Opening Intention and Heart-Centered Healing

Everybody. Dr. Tom Moorcroft, back here with you for this episode of The Healing from Lyme Disease Summit. And today, I'm really excited to be interviewing Kelly Kennedy, a really great friend of mine, who we've spent some time together talking about something that's so important to me, which is the lymphatic lymphatic drainage as an osteopath, you know that I talk a ton about the importance of this, and particularly drainage out of the head, the neck, the sinuses, as well as relaxing the vagus nerve.

So today we're going to be talking about issues in the tissues, the connections between the lymphatics and the immune system. And I wanted to tell you a ton more about Kelly, because she's one of these practitioners that I know who just really spreads her wings and shares the love in her heart for other people.

But I want to I wanted her to introduce yourself a little bit differently than a lot of people. And that is because when we started right before we started, we set our intention and Kelly said something so beautiful that I've asked her to repeat that and share that with you, because as we've talked in so many of our other episodes, but we haven't really shown you yet, is that everything we're doing should be intentional.

We can create a ritual around healing, and it just changes our mindset, our heart set and our vibrational level. If before we just dove into doing things, we actually just take a moment.

So, Kelly, thanks for being here. And I can't wait to share this with people because we just said with brilliant. Well, thank you. And Tom is a big part of me being able to spread my wings because when I met Dr.

Tom, I asked him for a little piece of advice and he gave me a whole mountain. I asked for a little piece of sand and he gave me the whole beach. And I asked him a question in the physical.

And he only came back to me at the level of the 12 D and I was like, You're totally right. And what I'm present to and what he's present to and why I'm so happy that you're all here today for is let's everybody take a deep breath in and exhale.

I set the attention and focus today that all the words, the nonverbal communication, all the things that come out of Tom and I, as we always and have from the moment we've Matt, stayed connected in our hearts, allowing us to have the opportunity to have everybody that's listening to really receive what we're trying to communicate, to allow them to really understand what it really means to have the power inside us heal, that we know that all the tools and all the education we can give you, it's all about teaching you how to access this power within.

And we today, Tom and I, stay in communion and stay heartfelt. And with gratitude as we express all the wisdom within from all of our experience, allowing you to know how to access that wisdom as we move forward and union together to allow that to unfold.

And so it is it wasn't exactly what I said before because I stay in the present moment. Yeah. And the thing I would add to that we, one of our intentions is that not only that, but you have, you receive this intuition for you to be able to find the right practitioners to know who those people are to to know which treatments are for you and which maybe are really cool and in the line space, so to speak.

But maybe they're not the ones you need now so that you can really be in touch with that. Right. And Kelly, thank you so much, because like both times we've done this are now in the last 5 minutes, the hairs standing up on my arms on the side of my head, like all over my body, because to me is I've trained myself that that deep breath signifies I'm dropping in to my heart space.

And one of the things that seems to come up in all of our conversations about this throughout the entire summit is

whether we're talking about people who primarily treat with antibiotics and herbs and I mean a lot of antibiotics or people who only treat with herbs or treat people who are doing physical manipulation or they're talking about psychiatric stuff.

It all just everyone is gone back to the heart. And that's why I wanted to start at the heart for a change, because that's really where our conversation came.

And this is a and I love the way that you brought this back. You asked the physical question. I came back with what you needed to hear. And that's what so many of us are really working to do and you do so well is your present with a person.

And then, you know, and so hopefully today in our conversation we can help people become more present with themselves so that they know and they don't.

They rely on us for the nitty gritty of the things we might not be able to see or what we don't understand in the bigger picture from a mentor, herb or mental therapy perspective.

But we know in our hearts when what the other people are suggesting to us resonates with what our body needs to hear. Because I think that's really you hit on the nail on the head.

So well, we want to really be in touch with the self-healing mechanism and revitalize that within us. Doesn't really need to be revitalized. We just need to connect to it.

So thank you for being here to have this crazy conversation, but it's going to be amazing. I know my my pleasure. And and I want to remind everybody that the way we access that is as simple as breath, conscious breath, and that there's nothing you have to do.

There's no special power. We all have it. The difference between me living and not living is breath. That's it. And so to access that power that allows us to heal and live is to breathe.

