Fascia Is Basically Saran Wrap for Your Organs, and Yours Might Be Shrink Wrapped Too Tight Transcript

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Summit Welcome and Guest Introduction

Hello. Hello and welcome back to the Future of Menopause Medicine Summit. I'm your host, doctor Sharon Stills. Always a joy to be here with you all. This is my fifth year hosting the Menopause Summit, and it's just a passion project.

And I just know that all these interviews help you on your hormonal journeys. And so it's truly my honor and my pleasure to share all this free information with you.

And we have a fan favorite, a favorite of mine, and she's a favorite of yours if you already know her. And if you don't already know her, she's going to be a favorite of yours.

I have Deanna Hansen in the house. She is an amazing human being and she is the creator of block Therapy. And if you don't know what block therapy is, it's an at home therapy that helps you to unwind your fascia.

And if you don't know what fascia is or you don't know why it needs to be unwind, well then this is the conversation for you. And I can just tell you before I give way to Deanna educating us that as a physician, I don't see people truly heal until fascia is part of the equation.

And Deanna is going to explain why that's so important. But we know you all want to take hormones and I want you to take hormones. I love my hormones, but your hormones will work a lot better in a terrain, in a system that has free flowing fascia that is not stuck together, where the lymph can flow and the hormones can more easily get to their target organ, their target receptor sites.

And often when your fascia is flowing, you don't need as high a dose because the organ is not stressed. And so a little goes a long way.

Deanna's Fascia Origin Story

So that's my my initial two sense of why this is such an important conversation. And if we're up to me, I would go kidnap Deanna from Canada and put her in the room.

I'm doing this interview from because this is a lovely room in our new office at Lasting Wellness Center. And if I could have her get her hands on every person who came through this clinic.

Oh my God, that would be a joy. So if she's ever missing, see if she's at my clinic kidnaped by Doctor Stills. But anyway, Deanna, it's beautiful to have you here.

You know how much I love you. You know how much I love your work. And I'm just really grateful. I know it's late for you. Now that you are staying up to come share your wisdom.

Well, there's nobody else I would rather stay up late for than you. And there's nobody better to be hosting this summit. You are such an exceptional human, and I am so grateful that we are friends and connected.

And there will be a day when I'm going to be in your clinic. Yes, yes, that's a promise. Yes. But until then, you can have block therapy. You can have a piece of Diana at your house.

So let's let's just dive in because there's so much goodness here. And I do think fascia is having its day more and more, at least on my feeds. And maybe that's because I'm fossa obsessed.

But more people are talking about fascia. So I'd love if you quickly gave us like your why how you got into this. Because I think your story is so powerful.

And then if you can kind of take us to why the fascia is so important and then, oh, I didn't even say, we're going to talk about the girls. We can talk about the Tatas.

So we're going to talk about dense breasts and breast health, which is so super important. And how so many things not mean you need an extra supplement or a higher dose of your hormones.

It might just mean you need to address your fascia. So this is this we're going to we're going great places here. So saddle up. We're in for a fascia ride okay. Yay.

This will be fun. So and I love talking about the girls because of course they sit right above my most favorite muscle, the diaphragm. And we're going to be diving in and talking quite a bit about that.

But just back to my story, where this really began for me. I was 30 years old. Prior to that, I had trained to become an athletic therapist. So I was working with the lead athletes, and I primarily focused on deep tissue work, and I had a good practice because I had good, strong hands, but my personal body was just going through, you know, anything that was not good.

I mean, I was I was dieting like crazy. And of course, we all know now that that's not the way to approach managing size and shape. I was working out like a fiend, trying to force my body to do what I wanted it to do, which was become smaller.

And the harder that I worked, the more compressed, the more ballooned, the more toxic, the more constipated, the more chronic pain. I mean, it just it was this horrible feeling because here I am, 30 years old and I'm working with these elite athletes, and I'm doing what I'm trained to do, and my body's going in the opposite direction.

And I'm like, first of all, why are the rules of weight loss not applying to me? So that was a big thing because on top of all of it, then you're feeling like a failure because it wasn't like I wasn't putting in the effort.

But at the age of 30, I made some pretty big changes in my life. I'm 56 now, so I'm 26 years into this journey, and at the time it created severe panic attacks for me.

And this one panic attack in particular, was really the seed of how I began to understand the fascia in the way that I do, because in the moment I thought I was going to die.

