Everybody. Great to be with you. Have a great guest today. We have Deanna Hansen with us, and she's going to talk to us about the very interesting and much needed build of working with the fascia, you know, the connective tissue in the body, which a lot of doctors actually learn about medical school.

But beyond that, they don't fully understand it and how to work with those very, very important helping people to heal on many different levels. So Deanna, great to be with you.

Thank you so much, doctor. It's a pleasure to be here. So you've written a book on the topic and we're going to talk about that. But tell us about your background in training.

And I got into working on Facia, decompression therapy and what you developed and things like that, if you would. So back in my younger life, in my 20s, I was certified as an athletic therapist here in Canada, and my focus was always on deep tissue work.

And I had a really good client base because I had good, strong hands, and I really understood what scar tissue felt like in bodies, but my own body was really struggling.

I was 50 pounds overweight, struggling with anxiety, depression, chronic pain, even though I was doing what I was trained to do as an athletic therapist, I was, you know, eating the proper foods.

Well, at some point along the way, when I actually learned what they were, which was different to what I thought in the moment, and then working out like crazy.

So, you know, as I'm working harder and harder to try to create positive changes in my body, I was actually compressing and getting bigger and getting more challenges with constipation.

And then that just fueled my whole mental state. Not good. So that was really frustrating because it wasn't like I wasn't putting the time in. And it was like the rules of weight loss aren't applying to me.

What's going on? So at the age of 30, I made some big changes in my life. And as a result of those changes, I started having really bad anxiety attacks.

But this one anxiety attack in particular was the seed of everything that I've developed. Because in that moment I actually thought I was going to die.

I was so strangled with fear I couldn't get my breath moving. So for some reason, intuitively, I dove my my hand into my abdomen. And in that moment I encountered pain.

But the pain allowed me to let go of an exhale, and it brought me down from my crazy thinking. Now I'm in my physical body. And then I continued to move my hands in this area, and what I felt was what felt like marbled scar tissue throughout, even though I hadn't had injury or surgery in that area.

And then suddenly I was having all of these realizations like, no wonder what? I'm coming home from a five mile run dripping wet with sweat. My belly would still feel cold.

So I recognized there was no blood getting into these spaces, even though I was working really hard. So that was the the real beginning of my awakening of what was going on in my body and why I wasn't able to actually change my size and shape, even though I was doing what I thought were the right things to do.

And it was at the same time or so that I started the practice of yoga. And I had a fantastic teacher, because about every 30s she would be reminding us to breathe.

And every time she would remind us, I was aware that I wasn't really breathing. So this all became part of my understanding of what was going on in the body.

And since then, it has grown from being a self care process that I applied to my own body, to then applying the work to my patients and having phenomenal results to attracting other therapists that wanted to learn this technique.

But then back in 2010, my real focus and passion was to teach people to self care. So that was how block therapy came to be as as a practice that we teach people to do for themselves, focusing in on the fascist system.

So I think because I've spent over 60,000 hours or so working in the fashion with my hands on other bodies as well as my own, I have a very specific understanding of this tissue and how it relates to health in general in the body.

So the fascia is in part designed to support the cellular alignment. We've got trillions of cells in the body, and the goal is that we maintain each cell in its correct alignment, because if we do, there's optimal space in and around the cell.

Space allows for ease of flow of nutrients and oxygen into the cell, as well as ease of flow of carbon dioxide and waste taken away from the cell. And as long as there's ease of flow in the body, we typically don't have any negative experiences.

However, that's not our reality because we as these human bodies, we are under this constant force of gravity. We're also dominant on one side of the body.

So we we tend to overuse one side of the body more than the other. And the result is, is that we compress over time, but we're not just linearly compressing.

We're literally spiraling down continually toward the Earth as we age. So as we start tipping off balance. So for me, for example, I'm right handed. So my unconscious shift of my posture as a result of that would be to shift my body weight over to the left side, to keep that right side free for action.

These unconscious shifts in posture, though, what happens is the collagen that makes partly the fascia. It's basically made up of the two proteins collagen and elastin.

The collagen starts to migrate to areas of need or weakness so that we don't tip over. So fascia again it's made of these two proteins as well as some other things.

But that makes up the real brunt of it. And if there's a nice equilibrium we've got both mobility and stability. The last and of course allows us to go through these wonderful movements.