And I know we talk a lot about it in our industry, and I think Doctor Ryan has a really good point that and I did say that in the first time that finding our own authority, you know, that word authority has been so manipulated in authority from the Latin, from the Greek derivation it means from self.

So it's very interesting to me how that has been so. Manipulated. Where authority means from self. And so the only authority we should listen to is our hearts.

And yes, our brains are really big. And everybody that does meditation, a lot of people talk about, Oh, I want to empty my brain. Okay, Doctor Tom, please don't enter your brain.

I know you meditate a lot. Please don't empty your brain because I want you to keep all that amazing information and content and the millions of dollars you've spent developing the brain and the intellect.

But let's just use it in a ratio that's 1 to 10 of the intuition. And the intuition is coming from the heart versus the mind.

Breath, Intuition, and Self-Authority

And when we access our breath and we take a moment and just be, it's in our hearts. And and when I honestly, I had been suffering with a left shoulder issue on and off, it would switch from shoulder to shoulder for 26 years, ever since I was in a car accident.

And when I was sitting next to Dr. Tom and I had said in the universe, I said, the only person that can help me is India. And I said, It's like four months before doctor time.

And I, we're sitting at a table together that really understands not only the physical body, but the spiritual body.

Because I feel like what's happening with my shoulders is much more than physical.

And I don't like to often ask my friends questions when we're sitting at dinners, having downtime, but also efforts. These are presented to you for a reason.

You got to stay present too. And so Doctor Tom said next to me and I was like, He's really present. We're really connected, we're in our hearts together.

And so I was like, I'm just going to ask him like, what do you think this lifestyle? Like, can you touch me and tell me what's as a deo? Can you tell me what's going on to my shoulder?

Because I have a physical problem. My shoulder. And he just like hit the ball right out of the park and whispered something in my ear that made me just cry instantly.

And I was like, That's it. That's what I've been waiting for somebody to tell me. And it was really just I knew 100% what he had said to me, but I wasn't telling that to myself and I wasn't giving myself the permission to step forward and to spread my wings and limb, which we're going to talk about drainage and we're in it.

A lot of people in the line world I need to detox and I've learned all these protocols and all these techniques and all these practitioners that are great at it, but not anybody is going to heal the same way.

And so that all these practitioners and all these tools, we can learn about them. But as Doctor said, what resonates with me when I close my eyes and I think about the red light, does that make me feel good when I stop and think about colonics?

Does it make me feel good? Whatever the case is, whatever you're thinking about, just sent her in. And does it make me does it resonate because lymph is not just about letting go of what doesn't serve us and draining out what doesn't serve us.

It's about stepping in to who we really are and what Dr. Tom gave me that day was I wasn't stepping into who I really am. I wasn't spreading my wing. And so I'm very honored to be on the summit and to be able to share this space with such a brilliant man who has helped me and many others spread our wings.

And to really teach us that healing is multi-level, healing is multi causation, all healing is multi. You have to do all the things right. But at the center of all of it, as he said so eloquently, is our heart.

And we can't get away without it. We don't live without it in every breath. And a lot of, you know, heart rate variability is about the spaces between the heart and those spaces between the heart is the breath.

And when we're in breath, when we're in parasympathetic now we can heal. Because I find so many people, particularly with Lyme, with that chronic tear, that chronic disease that causes us to feel like we're constantly in fight or flight, that we are being strangled because it's taking our oxygen and maybe we can't breathe well because it's up in our sinuses.

So we are physically feeling less oxygen, so we feel claustrophobic, but being able to take a conscious, slow, deep breath and feeling where the tightness is, are, and lending that frequency, that energy, that air to go that space and allowing it to come out of the body and physically being touched, definitely helps.

But you can do this at home with just your breath as well, and it allows the body go in that parasympathetic. Then when I take my herbs or I do my red light, now I'm in a position where my body is receiving that.

I think it's so important. Kelli, I think a lot of what we've been talking about with it comes up with the people who I've done, you know, who I most heart connected with.

Then I feel like I'm connected with everyone here, otherwise they wouldn't be on the summit. But the people, like I

was talking with Sinclair Kennerly, who have done an entire meditation program with and you we've had these conversations where and we're going to talk more about like the science of love as we after we dovetail through the lymphatic system.