I was so frozen with fear. My breath was was trapped. It was locked away. So I intuitively dove my hand into my belly. And that was the moment that changed everything, because the first thing I felt was pain, but it was grounding.

So I came back into my body. I recognized, okay, I'm breathing, I'm safe. And then I started intuitively exploring in my belly. And I never touched that area as much as I was always hands on with other people's bodies, I hated this space so much in myself that I avoided it, and it was where I carried my 50 extra pounds of weight.

There was a ton of shame. All of the yuck, right? So now here I am, buried in there with my hands. And as I start intuitively moving around the tissue, I felt scar tissue marbled throughout.

And yet I hadn't had any surgery or injury in that area. So I'm recognizing now why there was such a disconnect in that space. There was no life, no flow, no blood and oxygen getting to that tissue.

So as hard as I was working, there was nothing happening. It was this frozen mass of yuck, literally. So first night, you know, 30, 45 minutes, I'm working in there.

And what was so impactful was how calm I felt, because calm was not my normal state of being. And even the next

day I woke up and I was really, like, peaceful.

And I'm thinking, wow, I had a really different sense of my body. So I was excited. After working with my clients all day to go back home the next night, and I did the same work, and I stood up afterward and I felt taller, and I looked in the mirror, and I became so emotional because my belly was flatter.

Why Fascia Matters for Health

And, I mean, I worked hard, like 400 sit ups, tie, bow running weights, like you name it. I was doing it and I was getting the opposite. And in two days to see such positive change, not only in how I felt, but how I appeared, that was just magic for me.

So every night I'd come home now and I'm working at my tissue, and after two weeks my chronic low back pain was going away. My neck pain was improving.

But most importantly, I felt hopeful. Hopeful. For the first time in my life, I felt empowered that I was actually doing something that was making sense.

So that was again 26 years ago, and it's been quite a really interesting evolution of that journey. And it was probably a couple of years in when I was working on my clients, because after I started working on myself, I would then transfer what I was doing and work on my clients in a really similar way.

And at one point somebody said, you know, you should be teaching this. And I thought, gosh, I'm just kind of going with the flow intuitively. I don't even really know how to put a language to it.

And then when I started really diving in, I recognized that my hands were following the Fibonacci sequence, the spiral pattern of everything in nature, the galaxies, the nautilus, seashells, how plants forms, how humans form, and how humans age.

So I recognized I was tapping into the pattern of aging and unzipping the seams of time and creating rejuvenation very quickly in people's bodies by melting through the adhesions that had formed, just like in my own abdomen.

And it was around that time, too, that I recognized I'm not working in muscles or ligaments or tendon. I'm working in the tissue that connects it all together, the fascia.

So since then it's been, you know, quite an interesting journey. But that's how I began this. It's so amazing. And I love the whole tapping into the the fabric and the tapestry of, you know, how we emerge.

I mean, that's just so beautiful. And we really are. We're so interconnected with nature. And, you know, where this little microcosm of the macrocosm and there's so many.

I was looking at pictures, I think it was yesterday of like how tree rings look like our fingerprints and the galaxy and our eyeballs and just, you know, how we are like this living universe.

And so here you are just diving into it. And I just like to say we're going to talk about the girls. But just overall, like I have had chronic neck issues, like I have got to have the chiropractor on speed dial and I can't see any chiropractor.

I got to see a chiropractor who actually knows how to move my vertebrae. And I started doing fascia work, and now it's like I don't have to go running in pain to the chiropractor.

It's like the fascia fixes everything and it's like there is no fascia just right. There's no fascia office you go to. And so what Deanna is talking about is like foundational root cause medicine.

It really is. So let's talk about the girls. And she also has some amazing pictures she's going to share with us.

Because seeing sometimes is believing in these pictures are just like you're like, oh, I would like an order of that for myself, please.

Right. So and I think the most important thing to really understand is the point of the fascia. I mean, there's many and it's the communication system between all the cells in the body, but also what makes it up.

It's part collagen party last and the two major proteins. And when they're healthy and imbalance then we have this hyaluronic acid in the fascia this gel like substance that creates this glide.

Now if our fascia, if those proteins are in balance, what our cells have is space. And I love you how you said that, you know, the microcosm and the macrocosm, because the cell itself is the microcosm of the whole of who we are.

