medicine practitioners and they're also not getting results.

And that's because a lot of functional medicine is just switching one medicine cabinet for another. And they're like, like you just mentioned, they're looking at blood levels, but not necessarily diving deeper into terrain.

So I'm going to get deeper in Olympia in just a second. I know we made the Segway, but I just think it's really important to say right now for the viewers watching, if you're interested in working with a practitioner or from a bio regulatory perspective, there's a few of them scattered on this summit, and I want to call them out for you.

So myself. Kelly Sinclair, Kennealy, Christine Shoffner, all of these people are have a talk on the summit. So I would find those other talks and listen to what they have to say because they all come from the same framework of terrain, bio or regulatory medicine.

So I think it was really important to unpack that because because I know when I said, you know, you are an expert in bio regulatory medicine, I think people are like, what's that?

Yeah, what's that? So and that's why Christine and Sinclair and I became friends because we didn't know each other until the last four or five years. And I have done this for 20.

Christine signed up for 15, Sinclair for about the same. I'm a little older than the rest of them, and essentially I'm like, Where have you been my whole life?

Where are you? Ben because I feel like I've been holding space for this medicine in the United States by myself, but it hasn't been. And it's beautiful that now all this collaboration is happening, that we've connected because of this beautiful, advanced technology of the Internet to bring this this world together.

And honestly, I think it's more about the divine right, the feminine envy, bringing this end to go, hey, that everything is a rock and everything has to be looked at individually, which is by regulatory medicine, which is not functional because everybody wants systems and so by regulatory is not as linear.

And from a positive perspective, we're looking at where are the blockades to healing, to get the body to heal.

Fascia, Energy Flow, and the Role of Movement

We're not forcing it looking at the organs to be functioning better. And that's what functional matters. How can I get your organs to function better?

We're looking at the whole organism and going, Are you regulating? Are you compensating your whole organism, your physical, your spiritual, your emotional, your mental as one whole unit?

Not looking at it, compartmentalizing and going, I want your liver to work better. I want your lymph to work better. We need both to work better. We need the whole system to work in unison, in coherence together, to take in life and let go of what doesn't serve us and evolve consciously as we move forward, because that's too low and that's no healing.

Absolutely. So now that we've unpacked the importance of train theory by a regulatory medicine and we've established the difference between standard functional medicine and bio medicine, I want to take it back to lymph because you are the lymph queen.

And we must solve lymph issues and we must solve liver issues and we must solve gut issues. It all needs to happen. And in this talk we're going to cover lymph.

And so what would be the symptoms of facial rigidity and sluggish limb? How would one know that this is something that is an issue? You touched on it, but let's go deeper into it.

So for this particular group that's listening to us and it's very common not just in this lack of energy, just feel heavy and sluggish sleep issues, chronic fatigue, right.

All along, the same kind of thing, if you ask me, then you got body pain. So what's it called? My least favorite word on is the chronic fatigue. Fibromyalgia. I can't even, like, keep.

It least favorite word. Your brain blocks that word out. It does like a dumb word. Because it's a label, because it's all it is. And it's the body pain that's unexplained, but it's not unexplained in my world.

It's very explained. My world, headaches, menstrual issues, skin issues, constipation, sinus problems, swollen lymph nodes, tonsils. That's pretty obvious, right?

And I think that's about it, which is the majority of people's symptoms. Right. Headaches, skin rashes, constipation, fatigue, low energy pain, not sleeping well.

Okay. Four months of stagnant. Right. And so if we don't solve this limp issue, along with your gut protocol, your liver protocol, your you know, and on and on, we've got all the things right.

Then it's going to be an uphill battle. Right? This is the person who goes to see five, ten different practitioners because they just can't get better.

And oftentimes this is underlying as an issue. So you describe fascia as the body's energy highway. Can you tell me what you mean by that? Yes. And can I back up and answer something before I get to the posture question about the lens?