But what's so cool about it is we're all talking about it's not just knowing the things to do, but the order to do them in. And so I just want to just highlight and emphasize one thing you were saying of I mean, I want to do that for all of them, but so rewind and listen to the whole thing again because it's like just gems.

But the part about not just about what do we want to release but what we want to hold on to when we feel inside. The thing is, I think we've been trained out of feeling with our heart because we're afraid we're going to be hurt.

And it's actually the way to be okay. And equanimity is, is to actually open the heart. Protecting the heart actually makes it hurt more. But it's like this.

Can I get out of my head like you're mentioning? But the vibration, one of my one of my mentors said, hey, you know, if you are doing something manual and you move your hands this way, does it make it more life fuller, less less life full?

Right. So are you resonating at a healthier does it feel better or does it feel worse? Right. Do you do you when I think about the therapy, does my heart open up or does it close down?

It's no harder than that, does it? When does it make you feel better or does it make you feel more in angst right when you're trying to compare yourself?

And this is another common thread through our whole summit is stop comparing ourselves, other people because they're healing. Journey is theirs, not yours.

Yours is your own and embrace your own. So as part of this and I just wanted to really highlight that because it's just part of the through line. And I told people in a few other interviews, I don't tell you what the summit is about.

I just say we're healing from life and we can talk about your gig and everybody is in sync because we're all heart centered and connected. So if you hear a common thread through most of our interviews, we didn't plan it that way.

I had it in my heart. I held the intention, but I didn't share that with Kelly. I just shared my heart with Kelly and brought her on because she's got a great heart and a great message.

And so part of your message here and we talk so much about lymphatics, but how did you come to lymphatics and what do we really need to know about it in healing from Lyme disease that makes it so potent?

And Dr. Tom has no idea really the type of work that I do on a in a personal on a professional level every day, because we get to see each other at seminars, but we don't necessarily get to see each other in practice.

But literally, as your office explained, that I was like, Oh my God, I want to explain what has happened in the last I said to you in the last six months, everything in my life has changed.

I've been in this industry for 26 years. I started pre-med. I was at Cornell. I wanted to be a doctor because my father had Hodgkin's and I was selfish.

I don't want to get cancer. Nobody can tell me how to not get cancer. So I thought if I go to college to become a doctor, I'll figure out how to hack at cancer.

And within that first year at Cornell, I was in a horrible car accident. And that left me with some long lasting injuries in my vertebrae, a compress, a couple of vertebrae.

I was scalped. I have a big scar on my head and I lacerated my spleen. And so after about three years of going to

every professional, I'm like all you have.

I went to the pain specialist north, the orthopedic specialist for the the support groups, the you know, I can't remember what actual medical doctors are called now in other specialties, kind of funny, but I went to all the specialties, right?

And I went to the hypnotherapist and I went to the Reiki person and the massage therapist because I was in Ithaca, New York. And if you know anything about Ithaca, New York, it's still 1970 there in a lot of ways.

And so I went to the crunchy people and I went to the medical professionals for about three states over the course of three years. And basically what they gave me was drugs, prescriptions to manage my pain and to tell me to sit still, which didn't really work for my body or my personality.

Kelly's Healing Journey and Body-Based Therapy

So on that journey I went and when I found this terrain medicine by regulatory medicine, quantum medicine, whatever you call vibrational medicine, I learned that there was a science behind it, that it wasn't just woo woo, that there was quantitative assessments, heart rate variability, contact regulation, thermography, live blood analysis.

And I was like, Oh my God, this is so exciting. We're figuring out why people are really sick. And there's two blockades to healing and then seven things that contribute to make everybody sick. It's never one thing that causes one thing.

It's multi causation. And there's two blocks. Those blocks are dental foci and scars. So if we have physical scars, they'll block our fascia if we have dental floss.

So they'll block as I go through this and we're helping all these people. I've now been pain free, drug free for 25, 23 years. Everything's gone. Wow.

We're helping all these clients from all over the world. We have all these people now. Once I start the podcast in the summit world, I'm like all these people were helping and I'm now challenged with Go teach what you do.

And I was like, Huh? I don't know if I can. I have a body centered therapy that takes 20 years of education and influence and brings it together. And I realize as I went to teach it that I saw the body in a very saint.