So if the cell doesn't have the space to receive nutrients and remove toxins effectively, then the cell is under stress, and then it's going to give you either a pain signal or some kind of sensation to make mom or dad aware that, hey, you're asking me to thrive, yet you're squishing me, or you're starving me, or I'm dehydrated or exhausted or all of the things.

So when we really understand how to listen to what the body is saying, then we have a very different mindset in how to approach it for healing, as opposed to masking the pain or possibly avoiding it.

And one of the most important pieces of the body is really making sure that the diaphragm muscle is functioning optimally. So I'm just going to bring because this is going to lead us into the whole girl topic.

So I'm just going to bring my computer down a bit. So just for those that don't know, your diaphragm is a plate that is the foundation of your ribcage.

When we inhale it moves down. When we exhale it lifts. And when it's working properly, it's giving the internal organs, the heart, the lungs, a continuous massage.

And when it's working properly, it's strong to support everything up the chain. If we are unconscious breathers, which most people are, because pain, fear and stress cause you to reactively hold the breath.

We end up doing this, you know, think of that first moment of trauma where you're like, oh, you know, and if we don't release that, like most people don't, then we age from here going forward.

And if you look at breast tissue, it's the foundation of the rib cage that is the alignment for the breasts. So when we have a diaphragm that ends up twisting and getting held in this negative patterning, I mean, you can see the difference.

So either I can support my breasts or I can do this and allow everything to come crashing down. And now I don't have this symmetrical platform. So as they start twisting and twisting, they bind.

They become dense.

Breast Health, Diaphragm, and Dense Tissue

They're gripping, adhesions are forming in through them, and then they trap toxins in debris, and then we end up with whatever happens inside there. So the goal is that we want to make sure, first of all, that we have a strong, proper diaphragm and trauma, no matter if they're the big traumas or the little traumas or those repeated little slants against you or listening to the news, all of the things that are stressful, they're traumatic.

And if we don't understand how to support the removal of those negative emotions or things coming into the body with proper breathing, then they build up over time and they keep accumulating.

And because as soon as we have that moment of impact where the breath tightens, if that doesn't get resolved, it

creates an asymmetrical core. So now the legs and the arms have to pattern in order to keep you upright.

So then that collagen protein, that's the structural protein of the two. There's the collagen and elastin. Again when we're balanced we have both mobility and stability.

But when we start tipping off balance that collagen protein, they start to migrate to areas of need where there's vulnerability to create almost like a scaffolding in the body.

But as that builds up over time, we become shorter and wider. We become sluggish. There's a block to blood and oxygen flow, and also a block to remove the toxins from the body.

So then your lymphatic system struggles, and on and on and on. So you can sort of see how the breath, if it's not looked after properly, along with our whole fascist system, it really creates an avenue for what we probably mostly think of as as normal aging.

But it doesn't have to be, because if we can understand how to keep this muscle active, balanced and aligned lifelong, then it's nature's anti-gravity design.

Every exhale lifts us against gravity. But most people are hardly exhaling. They're breathing really shallow through the muscles of the upper chest, and they're not moving the past or the toxins or the debris out of the body.

And when I was back in my 20s and I was working out and I was getting bigger, it was because I was stuck in my breath. They've shown now 84% of weight loss comes through proper exhalation.

And I was taking yoga back in the day, and every time my teacher would instruct us to breathe, I was holding my breath and I'm like, wow! No wonder. So it became such a foundational understanding for me.

This combination of of taking yoga, plus doing this self work and tying those pieces together, putting the space back into my body, and then starting to apply that to my clients and seeing the changes.

So I want to say one thing and ask a quick question and then the boobs. So I just want to point out because she's like spilling the knowledge and don't worry at the end.

Like she has some really cool at home stuff. So if you can't get to my clinic and I don't end up kidnaping her, there's solution. Yes, there is, but what you're talking about is so important because this is what I talk about as a European, biologically trained physician, everyone is so focused on the cell.

Everyone's so focused on. Take CoQ10 or carnitine for mitochondrial function, but they're forgetting that the cells are being communicated to throw the fascia through this extracellular matrix.

And that's truly where disease and health begin and end. It's all about, you know, the the space around the cells. And so this is why when people get stuck with functional medicine, because functional medicine just focuses on the cell.

This is why I have such good results. Deanna gets people moving because we are looking at it very differently. We're looking at where the cell, you know, it's like this is the cells living room.

We want to make it hospitable. And then the other thing, because I'm always thinking like patients who ask questions, great questions. So you know, you mentioned collagen.