The collagen makes us not turn into a puddle, but it's that balance that gives us the ability to use our bodies most effectively when we start tipping over now the college and starts to migrate to build false walls and false floors.

And it's the collagen that's migrating, and it ultimately turns into what is really scar tissue, but riddled throughout the layers of fascia. And it will grip to bone with a force of up to 200 0 pounds per square inch.

So that's an incredible force to think of. So if you've been sitting in front of a computer for decades and we're collapsed this way into the core and someone says, you know, sit up straight, you might be able to in a moment, but before long you're going to get pulled right back into that negative alignment, because we're dealing with these incredible magnetic forces.

So and there's cause sites to where we have pain. So, so many people in the world have chronic low back pain. But because the calves and the feet and the forums and the hands are the furthest from the engine, which is the diaphragm, they become the most frozen.

So they are going to be manipulating what's going on in the core of the body, impacting how we breathe. So there's three pillars to fashion decompression.

Gravity compresses us. This work is all about taking the tissue in the opposite direction, putting the space back into the body that time has taken away.

So the first pillar is about melting through these adhesions because essentially our body has become colder than it should. So the adhesions are there like basically frozen areas of the body blocking flow.

And I mean, I live in Winnipeg in Canada, and when it's -30, you know, there's very little flow. It can take a half an hour to start a car. If it's been sitting outside on like July, you start it and you go, so most people's bodies are in a bit of a deep freeze because we really haven't been taught proper diaphragmatic breathing.

The diaphragm is essentially the the magic of this whole system. It's our second pillar. So the first one is to melt the adhesions. But that works in conjunction with the diaphragm.

So I'm just going to pull my computer down here for a second. So the diaphragm is a plate of muscle that supports the rib cage when it's working properly.

When we inhale it moves down. When we exhale it lifts. And if we're breathing this way all of the time, the organs, the heart and the lungs, they're getting this continual massage.

And all of the weight above the rib cage is supported through the strong platform. However, pain, fear and stress causes us to reactively hold the breath.

And this is a stressful world. So if we don't have that understanding of conscious breath, we fall in, we displace, and now we start breathing through the muscles of the upper chest.

And that's an unconscious thing that happens over time because we're built to survive, but we're also built to thrive. But when we're breathing diaphragmatic, the difference is, is that the base of the lungs is where the majority of the lie, the oxygen receptor sites reside.

So if we're breathing these hyper stressed, shallow breaths, then we're not pulling the air deeply enough into the lungs to reach this bed of abundance.

And it was in the book yoga and the quest for the True Self by Stephen Cope, that he shares that we can feed the body 600% more oxygen breathing diaphragmatic, which is wild.

I mean, that's a huge amount. But also in 2014, they did a study sharing that 84% of weight loss comes through proper exhalation. So if we're breathing through these upper chest muscles then we're missing this whole key component of how to regulate the body and how to move waste out of the body.

And I loved it when I heard that, because now it was like it brought me back to my 20s when I'm working out and I'm working so hard and yet I'm getting bigger.

But I wasn't breathing properly, so my my body was literally frozen, and I could feel that tissue temperature gradient in areas where there was a lack of flow.

So I love it because in the breath book that has been out for, I think, a couple of years, I just read it over the Christmas holidays. I was so happy to, because he really confirms so much of the work that I do, and what he brought to my attention that I hadn't heard before was the need for the carbon dioxide.

So if we have cells that aren't working on our behalf, they're kind of dormant. They're over there. And then even if we're pulling breath in, we're not going to be able to release the oxygen from the hemoglobin to get into that cell.

The cell needs to be active, creating carbon dioxide, which ultimately becomes the currency for the oxygen exchange. So when we have cells blocked by adhesion or scar tissue from injury or surgery, those cells on the other side are going to be receiving less flow.

And then they're going to shut down eventually because they're actually those cells getting pulled away from their correct alignment as the body is continually shifting in order to keep us upright.

So the goal of fashion decompression is to open these spaces, pump blood and oxygen into them, and then also teach people how to maintain proper, correct alignment so we don't just continually fall back into those negative spaces that created the body that we have in the first place.

And so basically, whether we're talking pain, aging, dis ease, managing size and shape, storing trauma, it all comes down to the fascia because fascia innervates every single cell, every system in the body.