In one way, we have a mammal. The brain, the brainstem, and we have a harp, which is our vibe, which is our body. Electric is doctor, our good friend Dr.

Shoffner calls it. Right. So we have this body electric that is our fascia. And then inside it we are floating our bones that float inside the limbs that has three times more of this fluid known as the limbs than we do blood.

So we have about 12 to 15 liters of limp in about 3 to 5 liters of blood. So if three times more fluid of limbs held together by the fascia with the bones floating inside.

And what I realized was that the survival mechanism of the autonomic nervous system, the sympathetic is the mammal, and its job is to help us survive.

And we've all said it in this industry that, oh, we're not in caves anymore, but everybody's in sympathetic overload because of the environment we live in, because we're worried about keeping up with the Joneses.

And, you know, did I call my mom and do I have enough wi fi and to have enough storage on my computers and all the things that we worry about on a daily basis that's keeping us in the sympathetic tone as well as, you know, the aren't the nonstop information, whether it's the Internet, whether it's music, when do people get to be?

Everybody's in a race. And we have been calling it the human race. And this mammal, this brain and brain stem

feel trapped inside this body. And it has been head forward, shoulders rolled in, protecting the heart the whole time, because the the mammal has been shrinking to protect the vitality of what really makes it run, which is the heart.

And so the physical work I do is to help open up the cage of the fossil, the limb, the bones, and get the flow to open so that the heart can sing its song.

And we stop letting the mind run the show, which has been the problem, and worrying about it and thinking about it versus I'll learn all this stuff and then I'll take a breath and I'll sink in my body and I'll go, which, where do I start?

And those of us that get the best results, because we're efficient and effective and we're very well schooled, we get the best results. And the reason that Dr.

Tom is attracting all these great practitioners because he's one of them, is because we're able to sink into our hearts. And just like he did with me that day, sit next to me, meet me, breathe with me and go, Kelly, this is what you need to hear.

And it made what an impact. It made much more than an adjustment he could have given me in a physical way. He gave me an adjustment to my physical, emotional, spiritual body.

And I would argue that every single practitioner works in the physical, the mental, emotional and the spiritual body. The problem, it's most of them are not aware that they're working on those levels and that when you find practitioners like myself, like you, like Susan Sinclair, like Dr.

Racine, like so many others on your summit, you know it, your body knows it, because all of a sudden, weird things start to show up and you got another one crying.

All of a sudden, when I'm with you, I don't know why I suddenly feel lighter when I'm with you because your body is telling you you're finally with somebody that knows how to listen and that we're here to teach you how to listen to your body.

And that's really our goal, all of us, is to help you learn what your body needs so you can do it in the right sequential order and unwind this and allowing you uniquely to unwind it for you than anybody else.

Yes. Probably using the same tools. Yes, probably using the same education, but not in the same pattern, because you didn't wind into that tangled pattern of which you're in.

And our job is to help you unwind it and then allow it, just like the fashion does when we just hold it to reorganize and go back into structure and go back into coherence.

Because all of life is coherence, all of life has structure. There is nothing in nature that is not perfectly unique. And yet within a beautiful, coherent pattern called the golden ratio, the Fibonacci series, it's over.

And over in life, in our hearts, when we're in coherence, create that sort of vibration, that frequency, and then the vibration is then spread throughout the live.

And we are vibing a healthy regenerative frequency that uplifts all of those that are around us. And the body electric heals by just touching. You know, it's so crazy.

It's like I'm like, we want to make sure we tell people a little bit about actually what the lymph is from the conventional approach to it. But what's really interesting to me is that I agree with all these things you're saying and it is like that's the part that gives us is that everybody, you get so much done.

I can't do you sleep? I'm like, Yeah, I sleep a lot. And they're like, Really? When how do you get all this dynamite? Because I like, plugged into the same power that you are that everyone here is, too.

But I think there's this fear and you would mentioned, like, you know, we're the human race, but also a lot of these doctors are our trained to be human human doings, you know, but we're really human beings.

Right. And we that word that use being is just like, boy. And it goes and I think about that life on this I was talking about is it is it open up? But it is when you're feeling that frequency, when you're in harmony.