So I know at least one of you are thinking, well then can I just take collagen to fix my fascia? And no, I actually am not a big fan of taking the supplement.

And I heard somebody say it's like eating hair to grow hair. You know, it was kind of that concept, right? There's we need the proper nutrients for the body to do its job, but it's not by taking collagen.

And the thing is, when it migrates, like, let's make it really simple and even think of a face. And I've got some, you know what? Why don't I pull up those pictures now?

Because I think they're going to tell the story. Okay. Really. Well, okay. And we're going to talk about dense breasts. Yes, we sure are. Okay. So just a quick little this was me before.

So this was me in my 20s. This was me. I was about 50 years old in that picture. So I learned this through my own personal journey of, you know, here I was, the workout starving person, and it wasn't working, clearly.

So I just wanted to make sure people see that I came through this. And that's how I started to really learn this. But just some really quick before and after photos to bring attention to where it's relevant.

So this is a 30 day transformation. And one of the most important things is that when we get this muscle, the diaphragm working properly, and it now is this foundation for your breast tissue, you can see how differently the breasts are situated on the rib cage.

We can also see that there's more space here for lymphatic flow even underneath through here, like right up through here, you've got your major lymphatic drainage sites, your lymph nodes in through here.

This is blocked. So we're not getting a very good cleaning of the system through here. Where now these areas are more open. They're more spacious. So now your lymphatic system is working more efficiently.

And you can change in her face to right. Yeah. Yeah. And you can see how much more the breasts are actually spread out properly over the rib cage. So again, when we have this collapsing in through here, we're getting these breasts that, you know, end up being squished and protrude more and not symmetrically.

So that's the cool work when we get this muscle working properly. But where we want to look at is we want to look at the areas away from what we're dealing with.

So the limbs control what's going on in the core of the body. Because here's your diaphragm right here. It's your body's engine or furnace, whatever way you want to look at it.

And we need energy to move the blood and oxygen to all parts of the body and the feet being the furthest from the engine. This is where the patterning will create the most anchoring in the body and the most problems after that diaphragm becomes impacted.

So let's say you have a frozen shoulder and you get your shoulder worked on every single step that you take, you're going to get pulled back into those negative alignments.

I've got other pictures here that will show better what's going on in the change of the feet. And here's here's a really good one. So again, we can see the change in her whole alignment.

We should have about 60% of our weight on her heels. The average person has 80% of the body weight on the balls of their feet. So we're literally tipping forward.

Everything is coming crashing down in this slow moving tip from trauma from the beginning of time, of our time. And you can see her alignment here with the leg here.

So even look at the difference between the distance from the front of the ankle to her foot here compared to here. I know it's cut off a little bit, but she's got far more foot here.

And what that allows is proper dorsiflexion. So when she's walking, she's not walking in the twist that's created over time from compensation. And then that allows the structure to become more upright and more properly aligned.

Now the ribcage can come back and down, we can get this diaphragm moving more effectively. And then again,

we've got better lymphatic flow in general.

You can really see the difference through here in the front of her throat. How much more open her lymphatic area is through there. So I mean that's even, you know, brain health.

It's it's all things. And that's the fun part. When you really understand the fascia is that it doesn't matter what you're talking about as a symptom or as, as a pain area, because every single cell is innervated by fascia.

So if there's adhesions or scar tissue in the body and there's a lack of flow, there's going to be some cells that are starved and cells that are dirty and those hungry dirty cells.

Just think of how you are again, that micro and macro. And when you're hungry and dirty, you're not you don't work as well. And here's a great before and after of a thermometer.

This was one month of a person before blocking and then after. So all of the red I mean you do this, I believe, right. You do through. So you know what's going on here.

There's a lot of inflammation in through here, in the armpit, through here. And in one month because she got her diaphragm moving, working, turned on, we were able to start to create balance with that blood flow.

And I mean, it's funny because I always I always like to say, you know, inflammation gets a bad rap. I don't even like calling it that because it has a negative connotation.

I just like calling it directed blood flow. When there's areas in the body that are struggling. The body says, hey, we're going to send an army, we're going to recruit all that we can so that we can send it there.

But what we need to do is the as the owner of this container is support proper flow. So if we ice it or we do all the other things, like we keep holding the breath when we're traumatized, we're slowing down our flow.

So understanding how to take care of the fascia is a really key element here as well. Here's the one that I love to. You can see here in this before picture.

