Fashion, Fascia & Flow: How Everyday Choices Shape Your Health Transcript

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Introduction and guest welcome

Hello, hello. Welcome back to nest during your menopause transition Summit 4.0, our fourth year, bringing you all the info you need to know about how to have your healthiest, happiest hormonal journey.

And today I've got a fan favorite back with me. But we've got an all new interview for you, so I don't think I've heard it before because you have not heard this.

And one of my favorite people, one of my favorite topics we are going to be talking about Pasha, and we've got a really fun way to put it together for you, because we're going to be talking about the impact of your fashion on your fashion.

It's like Peter Piper picked a Paca. And so I have Deanna Hansen with me today, who is a pioneer and an amazing rock star lady in the field of fossil decompression.

She uses it for physical emotional transformation, and she created block therapy, which you're going to learn what that is. If you don't already know, a unique fossil release protocol that just like, changes people's lives.

And we're also going to talk about just some things you can do easy at home. I'm going to make sure she talks about her pencils because I love that. And it's always a good reminder for me.

So, without further ado, Diana, it's so great to be here with you. And your talks are always just so crucial and so important. And so welcome to the summit.

Thank you so much, doctor share. And I absolutely love being here with you. And sharing with your community. It's just so much fun and I always learn so much from you.

So, all of that is a mutual. Yeah, we were just saying thank you, thank you. And we were just saying before we came live, because my new lasting wellness center clinic is opening in Scottsdale, and I'm like, so Deanna doesn't live in Scottsdale, least not yet.

I'm trying her because it's cold where she lives. But I said, somehow, someway, I gotta have someone in a room trained by you. If it can't be you doing what you do because of the work is so, so powerful and so important.

What fascia is and why it matters

So let's just jump in because this is a new conversation and fashion and fashion. And I love it. And but before can you just give like the fashion 101 for those who may not be familiar with fashion or even if you are familiar, it's like I every time I hear you speak, I'm like, oh yeah, you.

So you learn something new or you remember something new, or you digest it differently. So if you can just bring us up to fascia and then we're going to dive into these really fun, connections between what we're wearing on our body and how it's affecting our fascia.

Yeah. So the fascia is this beautiful, intricate system that literally connects every single one of our trillion cells. It is primarily composed of collagen and elastin.

And when there's a balance and equal librium of those proteins, what we get is a structure with mobility. And that's the goal. And what we want to do is make sure that we're keeping every single cell correctly aligned.

Because if that's the case, there's optimal space in and around the cell. And the reason that is so important is

space allows for ease of nutrients to move into the cell, as well as waste to be removed from the cell.

So we're not living that perfect world, though what happens to our body over time is gravity is constantly compressing us, but we don't compress linearly.

We literally spiral down in one direction or another. I think most people, especially at the time that we're in menopause, can probably attest to the fact that we get shorter and wider as we age.

So what's ultimately happening is the collagen component in the fascia starts to migrate. So for example I'm right handed. We're all dominant on one side.

So because we're not perfectly balanced and symmetrical we start tipping off balance. The collagen starts to migrate to create false walls and false floors.

So we don't tip over. But just like scar tissue from injury or surgery, this migration of the collagen basically becomes a barrier, a barricade to that flow.

And then over time, we start to become more stagnant. We start compressing. And the way that the collagen will, gripping adhere to everything in its pathway, including bone, is with a force up to 2,000 pounds per square inch.

So that's an incredible seal. So, for example, if I've been sitting slouched over in front of my computer for years or even decades, I'm literally magnetically sealed in that alignment.

So that doesn't mean I can't sit up straight. But how fast will it be when I get pulled back into those negative patterns? And so that really is the focus of this work, because ultimately over time we compress compression causes pain, aging, disease, and ultimately death.

So what we do with our work is facial decompression. We basically go backwards through time in the tissue to put the space back into the tissue. That time was taken away to flood that space with blood and oxygen.