So, yes, you need to get your liver. Yes, you need to get all the things. But the lymph fluid is three times more than the blood you have. 50% of your lymph is in your gut, 20% of your lymph is in your neck.

We have between 601,000 lymph nodes, let alone the the pathways that they are. What's the word I'm looking for? Like the circulatory part that goes from lymph node to lymph node, the not the arteries.

My God, I'm losing track. My train of thought here. The word I'm can't come up with right now. That's okay. But the the string part from lymph node. The lymph node you have 600 to 1000 lymph nodes, mostly where we're concentrated, where we bend 50% in our gut and 20% in our next error.

A lot of people have mitochondria. I have thyroid, I have thyroid. I have thyroid issues. Or do you have lymph congestion that's contributing to thyroid issues?

50% of your lymph fluid is made in your liver. So getting the liver to work properly is part of the one system of getting the lint to work as part of the the liver, because when the lymph starts to mobilize your toxic load, guess who gets to do the cleanup job, the liver, because it's going to circulate through all the among three organs.

And then we got a poop mount PM out sweat them amount and I would conjecture bleed them out but you're going to breathe out more than you're going to do anything else.

So and I also heard you say you got to get your gut in order as well, because 50% of lymph is in the gut. So yep, it's so critical. So, yes, this is the mitochondria summit.

And those of you who've been around me a long time know that I start you off with Let's fix your gut. That's what we go to. And then we layer in and build in everything else, including liver, including lamp, including all systems.

So we cannot address mitochondria diseases or mitochondrial energy production without addressing lymphatics. So now the fascia as the body's energy highway, what do you mean by that? So the fosh is the frequency fabric.

So if you think about we're an electrical system, right? We have electrical energy flowing throughout our body and we know this. We monitor this with heart rate. We monitor this.

A lot of people use the orange heart rate variability, but go back to your traditional schooling and EKG are in the electrical system of the body. Everybody agrees that the heart is has an electrical system and a plumbing system.

I mean, that is standard. Every doctor you talk to on the planet will agree with that. And we have an electrical field of energy where a magnetic field that is allowing our energy to flow throughout the body.

Okay. And that's done through minerals and electrolytes. But where how does it get pumped? Well, there's nervous system fibers, the autonomic nervous system fibers run throughout the whole body, through the collagen in the fascia.

And so there's a concept of bias and celebrity that by walking, you're creating a a physical electric effect, you're creating a stimulation to the system, which creates a shock that sends this wave, this vibration throughout the system, and that moves the frequency, the energy, and allows the electrical system to be charged.

The Pizzi Electric affect the movement of the fascia by creating actual pressure against it. When our feet move, you're creating a shock throughout the body that the way.

So we have to get up and move right. So we are sitting in our office all day long working. Yeah. And moving our arms because oftentimes we move our legs but we don't move our arms up in this direction.

And it's really important because at most, you know, a lot of workplaces, people get clogged and the lymph is up here due to modern day living. But yes, so that's how it works.

So the collagen holds the light that is stimulated with that.

Structured Water and Supporting the Bodyu2019s Terrain

Pizzi Electric effect that is traveling throughout the body and the light is how the cells communicate and that's where the electrical energy is really transferred through the bio photons and the bio saarinen's sewn ens, which is

the sound and the light that's transferred throughout the cells, which happens through vibration and it's all held through the collagen.

Collagen is a protein and protein is the most abundant thing in our entire body. And proteins communicate through light and we are light. We have light inside of our cells.

That's the divine part of us is the light. And the reason that I love Laura and the reason she likes me is we've worked on our light. We've gotten rid of the dark, the toxicants, the pathogens, the emotional components that were literally dark energy pulling us down.

And as we open up our faces, we treat our scars which scars are impasses in the fascia that create electrical in in the past and a catharsis almost that holds on to sympathetic nervous system tissue, because that's what a scar is and holds on the traumas and dramas.