Again this is sluggish lymph all trapped in through here. So after 30 days very much was able to make a big change. And through here you can even see these stretch marks in through here.

And how much positive change happen to the stretch marks. Yeah. But also you can see two again these are these anchors if you notice the ankle right here.

And then you notice the change in the foot. The feet are the hardest thing to change. So when I actually see people changing their feet I get so excited because it's such an indicator that you're making tremendous progress up the chain.

Before-and-After Fascia Transformations

And this is our this is a fantastic one. This was a 90 day before and after. And this is just inflammation. It's like stagnant lymph constipation, all of the things that make us feel bloated and gross inside the gut we think is fat.

That was me, you know, in my 20s when I'm working out, and my belly was so big, it wasn't that I had accumulated more fat because I was starving myself and I was working out like crazy.

It was I was compressed and I was toxic and ballooned because I didn't have any of that energy happening from the diaphragm muscle. So as soon as you start turning on this muscle, you start changing the game and how you metabolize everything in the body.

But again, we have to look at the full body alignment in order to be able to reclaim this muscle in its entirety to

properly work. So that's where you know, the understanding that we're living in this liquid crystalline matrix.

We are a container with parts, but we're also this beautifully interconnected communicating system. And I also love how you said the about you know, everybody's looking inside the cell.

What I love to say is let's make it about the cell membrane. We want to make sure that those cell membranes have their structure. They're nice and intact, like that fully blown up balloon that's round and glows compared to take half the air out and it becomes wrinkled and dirt and debris accumulate.

I live here in Winnipeg and it can be like -40 in the winter. I could have the best of everything inside my place. If my window breaks and I can't fix it, I'm going to die.

And that's the same thing with the cell membrane. We have to really appreciate the value of what they're here to do for us. And then the more we have that perfection of that membrane, now we have all the areas for movement of nutrients in, as well as the removal of toxins into and out of the cell if it becomes scrunched and dirty.

Now that cell is struggling to get the food it requires and to again remove all of the bad stuff, including emotion, because that also gets trapped and stuck in those layers of fascia.

So I just want to put in a little public service announcement, like, again, you know, we do a lot of work with cell membranes, from oral phosphatidylcholine to IV treatments to scrubbing receptor sites.

But if you couple that with this it's like exponential. So I hope you're all expanding the way you think about health because we're so ingrained that our our healing is going to come from a bottle or, you know, something we need to take.

And so, you know, obviously, I like taking things, I prescribed things, but we want to be holistic. And this is such a a missing piece. That's such a foundational piece.

It's like which is why, you know, I say it kidding. But I want every patient who comes through my office to get fascia work. We're working to make that happen.

Whether you're doing block therapy at home or we have someone in here, you know there's options. But this is like the people who do better, age better, heal better.

They're addressing their fascia. Otherwise it's kind of like swimming upstream. And your benefits are just not going to be as greatly realized. If you're not including this piece.

So can you speak to dense breasts? I literally just patient before we got on. We're looking at some imaging and her breasts are dense and she's getting worried.

And does this mean cancer and so forth. And I want to hear the the Deanna Hanson fascia perspective on dense breasts. And it comes down again to understanding the platform, because your breasts are sitting on the pec muscles which are on your rib cage.

So we should have space between the ribs. And the space allows for when there's an impact. We can absorb that impact. What happens over time, though, is we start falling in, we start collapsing, and then the space decreases between the ribs and we don't compress linearly.

We age in a forward rotational direction, whichever direction that happens to be. So as we do that and the ribs start losing that internal space and twist.

Now the foundation for these globes is changing. So now they're twisting and turning and twisting and turning. And then they grip and grip and grip. Because as they're about to fall, like as we start tipping forward and we are losing that proper foundation of the diaphragm to support everything, it's those collagen proteins that are migrating to

areas of need.

So now we're getting that space impacted by the migration of those proteins as they grip into everything in its path, including bone with up to 2,000 pounds per square inch seal, I guess.

Crazy to think that we're literally locked out of alignment with that powerful seal. Anybody can, you know, sit up straight for a moment, but the second you're not conscious of it, you recoil right back into the alignment that you had.

So now again, here you've got the space and the breast. If you're properly aligned, you start becoming more collapsed. Now the breasts start becoming denser, denser, denser.