So those hungry cells that have been starved can start to plump up and receive those nutrients, as well as to have that optimal ability to move the waste, properly out of the system.

So we have that optimal flow. And if we're flowing, we don't have pain, aging and disease. Now, the reality is, is will never be the perfect form. However, if we're moving in that direction, then we start to see these beautiful, positive changes in our life.

And it's physical, it's emotional, it's spiritual. It's how we function. It's how we look like. It's all of it. So when we're talking about Sasha, especially as we're aging, to understand how to support this beautiful system, and our body really does change the way that we perceive life and how we age.

Say, like, every time you talk, I'm like, the answer is fascia. And so I have a question. Because you were saying how like the college and gets displaced and starts pulling.

So if you're taking collagen but you're not doing facial work, are you like contributing to the problem? I believe, yes. And like, let's just talk about the face because we can see our faces here and we can give a really good visual.

So let's say I'm sitting like this like most people don't have a perfectly aligned head. You know, we're going to be one eye is more dominant. So we tend to sit with the tip.

So now gravity is affecting both sides of me differently. So the side that's drawn down further it starts to hang more. So now the collagen is going to start to grip to bone to try to stop this migration of tissue.

So as that gets displaced and grips to the bone, now we have all this elastic tissue that is more impacted by gravity. So we start to get jowls or deeper lines and all of those things.

So to take collagen isn't going to change that game, because every time we have a renewal of cell, that cell cycle renewal, it's going to renew from the place in the position that it's in.

So simply by taking college, and that's not going to create the structural balance in the tissue that is required or that the goal is for taking it. So we need to pull it back where it's supposed to be for it to really do its job and be balanced without elastin.

So again, we have both mobility and stability in our structure, as I, you know, prescribe college and a lot. And now I'm feeling like I better prescribe collagen with a block or paddle.

Right. Because I mean, obviously collagen has benefits in the gut lining and everything. But from what you're saying, it's just making me think about it differently.

Like the alignment as I'm talking to you. It's like I can feel the I'm like trying to sit up straight and aligned here. But, you know, just from years of, like I used to call mommy hip and now it's Bobby here.

Yeah, yeah. And right, like from talking and carrying and it's like, just as you're saying, I'm like, I feel it in my body. I can feel where I'm pulling because of how I sit and so forth. So.

And I think so many people don't, don't appreciate the structural piece of the body and how relevant the mechanics of the body are to all of the internal systems.

And, and I mean, like, really what the ground perspective of what we're doing here is creating a container that can support proper diaphragmatic breathing.

Breathing, posture, and internal organ support

And the reason that is so important is when we're breathing properly through the diaphragm, we are increasing oxygen absorption up to six times that 600%.

And I mean, as we go through aging, that's really what's happening is cells aren't receiving that proper oxygen and the other nutrients required. But also the detoxification 84% of weight loss comes through proper exhalation.

But because of the detoxifying component of that proper exhale. So when we're twisted, when we're when we're sitting in a slump, I'm just going to, oh, can you bring that camera down just a smidge.

I just want to bring the camera down just to really give this visual here. So the diaphragm rests right as a support for the rib cage. When we inhale it moves down.

When we exhale it lifts when it's working properly. It's giving a mechanical massage 24 over seven to the organs in through this space, the heart and the lungs.

What happens though is over time, pain, fear and stress cause us to reactively hold the breath. And so we end up collapsing inward. Because now we have a weak muscle that's not able to support the weight of everything above. So we come crashing down.

And when that muscle isn't working, we start breathing through the muscles of the upper chest, which limits our ability to pull oxygen into the space where the majority of the alveoli, the receptors, reside, which is at the base of the lungs.

So if I'm breathing shallow, I'm pulling the air in maybe to here. We need to pull the air all the way down to the base, which we do through that belly breathing to get to that optimal bed of absorption of alveoli, as well as to move the waste effectively out of the body.

Otherwise, we continue to become more toxic in our body if we're not breathing properly. So the mechanical

properties of how we use our body, how we breathe, all support every single system.