I think humans are really innately different in our brain structure that we have the ability to get out of sync with everything around us. Right. And it's even like animals that fight each other for, you know, the hierarchy in their pack or their clan or whatever they're called in the big herd.

Once it's over, it's over. They go and they shake it off that. And lo and behold, if we go back to lymphatics, for me it's a low pressure system, so it needs different types of movements which we can dove into.

But it's that sometimes it's the shaking. But wow, if we could just get the vibrational frequency of love spreading throughout our body, all the other physical mechanical things would work so much better.

But it's like you're giving yourself micro lymphatic pump that is the most innate and deep piece, right? And it's like I feel like people who if we're setting anybody off by dropping in to like the core of this thing right now that is so beautiful and sit with it like my friend Joan Rosenberg said.

And she's been on previous summits with us. And one of the biggest challenges people run into is they're afraid to experience uncomfortable emotions. But it's like all these emotions are just energy.

You're supposed to be with them for a moment and then bring that energy back up to your heart after you experience it. If it's somewhere other than your heart and then take that breath that Kelly is talking about and just be with it and, you know, it's funny, like where I said the first breath we took, I would just boom, drop right in.

It took me years to get there. I was so sick I couldn't do anything. So it's for some people right away. But if it just pisses you off or you're like, This is hard.

Yeah, but you were so worth it. Show up for yourself today and do the simple things. So thinking about simple things, Kelly, like maybe you can touch on a little bit about the mechanics of lymphatics, as most other people describe it, so that people can have a groundwork for taking our conversation and understanding how it plugs into what they're hearing elsewhere.

And then one of the things I love that you proposed chatting about is just how can we do a little bit of self lymphatic massage because so many people want to drain their lymphatic system and they're like, I can't, I do.

I need a lymphatic massage therapist, blah blah. Maybe you do, but you could start at home. And I would love for you to share a little bit about that because it's so powerful.

Absolutely. And I want people to start to think about drainage or detox. Drain, drain, drain versus detox. When you drain, the detox happens naturally.

Your body's designed to do all these things. But the lymph, which is our filter, our gets clogged and you change the filters in your car, you change the filters in your air filters, you change your filters in your house.

But we don't change the filters in our body and we don't think about it necessarily because we've never been taught about the lymphatics.

Lymphatic System Basics and Drainage Mechanics

Most of us haven't heard about it until somebody in our family has cancer or some kind of chronic illness. And then we go, Oh God, what do I do with my life?

Is there a valve? Or Here, can I drain it out and be done with it all? If only it was that easy. But the lymph really is a it's part of our car. It's part of our circulatory system, really.

We have the cardiovascular system, right, which is the heart and the lungs pumping. And when we put in well, there's a whole nother theory about that.

But okay, let's just say the heart pumps and the heart pumps, the blood and it circulates throughout the whole body and it gets everywhere. But the lymph doesn't have a pump.

The lymph only moves when we move. So if we're stagnant and we don't move, the lymph isn't really moving. And as soon as we move our arm and the skeletal muscle starts to contract, there's these these muscles called lymph pigeon limp a limp.

I got lymph jamo in my brain here. Oh, there you go. Lin pigeons. And they move in this pattern that's like, like almost if you're going to twist a towel and try to wring all the water out of it, it moves in this kind of, like, twisty pattern.

As we move the lymph, the germs kind of squeeze the body as you're going up, the skeletal muscle, as you're moving and somebody might be laying in bed right now, it'd be like, I can't walk, so I can't move.

But you can because you can breathe. So when we take a deep breath and we expand our ribcage, not our chest, we expand our ribs and we're expanding our ribs, we're actually raising our shoulders a little bit and we're expand our lives.

And when we exhale, we're creating that simulation of a lump of germs, particularly here at the terminal, which we're going to talk about are really important.

And right here at the Sister Anna, I wore this necklace today perfectly, so it would fit right here. Right over that. Right. And your sister Anna is not really a lymph node, but it helps drain the bottom lower of the lymph.

So the top of the lymph drains right here above our clavicles and it drains down into our cardiovascular system. So this is where it ends. And a lot of people that do dry brushing or they do manual pumping, they where they're taught, I would consider it completely the opposite of how it should go.