And then along the way, without the ability to remove the toxins, they get caught in the layers. So now you're trapping dirt, debris, negative emotions, byproducts of functioning, all of the things that would normally be released properly from the body if we had proper flow.

It's getting trapped in the layers of adhesion, and that's creating density. So if there's no space now, we feel more like a rigid piece of concrete, as opposed to an elastic being that has structure and form with adaptability.

So did that make sense about the density? Yeah. Oh yeah. And I mean I just want also highlight because you've said it a few times that we're also talking about emotions and flow.

So like if you have a hard time going with the flow or flowing with life or flowing with your emotions, it's all connected like like literally. Yeah. So super, super important.

How to Start Fascia Work at Home

So could you give so I know you've graciously put together a book of information and that the foster guide that the ladies can download from the download free gift page.

And then in there there's a link that you can click on. And you get a free nine day class. So you can check this out. And although Deanna does cell blocks, I know she's come to my community before and says, you can, you know, to start, if you want, you can just use a rolled up towel.

So no, no obligation there. But for here, for everyone who's listening, if you had to give, I don't know, your top three fascia tips of like, what could people the ladies who are listening now, what could they start to do?

What's some easy at home to get fascia conscious? So most importantly are three things actually. So the breath is key. And it's really important that we learn where the breath should come from.

So because of trauma most people are breathing up through here. We want to be breathing through the belly. So that's the most important thing. And we make it really simple with our program to really bring attention into that space and to strengthen it.

But more importantly, we want to focus on the exhale because think if you buy a new wardrobe and you throw your new wardrobe in your closet filled with your old stuff, you're just you have clutter.

You have to move the old out before you put in the new. So when we focus on exhaling more than we inhale, we're actually moving the past out of the body the toxins, the negative emotion to create the space, to bring in the good, the new.

So that's the first thing is really focusing on conscious diaphragmatic breathing and in and out through the nose. So many people exhale through the mouth, in and out through the nose.

The second thing is the feet because as I mentioned, we anchor in the feet. So all of that patterning, if we don't

release that, then all the work that you're doing up the chain is kind of lost as soon as you start walking.

So really simple. And it sounds like it takes a while because it actually does, but it's too simple not to do between each toe. Take your finger, take a pencil.

You can even take a cord and wrap it around your toe. But what we want to do is create space in between each toe. So you press to the point where you feel it because adhesion equals pain.

So pain becomes our roadmap. So when you're doing that and you feel the pain and you breathe for three minutes between each toe, you start repatriating your feet.

There's a link between longevity and toe strength. So most people age 70 or over. One falls happen. Sometimes people don't recover from those falls. And if we're working on feet that don't have active toes for balance and mobility, then we're basically walking on these clubs and now we're letting gravity drive how we age.

Instead of us being conscious of how to mobile or mobilize our body forward and how to keep balance. What do you. I was just at an event and Mark season was there and he has these new I don't know if you've seen them palooza shoes and they have like the it's like toes.

Oh okay. Are those do you think is that a good thing to do for your fascia. It would be a good thing to keep them where they are, but it's not going to repair them because with that you need pressure over time and breath.

And that's what we teach with fascia decompression. We are not breaking through scar scar tissue and adhesion. We're melting it and you can't rush melting.

And it's the combination of pressure over time which creates heat in the area with diaphragmatic breathing, which is like your body's furnace. So we're heating from the inside and the outside, and it's very efficient.

And if you do this one day, three minutes between each toe and then you stand up, you're going to have different toes. And now you'll be able to bring that center of gravity more effectively onto your heels.

And then everything starts to change, because now your entire body isn't bracing because you're about to tip over, literally. And when I look at people's faces in those before and after pictures, the most obvious thing that you see is the change in their eyes.

Because people are so guarded in those before pictures, because literally it's a slow forming version of falling when we start tipping off balance. And then the third most important one.

Are working between the fingers so similar. And you can do both hands at one time. I'm doing this higher up. You should have it around your belly button so you're not scrunching up your shoulders.

But if we start to repatriate between the fingers, that changes everything up. The chain anatomical position is palms forward, but most people are walking around with their palms facing behind them, and that causes the girls to be affected, because as soon as you just turn your arms inward and it creates this collapsing of the rib cage.

So when we can bring our shoulders back and down and bring the palms forward, that helps create that nice lift. And that in itself changes how you feel, how you move, how you function, how you breathe.