So again, like here's our stomach organ, here's the liver. If we're trying to digest our food, part of that digestion process is supported with the mechanical work of that diaphragm moving up and down, creating energy for the stomach.

Similarly the liver here. How many people have fatty liver disease? If we're breathing up through here and we don't have that mechanical aspect happening now, your liver is colder.

So butter at room temperature is a solid. Heat it up. It's a liquid. So then we end up getting fat clogging the liver. So now the liver can't do its job if we're not breathing properly.

How many people have metabolic disorders these days. So now the pancreas right through here sitting right underneath the diaphragm. If it's not getting its energy.

And we're also compress and the weight of everything is crashing down on these organs. They're they're struggling to do their job for us. And we wonder why our bodies aren't working properly.

Well, we're not supporting the systems properly if we don't understand how to support the fascia and the breath. Brant breath is truly our best medicine.

I been saying that for over 20 years. Could you just before I start asking you my fashion questions, could you just give a quick tutorial for the ladies watching how to do a proper diaphragmatic breath so they can they know what they're doing?

Yeah. And and the best way to actually feel it for the first time would be to lie on your back and then place your hands on your belly. And then when you inhale, you want the belly to get nice and big, which is really counterintuitive, especially for women.

I mean, I was a dancer when I was a teenager. Hold your belly in. But if I'm holding my belly and I'm forced to breathe through the muscles of the upper chest.

So we've been conditioned to breathe the wrong way. So it takes a little bit to even just get that sense of letting that belly go. But it's in the exhale.

That's really the most important piece. We want to squeeze the belly small. And then when we're working this muscle properly so the belly comes in. When we exhale it gets nice and big with the inhale.

But when we're working it now we're working the core constantly. So it's getting really strong just from the perspective of breathing like sit ups. As an example, they're only working those superficial muscles.

And I used to do 400 sit ups a day, and all that did was cause me to compress and balloon and become bigger because I was then became constipated, I became more toxic.

So, so many of the exercises that we're trained to think are going to be helpful for our bodies really take us in the opposite direction as well. Excellent.

Okay, so now let's talk shoes. I never wear shoes. I'm always barefoot. So let's talk barefoot, too, because I love barefoot. Yes. My favorite thing. Hopefully barefoot is good, but let's talk about it.

So funny. I was just thinking about it like I must do, like. No. And I was interviewing you today because last night I had this weird dream about wearing shoes, and everyone was like, you have heels on.

And I was like, yeah, and because I never wear heels. So. And I think that's a good thing to not wear heels. Oh my gosh, I mean, I can talk forever. I have a podcast called Deaf Starts in the feet.

They've actually now done a study showing the connection to toast strength and longevity, which I was so excited to hear. So our toes, you know, they're like the eyes of the feet.

And when we're standing and walking properly, we want these toes to be active and individually active.

Feet, toes, and barefoot alignment

So if you've stuffed your feet into stiletto or heels with a point and basically you're eliminating any connection or contact with the toes into the ground, then we're basically walking on stumps and we're relying on other parts of our body to hold us up, as opposed to being really grounded in our feet and our route in the pelvis to keep us aligned, where we should have 60% of our body weight on our heels.

The average person has about 80% on the balls of their foot, and that's even before putting on a shoe. So you imagine. Okay, so now here's that collagen conversation.

If I'm tipping forward all the time because I'm in a high heel shoe, that collagen is going to migrate to the anterior portion of my body. And so we're going to get thick, dense thighs and pelvis as a result.

Because that structural piece is adding density. And gravity loves density. So the denser an area, the more gravity will manipulate us and pull us down at a faster pace toward the Earth, which is what aging is.

So when we can understand how to counterbalance gravity, which is really the optimal exhalation, then we can go through time without gravity having an accumulative effect on our physical structure, and we can even actually take time out of the tissue by putting the space back in.

But the feet are such an important thing. And wearing proper shoes. Shoes are a hard topic because I love being barefoot. I mean, I love being able to feel the ground, being able to grip with my toes.