I teach dry brushing and manual pumping very differently than what is taught in America, because I know physics and physiology and combined thought and thought, hey, this doesn't make sense what they're doing because right if this is the exit and you have 50 cars backed up to the exit, do you try to get the 50th car that's lined up in the back and push it through to get through the exit?

Or do you open the exit and then go, okay, the first car comes in and then the second car comes in and then the third car comes in. By the time you're done, the 50th car is the last car to come through because all 50, not 49 other cars have moved.

So this is about for those of, you know, this word, this is about working proximal closer to the body and then distally away from the body. We open up the areas closest first because it creates a vacuum because as Dr.

Tom mentioned, that the lymphatic system is a pressure system. So it moves with pressure. So where there's a void, it'll move pressure in. So if I want to open up this area, which is my left termini, which drain 75% of my body drains right here and 25% of my body drains here.

So the way it works is that if you were to cut the body right in half. Right. And this I'm sorry. Look, don't look here. Okay? So here, this breast, this arm, this side of my neck and the side of my head drain at my right sub clavicle termini right here.

This left termini drains this breast, this arm and my entire lower body all drain here because the lower body drains

the system and then the system drains up to the thoracic dock.

And that's done through movement. So I feel that a lot of the reasons people feel better when they do yoga is actually they're moving upside down and they're moving their lymph and their fascia and they're actually draining that water and pressure system because the water, the hydration for both the one from the fascia is key to everything continuing to move and to shift that pressure.

So one is I teach people to pump your termini because you have superficial lips and then we have lives nodes that are deep. So we have like these highways that are like vesicles, much like the arteries in the veins.

And then every average human has between 600 and a thousand nodes. That's a lot, 600,000. So and each node is between one and 25 millimeters. It's tiny.

Okay, but if you think about you have about 50% of them in your gut and about 20% in our neck. So 70% in our neck. In our gut. And then anywhere else, they're mostly concentrated.

Concentrated is where we're bent like our shoulders, our elbows, our wrist, our knees or ankles. And most of us have kids or when we were kids, we're familiar with lymph nodes because like, oh, their lymph nodes are swollen.

So what does that mean? They're fighting something. So we know this at some level, but it's another level. We don't really understand the immune system.

And yet I sit there and go, it's because they don't study the lymphatics, because here are the lymph organs. So I'm going to get back up, take a breath, because that was a lot of information.

We have three times more lymph than we do blood. The lymph doesn't move unless we move the lymph nodes and drains at the top of our clavicle. That's where we start. Drainage is at the end.

And we manually pump that which I teach for free on my Web site for people to learn how to do that. And you can do it as simply if you can't move your arms with breath to begin to move your lymph.

And then as our lives moves, as we stimulate the movement, there's vesicles and there's lymph nodes. The nodes are concentrated in our neck and our gut and where we bend and the vessels will move the surface, lymph the organs of the lymph are as follows Tonsils, thymus, spleen is your largest lymph organ appendix, bone marrow and small intestines.

Your bone marrow and your thymus are where the B cells and the T cells mature seems kind of important to our lymphatic system. The spleen is the largest lymphatic organ and it creates white blood cells, as does the pyres patches of the small intestines, which is our largest organ in our whole body, is the small intestines from a surface area perspective.

So the white blood cells are created in two of the lymph organs and they're matured in two of the other organs are you see the connection of the of the immune system.

And I know that you talk a lot about mass cells and the mass cell. Whole experience for me is a lot what's happening lymphatics from an overstimulation of what's happening in that space between the cells that the body's responding to and the white blood cells.

The lymphatics are creating a response to that. That's inappropriate, perhaps for the environment. That's a whole nother summit. But just to bring it all together, to get people to realize that the lymph is our eye, our body's ability to identify what the toxicant, that pathogen or whatever it is, is in the body at the level of the node.

So the body holes in it has capillaries at the end of each of these vessels that opens up and says, hey, there's surface, there's fluid in the area, bring it in, bring it into the vessel.

The vessels pumped through through these large lymphoid gems that are then through skeletal muscle, they move into the lymph node and at the lymph node level, then they go, hey, that's a toxicant, that's a pathogen.