So if you do nothing else but those three things, learn how to breathe. Work between the toes and the fingers. You're going to start repatriating your entire fascist system.

We say the limbs are the puppet masters of the core. What's going on in through here cannot be changed unless we change the limbs. They're like tent poles.

You know, if you have the tent poles nice and firm in the ground, you have a nice, taut tent, but you take a pull out

and it starts to sag. And that's what happens when our arms and our legs aren't properly engaged.

Our core starts to sag, and then we're not breathing right. And then we go through this whole trajectory of aging and then proper form, like you said, do the hands by your belly button.

What about when you're doing your feet? So I'll just sit like this and play, you know, and just kind of finger between there and again if you don't feel you've got strong fingers you can use a pencil.

And if that's a problem then you can just wrap a cord through and you can just hold and I'll do that if I'm driving my, my guy and I, we, we cruise in the car and I just always have a string with me.

So I'll be playing with my toes while I'm in. And you're always see why, you know. And then the fourth thing would I would be to be mindful of your hands being in that anatomical position.

Yeah. Yeah, absolutely. And actually what I would say the fourth thing most importantly is, is how you think about, think of yourself as being like your little children.

And if you're beating them up. When I, when I hated my belly, I read the Celestin prophecy right at that same time as I was hating my belly and what you think you become.

And I'm like, well, no wonder it looks like this feels like does I hate it? Literally. So I remember when I began this journey, I took all my clothes off and I stood in front of the mirror naked, and I told myself, you have a beautiful body.

And I actually blushed because I was lying and I was alone. But I'm blushing to myself because I'm lying out loud. But then you start to say it over and over and over again, and your cells start to hear the intention and they speak back to you with love.

It's it's amazing. We're these beautiful quantum beings and. Yeah. All right. So I counted five things, five powerful, powerful things. So I, I could have this conversation all night long.

We got appeared at our beautiful cells and fascia to to sleep. Now he's we're falling this after a long day's work. So again in the free download there's the fascia guide.

No obligation. Download it read it. Check out the link for the free nine day course. It's. I share it with my patients all the time and it's a it's game changer.

I know who's doing their block therapy like I can tell. Yeah. And it's really simple using a rolled up towel so you can download it and you can start it right away.

And you'll get a really deep understanding of this work. And it's going to teach you the breath stuff in all there, all that's in there. Yeah. Any last I mean you just wisdom, wisdom, wisdom.

Any last things you want to say before we. My tagline is breathe and believe. And it really is that, you know, when we when we take this step, you can trust that if you give yourself, if you give your fascia a little bit of attention, you will create change.

And it doesn't matter where you're starting. You can be bedridden, you can be the elite athlete or anything in between. You can be a child. You can be.

We've had people in their 90s start. I even had one of my teachers start with his father, 102 years old, working between his toes. He lived another year and started walking in that year.

So it's pretty incredible when you give yourself a little bit of energy, what your cells will do in turn for you. Yeah. And you know, I think a lot of times we're very driven by, oh, I got this blood test and I see this as off.

So there's no blood test for your fascia, but your experience in your being is the test you need.

Final Takeaways and Resources

So if you have pain, if you have headaches, if you have weight, you don't want, if you don't like the way the girls are laying, like on and on and on and on.

You can't go wrong with doing facial work. It just, I don't know any negative effects that can happen from paying attention to your fascia. So I wish I wish we taught this in like preschool and kindergarten and throughout the years so that we grew up understanding how important our fascia truly is.

So you're amazing, amazing, amazing to learn something every time we chat and you're just, you know, you're you're walking your talk and it shows and it's beautiful and you're helping so many people.

So I would also give a shout out to your Facebook group because you have a great. Facebook active group. So I often tell patients like join the free Facebook group and ask questions because they'll get their community.

Yeah it's lovely. Such a supportive, incredible thing. Over 25,000 people that will be there to share their experiences no matter what they are. And it's lovely.

And yeah, so that's another place you can hang out with Deanna. So all right, I hope I was stern enough and got through how important the fascia is. So go check out Deanna.

This is this is a layer of work and healing that you are only going to want to include on your journey. It's going to make everything better, I promise.

So thank you for being here. And thank you everyone for for listening, for taking the time to spend with us and hear what we have to say. We know there's a lot, a lot of noise on the airwaves these days.

And so we don't take it lightly. And I, you know, warms my heart that you're choosing to hang out with us and get your information. So we'll be back and we'll see you then, everyone.