But one of the things that came out of that one video about longevity and strength was, you want a toe box wider than the rest of the shoe, but they don't look pretty.

And that's the thing. Like fashion and fashion do not go hand in hand. Typically, or at least you know what people think of it's fashion, because I mean that the pretty little shoes that make your toe, your feet look really small.

That's the opposite of what we really want. We want nice, strong, grounded feet into the earth, because the energy goes from the body into the earth. And then we pull the energy into the body.

And I just learned and this just is ridiculous, that they it's called stiletto talks. So I work with an institution. We have institutions program. So she's very much in the world of Botox.

Like all of that conversation, they're now putting Botox into people's feet because of the pain from wearing stiletto so they can continue to wear stilettos.

But now, I mean, think of what Botox does. It numbs an area. So now we're going to numb our foundation. Like what's going to happen? I can't even conceive of what that will do, except people are going to fall over.

So so couple of things. Are you are you going to like create a facial line of shoes? Yes. Barefoot I mean there are she's called barefoot shoes or zero shoes.

And people ask those are the only two that I know of specifically as far as shoes go. But, those are I've tried the barefoot shoes, and, I mean, they do have the space and they're much better.

But like, again, like, I'm a, I'm a girl going barefoot as much as I can. So for the ladies watching, because if I was like a real shoe person, I'd probably be like, oh wait, I love it.

So for the women watching who love their stilettos, who love their high heels, is it just like limit the use or is there should they be penciling between their toes in between?

Like what can they do if they're like, I'm not giving up my stilettos, you know? And that's a great question because the same thing with exercise, like I'm not a proponent of going to the gym and doing weights, but if it makes you feel good doing these activities or you play a sport like tennis where we're so asymmetrical, that can really add up, negatively in the fascia, understanding what it does and then having a path to minimize the negative effects is really the key.

So as far as stilettos go, like if you're a job where you're walking all day and stilettos, not so great. I mean, if you're wearing stilettos to, you know, have a nice dinner with your, with your guy or girl or whoever it is, and you want to look pretty and you're sitting different story.

Also, if it's not something you're doing every single day, different story as well. But yes, working between the toes is a wonderful way to manage and maintain proper foot health.

And simply all you do is you take a pencil or your finger and you put pressure between each toe. And believe me, it's not pleasant. Initially, but the benefits are phenomenal.

You want to feel the pain, and what you want to do is you want to tie the breath into the work. So when you can exhale for a count of six, inhale for four.

So we're making that exhale that more featured components of the breath. Then you start increasing the carbon dioxide in the blood. And the carbon dioxide is the currency for the oxygen to jump from the hemoglobin into the cell.

So when you do this work combined with that breathing, now you're really optimizing the benefits. So three minutes between each toe. People always ask me, can I do all toes at once?

You can. But the challenge with that is you're probably not going to get all toes worked properly because you'll feel the pain in a couple and you'll be focused there and you might miss the other one.

So at least in the beginning when you're getting to this, it's a really good practice to do them individually. You can just do it in front of a television show or something like that.

But then afterward, after you release, the patterning that you're currently in a great practice is to just stand up for ten minutes or, sorry, stand up.

Stand with your feet pointing straight ahead, grip the toes into the floor and take ten slow, full exhales. Think of like pumping up the tires because basically the feet they flatten out.

We get a flat tire underneath the weight of our body and incorrect use over our lifetime. So we want to re pattern these feet. So all the 26 bones are situated where they should be, and so that they become this wonderful absorber of our body weight on the earth.

And then we don't have this pounding, jarring that affects everything up the chain. And honestly, even facelift stuff, if we don't, if we don't address the feet, you can do all the work in the world here, but it won't last because as soon as you start walking, because the feet are the furthest from the diaphragm, our bodies engine, this is where the fashion will grip and adhere with that crazy 2,000 pound per square inch seal to the most degree.