And then is a great hiding place for other toxicants and pathogens to hide in. As we open that up, we allow that to flow out. Darkness comes out, light replaces it, and now we vibrate at a higher frequency because light is at a higher frequency than dark.

And so when I come across another vibrating high vibration beam, such as Laura across the room, I see her and go, Oh my God, yeah, she's dropped that gorgeous.

But she's also a beautiful energy being. And I just want to like it was like that first event where research I was like attracted to you. I was like, I want to go meet her.

She's and it wasn't, yeah, she's gorgeous, but it wasn't just her external beauty. It was the internal beauty that I feel from Laura, that I see from Laura that shines out of her soul, from her heart and her eyes.

I feel it from her. You feel it on this and that is what heals. And she got she gets brighter and lighter. We all do as we heal, because light is taking over the body and we've all been around these people where we go, I don't know.

I just feel better when I'm around them than when I don't. Because frequency never can we escape. And frequency always wants to resonate with the highest frequency in the room, and frequency is always want to synchronize because that's life.

We want to transition. And so our, our, our future, our frequency fabric holds the light and by movement allows that light to create electrical stimulation and electrical charges throughout the body, which runs the body's electrical panel that then is allowed to flow or magnify, if you will, through the through the lymphatics, because it's the the plasma, the the the glass part, if you will.

I do a lot of microscope work. So it's like the oil that magnifies that frequency into the rest of the body. And then the body can hold it as long as the water inside the body is structured.

Which leads us right to the next question. Yeah, I'm going to I'm going to I'm going to ask you about structure water. Yes. But I want to say real quick, while we're doing kind of thing, I know at the last Bio-Rad conference that you and I were at together, we actually had a lecture and we looked at the light in cells.

So for those of you thinking like, this sounds crazy, this sounds woo, no, no, no. It's actually been captured in photography. Cell with cell photography, we can see the light inside of cells and it's stunning.

But you think about, I don't know, like how snowflakes we've all seen the microscopic structure of snowflakes and how each one is individual and beautiful. It's like that in cells.

And then I believe in that same lecture we were looking at cells that were sick, you know, and contaminated with toxins versus cells that were not. And the light was very different that was, you know, emitting from the cell.

Right. And that goes right back to a Moto's work. Massimo So who discovered about the water crystals and if you talk pretty words to water crystal to water that it's going to make beautiful blah blah blah and and vita Austin's work is, is proving that as well.

But I would conjecture that the mind is limited because the mind is the mammal. It's the it's the part of us that's in fight flight the most of the time.

It's the part of us that's very physical in nature or the divine. Our hearts is more of our creator and more connected to our creator, our source and Rasmus Scout Bergen House and who created Sound of Soul?

I see it right above you. I know you're like backwards in the middle. He worked with the moto for 17 years and ran his lab and what he discovered is that not everybody could duplicate a beautiful water crystal with their mind because that mind, some of you might feel this on the on the zoom are like yeah but she says weird things sometimes like she might have thoughts up there that maybe darkened association with or an alignment with who you are like, Oh, you're not good enough. What do you mean I'm not good enough?

Well, remember when your mom said that or your teacher said that or whatever, that is often tough. This connected connected to source and that heart when is when the heart is held to water or the heart is is exposed to water, and then that water is looked at under a microscope at the -25 degrees Celsius.

Every single person makes beautiful water crystals because we are beautiful in our hearts and that structured water when we can allow our hearts to lead and flow love, it's very different.

But most of us are more ourselves in our are afraid in that dark. And that's the illness really that the healing comes from trusting. Trusting our hearts, trusting our innate wisdom, trusting the wisdom within.

You know, we're all doctors of healing. That's when you think you have the best doctor inside you that helps you heal. That is your healer. You just have to get out of the way and remove blockades to healing.

And that's about why regulatory medicine taught us. And I. I stand here will not stand here. I'm sitting right now, but I'm sitting here 26 years after I was exposed to this medicine, three years after a horrible car accident in my life.