And it's the adhesions that create the challenges in life. And that's what fascia decompression addresses. Well, tell us a bit more about the diaphragm breathing.

I know when you're breathing correctly it has a massaging effect on your digestive organs up on the lungs. This I learned from a colleague in osteopathic doctor.

Tell us a bit more about that. In that connection between that massaging effect, digestion and other function, if you would. And that's such a great topic, especially when we're talking about the gut, because again, if I'm not using this muscle, that muscle becomes weak.

So the weight of everything above comes crashing down into the core. And I'm right handed. So my nature would be to fall into that left side. And of course the left side.

Here, here's your stomach organ, here's the aorta. If I have space and I'm breathing properly again, everything's getting a nice massage. Everything is supported in its proper alignment.

But if this is my alignment all the time now I'm taking this organ and I'm squishing it and displacing it, and it's getting riddled with adhesion. And if there's no movement here now, it becomes colder.

So more adhesions are created. Also think of the aorta coming through here. It's like a tube. Now it's getting twisted. So now the heart is having to work that much harder.

And we're not getting as much blood flow through the aorta. So then we create inflammation because the body I mean inflammation is simply just directed blood flow.

But the body is recognizing that where we have areas of collapse, these cells aren't getting what they're asking for. So the body sends more and more and more and more.

Now inflammation is key, but we need to know what to do with that inflammation. So if I can I just want to jump into a quick talk about acute injury and the difference in how inflammation affects that.

Because if somebody sprains an ankle, the first thing that most people want to do is go and get an ice pack. But the reality is, is that the body is sending all of this energy to rebuild this area of need.

So if we ice it, we're actually stopping that beautiful process. So the second law of thermodynamics is nature abhors a gradient, which means when there's a gap in the system, nature is going to fill it in.

So if we support inflammation through adding energy to the body as opposed to icing and limiting movement, then we actually can rebuild that tissue. Kind of like if you are baking a cake, you have batter, you've got flour, sugar, eggs while you whip it up, you've got batter.

If you put batter in the freezer, you have frozen batter. If you put batter in the oven, you bake cake. So we need to add energy and heat in order for the body to be able to rebuild that tissue.

So if we don't allow that process to happen. Here's that gradient. All of the collagen in the surrounding tissue is going to get dumped into that space to basically fill it in, like filling in a pothole.

And in Winnipeg we've got so many potholes. I mean, it's crazy, but filling in the pothole creates that scar tissue, which doesn't have any elasticity.

So now it's basically this concrete road block for flow. So if we and I mean most of us have, we've had injuries through our life or surgeries where we actually have an actual cut into the body.

That's going to be the way that the body heals if we aren't treating the inflammation as it needs to be. So when we're talking about the gut, if we've been out of alignment for a long time, and we're putting all of this weight and pressure on the stomach organ, it starts to fracture essentially.

And then things like leaky gut can happen. And then the body is saying, whoa, I need inflammation because I need to heal it. But if we're not breathing properly, then the body keeps sending more inflammation.

And we're also not moving the waist effectively out of the body because we're not breathing properly. And this whole area is becoming cold. So everything's getting stagnant.

And now we're attracting things like parasites and fungus and bacteria and becoming imbalanced in the body with all of those things which create more inflammation, more waste, and we become bloated and all of those things.

So by turning on the body's beautiful ability to breathe properly, I like referring to it as either the furnace or the engine. We want to heat the body.

Breathing diaphragmatic is like using your body's furnace. Breathing through the muscles of the upper chest is like a space heater. I live in a third storey building and if it's -30 outside and I don't have a furnace in my building and I only have a space heater, I can eat one room in my apartment.

However, turn the building's furnace on you. Heat the entire building so your diaphragm is the furnace, and that's the driver of the energy of the fluids of the energy through the whole body.

So those of us breathing through those muscles of the upper chest, which is pretty much everybody, unless you've brought your awareness to conscious diaphragmatic breathing, we are we're colder.

We might be feeding I don't know, I'm just guessing ten, 20, 30% of our cells as opposed to the optimal amount that we can, even in fact, they say we only use 10% of our brain.

I think we're only breathing 10% of our capacity on average, because that would make sense, because it's the breath that feeds the cells. So that's what this whole process is about, is turning on the body's innate healing potential through awakening the diaphragm.