So the feet have to be looked at as something that we need to give care and attention to pretty much daily. And if you do, you're going to see the benefits throughout the entire body and you'll be truly blown away by it.

Like it's fascinating. In fact, one woman shared after just doing that work between her fingers, which we'll talk about in a moment. And the toes. She stopped losing her hair.

Wow, that was cool. Yeah, that's super cool. You want to tell about the fingers real quick before I ask my next question? Yeah. So the thing that the hands and the feet both furthest from the engine.

And if we look at how people are walking, anatomical position is palms facing forward. But pretty much everybody is walking around with an internal rotation.

So the palms are facing the back of the body. But just sit here and just turn your palms forward, turn them backward and notice what happens to your ribcage.

So we are naturally designed to have our palms facing forward.

Hands, fingers, and upper-body release

But as we start to get twisted and turned, the hands hold that patterning as well. So releasing the fingers and you can do it in half the time with the hands here.

I would bring the arms down here about belly bellybutton height so you're not shrug at the shoulders, but pushing in between the thumb and index, then between the second and third, third and fourth.

This one hurts me the most. And then these ones three minutes, and then you'll start to feel that change in that opening and that relaxation in the upper body.

When you release the hands, it's like you're carrying around a weight when we're internally rotated and we're gripped. So to release that, it lightens the body and it lifts the rib cage and it gives you a deeper access to your breath.

So when we're walking, what should it look like? We should have our palms forward and walking with that. And funny enough, people will always say to me like, well, isn't that going to look silly?

But it's just we're just not used to it. I mean, is that any worse than walking with a, you know, twisted body with the palms facing backwards? So this will keep you upright and balanced so that you're walking and gliding with grace as opposed to, you know, pounding down on the, on the, on the earth.

I want to I think I might walk with my palms for, but now I'm like, I want to go take a stroll and see. All right, I'll bring my homework. That's everyone's homework after this interview.

So let's talk about this is something that I love to talk about. Your bra and your breast health and your lymphatic system and wires and the bra. So what does that do to your fascia?

Yeah. So funny. I just won't because we are heading away. And I went to get a bikini top the other day. So I go in, I get fitted for this bikini top and she's like got me.

So like I feel like I'm in a straight jacket and I'm like, okay, this is way too tight. She's like, no, this fits you perfectly. You want everything lifted, like, really? And I'm like, you know what?

I'm going to let these go. I don't care if I hang and sag because that to me is like so wrong. As soon as I feel constricted now, my breath is compromised.

And if you've got something really tight here, now you're basically creating a belt where this is where the diaphragm lives. This is the this is the very top part of all of these organs through here in your heart. And lungs.

So when you compress through here and it's on you all day long and it's tight, now you're creating adhesion in that space. And again, adhesion blocks flow.

And when we're talking about it right in this space you we've got the main artery leaving the heart, leaving right

through here. If we're all twisted and compressed through here.

Now, that tube, you know, it's it's tighter. So now the heart has to work that much harder. Think of breathing through a straw as opposed to being able to breathe properly.

Right. So now your heart is overwhelmed because of that kind of constriction. So all of these things that we do, they really matter and they add up. It's what we do all the time that adds up to create the situation that we're currently in.

So I mean, yes, I'm going to wear a bra, but I'm certainly not going to wear one that's tight in my body. And so it is a comfort thing.

Bras, tight clothing, and compression

I do personally wear an underwire as much as they're not great, only because I had a breast reduction and all those other bras don't seem to work for me, so I'd rather go without.

But when I do need one, but it's not tight on my body and I make sure that I have like mobility and it's not sticking like right to my system. I just don't think that's a healthy thing at all.

Yeah, I rarely wear a bra. Good for you. Like, I, I, you know, I just took to, like, not wearing a bra, wearing a lot of flowing dresses because it just feels right.

And the body to not be, like, constricted and not be able to breathe. So it's not like I never wear jeans, but it's, you know, right now I'm wearing, like, a little sun dress, you know, no bra.