And that car accident, I am so incredibly grateful in the time it happened, I thought it was a worst thing that could have ever happened to me. I now know and trust it was the best thing that ever happened to me because it trajectory, you know, boomeranged me onto a path that I never would have been on otherwise.

To find the true meaning and the true experience of healing and that started with the fast and the limp, the terrain, opening the bodies up, getting the flow so that the heart can open, so we can lead with our hearts.

And then figure out what we need to do with our minds. Because we know, especially women and I'm going to assume the majority of people watching us, not that the men aren't powerful.

You're amazing, but women's intuition is a little bit stronger. We've been gifted with that. That's amazing. And we know oftentimes a lot of things before we think about them and then we have to figure out why we know them.

And I invite you all to lean in on that, because that way. We call it coincidence. But really, you knew all along. You knew. And that's what when when I was broken from the car accident and I had all these medical doctors from different disciplines telling me to manage my pain, to take more pictures, and that, you know, you're just going to manage it, take these painkillers and go to these support groups and stop doing all the things that you like to do, like row and climb trees and play with kids and all the things I knew in my heart.

It just said it sat right. I knew what they were showing me. I saw the X-rays, I saw the compressed vertebrae. I heard what the doctors were saying, but it didn't settle with my system.

I just kept on. I don't know, really. I'm just broken the rest of my life. I just don't think so. I just don't feel I don't feel

like that's what I was determined and destined to be, if you will, or I don't think that's what God's plan is for any of us to live in pain and misery. I don't know.

I know common grace and I just kept finding people that and searching until I found inside me had the answers. And as we started to unwind and uncover that, I was like, Oh my God, I'm younger feeling and looking than 26 years ago.

I'm more flexible in every possible way. I have more energy, more joy, and feel like a walking orgasm. To be honest with you, I just I feel like I don't know, it gets better than this, I suppose.

But this focusing on good. You are so funny. Yeah. And so on that note, I do want to know about structured water in the time that we have left. But on that note of your own healer is inside of you, your own inner physician, if you will, your own healer.

We must cut through the propaganda and noise that is coming at us, through the TV, through like these campaigns, that you must do this to stay healthy.

You must do that to stay healthy, follow the dollar and where those recommendations are coming from. And we're not going to turn this interview into a discussion that's polarizing about right, left, right, wrong, but tap into your inner intuition and your inner healing ability and find the people on this summit who resonate with you, who can help you get to where you want to be, who have the knowledge to help you heal.

So structured water. What's this deal with structured water? What is it? Why do we need it? Why is our limp love it? And I'm just going to have you look at the time right now and make sure we're okay on time, because I know you have a time.

She already told somebody work out. Thank you. I think structure was important to talk about. And you're right, I don't want to get polarized in either.

And as I started to say earlier, my business is very it's a challenging business concept because my goal to get you out of the office, not keep you in the office, my goal is to help you become empowered and not need a supplement or a practitioner to feel well.

So that's kind of the opposite of the other business plan, and I'll leave it at that. So structured water is okay. So we are mostly water 90%. Some people would say 99% water.

When you really qualify molecularly we are mostly water though. Let's just say we're only 80% just to be safe. There's quality of water is the key. A lot of people open up their tap in their municipalities and go, Yep, I have a glass of water.

I can't even imagine doing that. I had been talking about water since 1996, just a day or so. And first you have to purify your water because the majority of water that we're pulling out of municipalities is not pure.

It's full of over 7000 chemicals. So purity is one thing. Getting your water purified is number one. Then looking at the quality of that water that's now stripped of everything isn't alive.

So we need to make it alive. How do we make it alive? We give it minerals or movement. It creates ionic exchange and helps it create an aliveness like spring.

Water is alive, right? And a spring on top of a mount. Not a spring next to the farm. That's spring was not water, but a spring maybe on top of a mountain somewhere that's, you know, not seeing humanity for a long time is a great place to get it.

And so if we get water from a spring and it's been moving, it's live and so it's energized and when you move water, naturally, it structures it. Instead of being these like misshapen geometric patterns.