But first we need to melt the adhesions, start to understand how to breathe effectively, and then also understand how to use your body appropriately so that we don't continue to just fall out of alignment through unconscious habits of posture.

But your what have you noticed in terms of the medical community? It seems like most doctors, obviously they're aware of the fact that they have a general understanding of it, but no one really, in the regular medical community has this deeper understanding of the physiology and the impacts of this compression issue.

I agree, and you can look at the body as a container with parts, and it is that. But you can also look at the body as a fluid matrix where everything is interconnected.

And that's where we're moving toward. And there's a lot of doctors in my community, however, there's a lot of doctors that would be still looking at the body as parts, and it both are true.

But addressing just the body with parts is very different because of course, if you're a heart specialist, but you don't understand the connection to the liver and the gut and the whole body and how it works, then your you may be doing something that might actually improve the heart, but how does that affect the rest of the terrain?

So looking at the body as a whole is really what you're doing when you're seeing the fashion because of that interconnection. And there's cause sites to the pain and issue sites and the calves and the feet, as I mentioned, being the furthest from the engine.

They're the most frozen areas of the body. So let's say I do have a gut issue and I'm working through my abdomen, my ribcage, to make changes here. Every time I start walking, I'm going to get pulled into the negative pattern that are in the feet and the calves because they're the most frozen.

So if we don't address the limbs, then we don't actually make changes to the core. I deal with a ton of people with scoliosis. Same thing. People think it's a function of the spine.

The spine is the result of your limbs pulling in different directions. The limbs are like the tent poles, and if the tent poles are firmly in the ground, you've got a nice taut tent and everything inside is safe.

However, if you pull those tent holes or you loosen them, then suddenly the tent starts to say, and then you might end up with rain inside and all of those things that you don't want.

So when we understand how to support, again, proper alignment, that's the game changer. And I mean even something as simple as if you look at a skeleton anatomical position is palms forward, look at anybody walking around.

Their palms are facing the back of their body. And if you just turn your palms internally and then change it and bring them so they're forward, you feel the difference in that alignment of the rib cage and what it's doing.

So just again, getting back to really the understanding of how we're built and how we're supposed to use our body is very different than how most people are actually using their body.

We're way too much in the brain and we're not enough in the actual physical body. And in my view, the most important thing we can do is really teach people the significance of proper diaphragmatic breathing, but also to release the ribcage, because if we've been in this negative alignment with the rib cage holding the diaphragm, it's like we have a frozen diaphragm similar to a frozen shoulder.

So when we do fascia decompression, we always start by releasing the rib cage and the core and teaching people how to access this muscle so that then you start increasing the oxygen in the in the cells.

And just like a blown up balloon, it almost defies gravity. It's round. It blows. Take half the air out of the balloon. It wrinkles, attracts dust, and debris becomes dense.

So as we age, if we're not breathing properly, that's what's ultimately happening to the body, is it's becoming denser and gravity loves density. So the denser we are, the faster gravity is going to be manipulating us.

We want to have as much space and alignment as possible so that we can go through time without allowing gravity to direct how our body is moving. We actually have far more control over our aging process than we than we understand that we do.

Yeah. So tell us a bit more, maybe some of the intricacies when you're working with clients in your book, Block Your Body How Decompressing Your Passion is the Missing Lincoln Healing.

And then at your website block therapy.com kind of things you're walking people through obviously the diaphragm, breathing, life breathing and stuff. But tell us a bit more like what you get into.

So pain. Pain is the cell's signal that it needs life or love or attention. And we've been under this influence that pain is bad. We need to mask it. We possibly avoid it.

We don't want to experience it because it, you know, can be a problem in our lives. However, pain is the baby crying. So with this process, what we're doing is may I show the tool that we use?

Sure. Yeah. So because this is the block, buddy, and this is the block, baby, there's two sizes. But essentially we started first with the block body.

So I began this process for ten years teaching a technique that I point fluid isometric. I was diving in through people's faces fascia with my hands. And the difference from that compared to, say, massage is instead of moving on the surface, we connect in and we move through the layers.

Kind of like the difference between taking a boat on the ocean or going deep sea diving. So we deep sea dive with this tool. So I teach it a lie on it, and then we stay a minimum of three minutes in a position.