No wonder where it's free flow. I haven't worn jeans and I would say 15 years. I have not owned a pair of tight pants. I will not, I just won't. Well, let's talk about why.

Well, same same thing. Like again, if we don't have flow, we get denser, we get colder. Gravity ages us faster. So that's the thing. It's it's all about that, that flow.

And as soon as we create any tension in the body for a long period of time, now we're minimizing that flow. So your knees, your feet, like all of it's going to become hindered as a result of that.

And then toxic and very, very dense. Like we should be able to palpate our calves and like really get in there and feel like they're nice and soft. But for so many people, if you just go and palpate your calf muscle right now, some people it feels like hard wood because it can be so dense and tight.

And that's really telling you there's a lack of flow in there, and a lack of flow means you have a whole bunch of cells that aren't getting properly fed and clean.

So then we expect to not have pain, and we expect to be able to do the things that we want to do in life, but we're not supporting our cells properly.

And so if you if you have pain, it's your cell giving you some information or anxiety or whatever the symptom is that we're experiencing it. It's the cell communicating to you that, hey, mom or dad, you're asking me to do my job, but you're not supporting me properly to do my job well.

And we need flow, we need hydration, we need rest. Like we we we've come into this world with so many incorrect approaches that we think are good for the body, that really can harm us long term.

And I mean exercise being the most important. I'm an athletic therapist by profession, and so we were trained like get to the gym, run, do the weights, do the activity.

The greater your muscle mass, the the leaner your body. Those things did not work for me. I mean, I was I was doing the work and the harder I was working, the bigger I was getting in, the harder my body was and the more compressed and ballooned.

And I was just a toxic stress mess. When I finally realized it's really restoration. Like we need to persuade the body, not force it. The kinder we are to the body, the healthier the body.

And when things become softer, that's when we can actually create a movement and a change. The athlete is probably the most challenging body to work with in their fascia, because they have such a a strict regimen of working out and overtraining, and they're going to age a lot faster than the person that's sitting on the couch because they're forcibly putting their body into these asymmetrical activities and movements.

And that adds up over time. Yeah. I mean, I think our experience in life gets reflected from whether we are flowing or not. And if you're very rigid, it's a very, you know, when you're the way you go through life.

And so it's really important to have that in your body and then be able to express that in the world. So what about a yoga pants like, you know, and that, I mean, like, now they're, they're actually I just funny enough, you said that, I saw a thing about how so many of the yoga pants are made of, like, petroleum or crazy chemicals.

So a, that's not good. You definitely want natural material as much as you can, because your skin is going to pull in whatever you put on it. I love the expression don't put on your body would what you wouldn't put in your mouth because, I mean, you're absorbing it through your skin anyway.

So that's a really good thing to think about. Like, what are you putting on perfumes or creams and lotions, like all that stuff. Sunscreen. Not a not a fan of that.

So a yoga pant, like, try to get like a bamboo or a really good natural. But if it's organic because I question. Yeah. Because, like, they're kind of tied two, they're kind of tight.

But you, I mean, like, I'm wearing a yoga pant right now and they're super comfortable. And I mean, like, they don't limit any kind of movement for me if if they're too tight, you're going to feel that.

And that's not a good thing. I mean, I want to be able to feel like I'm pretty much wearing nothing. And that's what these yoga pants for me there are it's the I mean, they're probably not that great, but they're my favorite ones just because they feel the best on my body.

There's no draw strings or areas where there's any greater compression, like it's free flowing. So, that's the nice part about that. I mean, that's that's one of the benefits about fashion.

I mean, we've come away from, more, what's the word? It's people are more comfortable in their choices of clothing and how they live their life now than in past, which I think is a wonderful thing.

Yeah, I'm totally about comfort. So what about wrapping it up? What are the glasses like being and is that's another thing.

Yoga pants, glasses, hair ties, and accessories

I mean, the pressure here and the pressure here, if it's all the time I work on people where you can feel like a huge, like ledge here and over time that's going to dry your scalp, your hair, it's going to do it's going to do a whole bunch of stuff.