If you look at my water under a microscope, it'll actually be structured in its nature. It'll have geometric patterns that are ideal. Then the next thing is to make it even a little bit higher is hydrolyzed.

You can make it so it's got an extra hydrogen molecule which makes it more available to the body and lighter. A lot of people consider that the spirit molecule of water.

So you want to look at the quality, the energy, the structure and then the budget said the water is hydrolyzed as well, but you can start with just can I first purify my water and then I can easily just regionalize it because I have salt in my house and I can put a pinch of salt, sea salt in my water that will allow it to be energized and live.

And then I can structure it a couple of ways. I can put red light. A lot of people have red light devices in their house. You can put bright red light up against the water.

I'd love to show you a wand that you can put here, but I broke my watch today. The and the lemon that you can use to structure your water. You can a lot of people put crystals on their water.

A lot of people will vortex their water to energize it and structure it. So they put it on a disk or or a a geometric pattern that will actually create structure for the water.

I have these cards I use to use bio pro. They were called and they would structure the water. They create a geometric pattern in the water. A lot of people use crystals and gems to do that, right.

If you're in the flow state, you can also do this. Hi. Thank you. Thank you for being structured and lovely and I love you so much and I trust that you're giving me everything I need and I'm putting you up against my heart to say this, and I really believe it.

So my heart and my mind are completely in alignment. I can just talk to my water and structure it, but structured water. Water holds the information it.

It's a whole rabbit hole and there's a lot of work around structured water. Just, just know that you can go down an entire field of study. The most brilliant people I know are the ones that study water.

Is it the fourth phase of water? The phase of water? Jar Pollock's work is talking about the pathways of water where it structures. It creates this easy zone water.

It creates a it almost creates like a I think of it, I'm very visual, so I think of it like a bubble. Right. And it it creates this zone in water that allows space inside a water molecule so it can hold information, a frequency of vibration and, and contain it properly.

If the edges are not structured just so it can leak. If they're structured, it can hold. And then what information is it? Holding becomes the next set of questions.

So structuring your water is key to holding information because we are water. And I want to hold information and I want it to be good information. And and if it's light, it will hold it in whole and structure the water like structure as water.

And then it will hold more of the vibrations and the frequencies of color and sounds that are beneficial to the body and create this big magnetic field that becomes impenetrable to the one directional radiation that we're exposed to.

For instance, that may affect our bio field because we want to make our bio field as strong as possible and create our vibe as strong as possible and structured.

And the more our water is structured, it then vibes out that structure and creates like a Wonder Woman shield. Amazing. So basically the takeaway here.

So let's boil it all down as we finish up this talk.

Practical Tips for Lymph Support and Where to Find Kelly

So boil it down to the top tips that you have for our audience on supporting their lamp and then how they can find you. So like I said, I send everybody to YouTube to go watch Kelly.

Just she is the one to learn this from. So, so share that with us. So the number one thing is move and hydrate. The biggest symptoms of fascia, stuckness and limb stuckness is dehydration.

And think about the quality of your water. So what Laura brought up at the end is the key. Drinking high quality, structured water. You all are drinking and eating supplements and worry about your food.

Are you thinking about the water that your food is cooked in? Are you thinking about the water you're showering in your bathing and you're 90% water? You're absorbing more from drinking water and showering in water than you are in the food you're eating.

So think about the water and bathe in water. Find good structured, high quality spring like thick water. I'll call it like mineralized structured water.

It has a feel to it that it holds things off. It can hold you up. It's heavy and it can hold. You feel different, you know it does. It feels heavier. It feels like it's complete.

I don't know. It's like a bubble again. It feels like complete bubble water. I don't know. It's thick. Yeah. Feels like number two is movement, right?

So I want to start the movement and increase people's vibration. Okay, I got it. I got it, got it. You have it. But moving is the key, right? So I have a standing desk.