Because pressure over time creates heat. When you combine that with accessing the diaphragm, now you're turning on the body's furnace. So the combination of the pressure on the surface with that internal heating, we become very efficient at melting through those adhesions.

And because energy moves in waves and spirals, that's how we move through the layers of tissue. So when you're lying in position, the first thing we share with you is your breath is your guide.

As long as you're breathing in a relaxed way, you are feeding and healing the tissue. If anything hurts so much that it takes that relaxed breath away, that's your body saying too much. I don't like what's going on.

So you can do this on a floor. You can do it on a bed, and there's always crops that we can use, like pillows for support and variations that we can put people into.

But essentially when you lie in this position, once you get in, what's lovely is the pressure fibers are larger than the pain fibers. So initially you get in position, but you're in control because you're always you're the one doing this to yourself.

So you're in control. And then as you start connecting to that breath and feeling that pain, within moments, that pain starts to change as those pressure fibers kick in.

And then suddenly it's like, okay, I don't feel that pain anymore. And then we can sink a little deeper. And from there we teach people to slowly twist.

We're not sliding on the block. We're connected into the fascia, and very slowly we're moving to share a part those and he's so that we can continue to get deeper and deeper and deeper.

And the sharing is the key, because everything in the universe is created from the Fibonacci sequence, that spiral pattern of everything in nature, as is how we age.

We don't just compress, we spiral down. So to tap into those seams of time, we want to slowly spiral through those layers, because the fashionable grip with that 2,000 pound per square inch force at the bone.

So this is where the cause sites are at the bone, those roots. So if we're just staying on the surface tissue, we're never going to be able to get to the root to create an actual transformative change in the body will just be able to manage what we're dealing with.

So this takes us in a very different approach. But it's all done very slow. It's it's a very regenerative, regenerative, restorative practice. There's nothing aggressive.

There's nothing hard and fast. It's all about using persuasion versus force. Yet it's incredibly profound and simple to do because all you do is you follow along with the instruction as you're moving on the tool.

Wow. That's cool. So often are people normally recommend to do this treatment homes are going through the process you walk them through. So this is a therapy, an exercise and a meditation all built into one.

So it's recommended to do it every day because it will replace other things that you're doing and other things that you even need. And most of my community members recognize this is a life practice because we are always being confronted with, again, gravity's continual and then the stresses of life and all of the things that happen.

And we're also starting from wherever we're starting from. And there's no age limit to start. I have a gentleman who got his dad at 102 working on it, and he never thought his father would be out of the chair, but now he's walking around.

So that's the lovely thing. As soon as we address the fascia and the breath, it doesn't matter what we're dealing with, as with disease or anything in the body, you start improving your body's internal healing mechanisms because it all comes down to how we breathe.

So that's the lovely thing too. It doesn't matter. Age, ability, you could be an elite athlete. You could be in bed riddled with issues. You can do this work in a bed, and you can start to see those changes in your body.

Now that's pretty cool. So if people want to learn more about this and you know what you're teaching, obviously you have your book. And at block therapy, what happens when I go to that website?

Well, you'll see my whole website. So we have a starter program where you can purchase the initial program. And then that gives you also a two week free trial into our membership, where we have multiple programs that are put together that not only teach the blocking components and the breathwork, but also the alignment training.

So we can really give people that understanding of how to support proper alignment, which, by the way, is the hardest thing to change is the posture piece, because we're so into our habits of movement.

So that's where we really want to create change. If we're always sitting in front of that computer slumped, we want to understand how we can change things and we've got so much for that.

But for your audience, we also have a sampler program that's available, that's free, that you can start immediately using a rolled up towel, because that rolled up towel is pretty darn dense.

And that's going to give you that understanding of what this work is all about. And then from that point, if you want to move on to that next level, you certainly can dive into our starter program.

Wow, that's pretty cool. Yeah. So you've really taken the breathing and connects it to the fascia to another level. I haven't heard such a intricate approach.

Medicine, holistic master, always trying to work at the deepest level. So as you start getting into this fast shop and how to deal with that, that is really good stuff.

Thank you. Yeah. So Deanna, thank you so much for your time. And I know the viewers are going to be very excited about this. Oh well, it's been such a pleasure.

And thank you so much for the opportunity to share with your community.