Because again, that density, the denser an area, the more gravity will draw more collagen to that area as well. So we want to have everything perfectly aligned.

And all of those things that we do all the time do add up. So as far as glasses go, like I'll wear sunglasses, but I'm

very, particular that they don't have a lot of pressure on my nose.

As soon as I have that weight, I feel that I'm super sensitive to pressure, so I'm very aware of that. But I don't wear anything tight. Like I'll wear sunglasses, but they're not tight against my head.

So if you obviously if you wear glasses, you need to wear your glasses. But just make sure they're not too tight here. Yeah, yeah. Because that will cause headaches.

It'll cause eye strain. It will cause a greater, migration from proper alignment, which again, will add up in time to create other issues. When we're done here, I gotta go check my glasses.

I gotta look how I was and what is that? I'm just wondering, like hair ties or headbands, all of that. All of that. It took me a long time to find the right hair tie, because.

Recommendations. Well, you know what? Do I have one right here. Well, and it's just funny because, I mean, it was like Shoppers Drug Mart, but I got it.

But it's like, you know, it's a little thicker. It's not really tight, and I can't do it tight because that too is going to affect your hair health. Not only are you going to get breakage, but if you wear it all the time back, that is going to pull your hair into a certain alignment and the follicles are going to respond negatively if they're always being forced out of their alignment.

So all of those things matter, like the more flowing and free our bodies, the healthier in general we are. So even hats I mean be be really aware. Like how tight is your hat?

Like, are you feeling like it's compressing your brain? If it is, then it then is too much for you because I yeah, I have these big fluffy here because I wear my hair back all the time, but I like, make sure it's really loose.

Yeah. That's good. So you know, I think the take home message here is like, if anything feels tight on you, I would think even like jewelry. Yep. Everything should just feel like my, my palm tree just blowing in the way and even carrying a purse, you know, I mean, this is important because I used to always carry my purse on my right shoulder.

So when you're doing that, you unconsciously hike it up a little bit so it doesn't fall. So when I first started saying, okay, I'm going to make sure I carry my purse on my opposite shoulder, it was always falling off because I hadn't trained my body to balance things out.

But the more we can do things in a symmetrical way, the better as well. So whether you're carrying things, vacuuming, if you're always vacuuming with that right hand vacuum with the left side open door is opposite to what you normally do.

Open cupboards. I'm brushing my teeth with my opposite hand. Be careful when you start that, because the first time I did it, I jammed. My garment was painful.

But we want to be balanced in how we use our body. And especially if you're an athlete and you're doing a rotational sport as an example, like if you're playing tennis or pickleball or whatever, like, you know, sport you love to do for five minutes, go and play with the opposite side and just see how your body feels.

And I mean, not in a competitive kind of way, but just get your body used to those movements in that opposite side, and then you'll be blown away when you go back to that dominant side, how much better you are from working the opposite side.

And so many athletes are just always about training the side that they're working. When we bring balance in the body, the body in general works better.

So we've we've created grooves in our fascia that we continue to fall into. So some of these little tricks can really help you to bring balance back in so that we can find that symmetry, which supports proper breathing, balance and flow.

I have one last question that just kind of came to me. You were talking about like the different sides, and I love that. See, every time I talk to you reminds me, oh yeah, start doing stuff with your other hand and mixing it up.

What about sleeping? Like sleeping on the right side or sleeping on the left side? Should you be trying to balance it? Or what's like, I just want to know what you think about posture.

I do. So, first of all, I, I try to sleep more on my back than anything, but I don't sleep with a pillow anymore. Because, again, if I've got a pillow that's really thick, this is what my head's doing.

And now I'm blocking flow. And, I mean, if we don't get that blood flow to the brain, we're not going to get into that nice, deep, restful sleep. So I wouldn't go from a big, thick pillow to no pillow.