Oftentimes when I do these, I'm standing up. I very rarely sit down throughout my days. When I sit for like 2 hours, I'm like, Oh my God, can we get up and move now?

Because it's you're literally one of the most kinetic people I've ever met. Talk about energy attraction across the room. I think the first time I met you, like, we, like, ran into each other and gave each other a huge hug.

Like, I don't know who you are, but I. But I need to know you, and I just want to be around. But you have a lot of energy, Kelly. You are very kinetic.

Yeah, because I want. I want to move my life. And honestly, I feel better than I ever have and continue to feel better. So. And so if you don't like to move and you just dance, dance is a good movement, right?

And have fun and hugging people and connecting people actually helps your fascia calm down. It helps you connect and it helps you breathe deeper and slower and it helps you feel better.

So, one, I'm going to drink higher quality water, bathe in high quality water, I'm going to move more, I'm going to hug more and I'm going to feel more then I'm going to stop wearing any tight fitting clothes, no more wire, because if you have a wire bra, throw it out, please, and really pay attention what you're putting on your skin, because our length is our filter.

And if I put something on my skin or in my mouth or expose my nose to it and it's toxic, my lens has to filter it out. So stop it. Don't be dumb. Stop putting the dumb stuff on your skin that your filters then got to clean out.

You can either buy a feature or you can be a filter. So like, I mean, I'm bringing back stuff from 1996 that I used to say when I started to filtered water, but like we're filters.

So I have cleaned up my life a lot in the last 26 years. I'm a flexitarian. I can eat anything and go anywhere. Everybody's like, Are you going free? Heck no. Bring on the gluten.

I love gluten. Made you all freak out there, didn't I? Because I can actually. I don't do it every day. No, but can I process it? Yes. Is it full of high phosphate?

Your hormones is. I can handle it. I know how to get rid of it. But if I'm at a restaurant and I want to get bread, I'm going to get bread. It's okay.

Whoop. Oh. I think what you just said was quite profound. I know people are thinking, that's it. I can't listen to you anymore. You just told me it's okay.

I'm not saying you should go eat bread. You're not in a flow state right now, right? I grew bone where there wasn't bone in my in my teeth because I told my body what to do.

You'll get there. But what I'm saying is, look at the goal of where you're at and look at what you're doing. As she said, what is the outcome? Follow the money trail.

What are they trying to do? My goal is everybody. Yes, till we change our lifestyle and as organisms, we're going to have to remember lives our water and our food because we've depleted the soils until we get regeneration farming as the mainstay, yes, we're going to have to move our land constant until we stop being dumb and create candles and all sorts of stuff in our life that smell is bad and is toxic, let alone other substances.

I don't know why this smells. Things get me today. And then. Then we should be able to go outside on the Gaia, the earth that we're from and touch it, walk on it, dance on it.

Breathe air, take in the sun, feel the wind and the rain and feel amazing and be healthy and regenerate as we go through our life until we decide we're going to leave.

And then we make a conscious decision and we leave the physical body because we are a divine spirit housed in a physical body. And we're being dumb animals right now.

And we got to wake up and start moving our lamp and open up our fascia and allow our bodies to heal. So if you were. Going to go there, I didn't think it was going to go there either. But it's. Okay.

You're just in flow state if you love Kelly as much as I do where we find you, KELLY. So the beats, anywhere you listen to podcasts, the beats with Kelly Kennedy and then our website is the true wellness center dot com.

And then my Instagram is true on this global and Kelly Wellness Girl I don't use Kelly on girls much, but we're starting to use them a little bit more.

True Wellness Global's the best place available. Thank you so much, Kelly. I love your energy and I love what you do in the world. And I love your passion for lamp and bio regulatory medicine.

And this has been an enlightening conversation for our viewers. So thank you so much. Thank you all. And pump your notes. I have a free video on my website that shows you how to do that.

Pump your notes, increase your vibration and keep moving. You'll get better and better. Thank you. Kelly. Take good care. Bye now.