I would great it down slowly because your body doesn't want to go from 0 to 100. But sleep. The goal is to keep your spine in neutral. So when you're lying on your back, without a pillow, spine is in neutral.

When I sleep on my side, what I do because I do sleep on my side, but I do try to balance one side to the other is I will bring my shoulder back and then often I'll have my hand underneath my rib and I'll lie that way.

Symmetry, sleep posture, and closing remarks

So I'm not crunched. I don't want to bring my shoulder into the front, because now all of the lymph area through the armpit and the neck, it all gets crushed and crunch.

So if we can be open, then we're actually creating this nice length just from sleeping. And then I do like to balance I've, I've heard that it's better to sleep on the left side for certain reasons.

And then I've heard it's better to sleep on the right side for other reasons. So I really feel it's the balance because we're compressing. If we sleep eight hours on one side and we don't move, you're going to see that change in your facial structure and then that's going to cause an aging effect as well.

So the more we can be balanced in everything that we do, in my opinion the better will be health wise from a fashion perspective. Anyway, let's try that.

So I sleep on a very thin pillow. The thought of not having any pillow. Wow. That's a that's for me. I can't sleep on a thick I like. Normally if I'm traveling in a car, I bring my pillow with me.

You know, on the plane it's a little too much because I like to do carry on, but I'm going to have to try that. I think my body freak out and it's not even that thick, but just the thought of not having a pillow.

Okay, well, I remember the first time I did it and I couldn't believe it because I was actually at the lake and I was sleeping on a couch and there was no pillow.

So I was just like, you know what? I'm just gonna lie. And my neck felt so good. When I woke up, I was like, oh my gosh, I have zero stiffness in my neck this morning.

And it was. So I'm just I never sleep with the pillow anymore. I love, I love that. All right. Well, unfortunately our time is up, but like so many, I took a whole bunch of notes.

I'm like, I need to do this. I need to do that. So I hope you all listening. Took a bunch of notes to because there's just so many gems in here. And I just want to, you know, just enforce the importance of this.

It's like, this is the Doctor Still's stamp of approval and taking care of our structure, our fascia, the space between the cells that is truly where health begins and ends.

And we have to pay attention to our, our physical bodies. It's so much easier to just think we can take a pill or take some magnesium, because it'll relax the muscles and, you know, there's a time and a place for that too.

But that still is a Band-Aid. And so really getting into the fascia and I mean, I know all my patients that I send to do Deanna's work, like I only hear amazing things.

Oh, I'm so, so happy to hear it. Yeah. It's so powerful. And I'm not kidding. I'm either going to kidnap you or clone you in the clinic. I haven't decided which yet.

It'll be a nice kidnap. I'm up for both, but it won't be violent. It'll be like, I. So where can the ladies listening? Learn more about you website. My website is block therapy.com.

We also have a ton of free YouTube videos and interviews people can dive into. And I also have an incredible Facebook community block therapy community with over 18,000 members.

And what I love about that is if you ask a specific question, you're going to have people answering from their perspective. So they might have M. S. or chronic pain or issues with size and shape or whatever it is.

Trauma. But there's so many people in there that are so supportive. It's a beautiful, loving community. And I just love it there. So, yeah, I'm in I'm in there, I love oh, cool.

I tell all my thing and like, go to that community. I tell them to go to their community and I forget about my own life. I know we need you, Sharon, very, very much.

Please. Okay. So go follow her. Go check her out. You know, I love to host her for webinars, so we'll we'll get something special going for you, because I love to bring her to my community and just dive even deeper and spend a longer time and go through.

So stay tuned. But, definitely go follow her in your place of choice or all of them. And really take this to heart, because this is so important on your journey, so important in the aging process.

You know, it just it's not this or that. It's like, you know, this and that and that hormones and fascia and nature and diet and, you know, it's all the things we have, all these things that work together to support our beautiful vessels. So thank you, Deanna.

Always my way, always, always learning something, always reminding something. Right. And thank you everyone for being here. And we'll be back with another Texas.

Stay tuned. Stay tuned.