That's a that's a an immune challenge of sorts, a bacteria. So we got to create a certain white blood cell for that versus this. And that's the war, if you will, that's waged inside is the immune system.

And now the body can take that through. What I find with people that have chronic lymphatic line is that their body has been building a protective mechanism in fibrinogen against the line.

It's trying to put it in benign areas like shoulders, like joints, like cavitation in the teeth, like scars. And it likes to hide out there in the fascia.

And it's got all this fibrinogen, all this top like what I call cobwebs basically around it. And that's the fashion adhesion. And that when we start to pump the lymph and we create space and then we start to stimulate the fascia, what's hiding in the fascia can come out through the lymph, it can be pumped out.

And then the liver and all the monetary organs can take over. But I think that so many I feel thinking now that so many people with chronic illness are not considering the lymphatics for the drainage of the toxicants and the fascia for the storage of these these spirit kits.

And that knowing that by pumping the nodes ten times more than I detox, that moving ten times more than I take something for detox, then I want to stop killing all this stuff because my body can't get rid of it, meaning it out.

There's no point taking biocides and if I'm not peeing, poop and sweating and bleeding properly because that's how my body drains toxins out. And the biggest organ of drainage is breath.

We detox more through our breath than we do anything else. Well, the beautiful part of that excess optionally spot on bad ass diatribe about our lymphatic system is that we're actually going to be doing some bonus breathwork sessions every day during our thing.

Because I agree with you, it's so critical and so much of how all this moves is we're we're in control of. I think that that's so important so when we're looking at the different things we can do because if you don't by now know the lymphatic system is critical to your immune function and it's interesting we always say, well, 70 to 80% of our immune cells at any one point are living in the gut wall.

But let's go even further back, like Kelly just didn't focus on like, can it work? You know, the whole analogy of the freeway and I mean, it's like I always say, like if I'm driving down the road and everybody who needs to merge would just go one than the other than the other than the other.

There are really it'd be a little slowdown, but it would be fine. Nobody had nobody who'd have been having a problem, but they're all like and they're fighting it.

So our goal here is to give you access to ways to not fight it, but to optimize that natural healing. So do you like directly have people pump? I do. So I find so this is not a massage.

It's a pump. Okay. So first of all, a lot of times when we have a sore arm or something, we want to squeeze it. Right. This isn't about a squeeze. This is a pump.

Think about an avocado. You want to go and test the avocado to see if it's right. You're not going to go and go and pump your your fingers through the rain.

You want to just gently pump it to see if it's soft and supple enough to be ripe enough, but not hard enough. You're going to pump so above your clavicle.

And remember, these are just under the surface level of the skin. So you don't have to go deep and you're creating

like a pump, a pump, a pump, a pump, a pump, a pump.

But it's going to be here. I want everybody before you do as Dr. Tom. We're not human doers, and we've been in the human race for too long. So let's start to become vibrant human beings.

Self-Lymphatic Pumping, Humming, and Vibration

So first, be put your hands. And I like to use these two fingers, your ring and your middle finger, because they have the least amount of pressure and just place them first, start there, don't do a thing, take breath.

And now just gentle on my word. Pump, pump, relax, pump, relax, pump, relax. Just five or six little pumps. I was a rower and when you row it like it's going really fast in the boats, like we're fast up, but it's actually slow up fast pull, slow up, fast pull.

And that's similar to let your slow and release pump and release. I find a lot of people are like this. Pop, pop, pop, pop, whoa, whoa, whoa. Think of it like, yeah, like it's vibrate.

Like you're almost like. Right. And we do have some handheld vibrators by vibe that actually stimulates that as well. But for your own manual pumping, I'm going to put my.

But it's a different frequency, right? I mean it's that's creating a frequency that we really care and and which is good because now we have tools to help augment it.

But it doesn't get around the basics of just a simple pump. And I just want to tell a quick story because I remember I will never forget the thoracic duct right.

It drains like so much of your body and it's on so the right lymphatic duct, the left lymphatic duct. But the left is so big, they call it the thoracic duct.

I went into my first anatomy exam for a thought for our thorax and I and they put a little pin in this cross-section. So we saw it. The thing was bigger than a garden hose in diameter.

I had never of all the cadavers in the whole room, I had never seen a thoracic duct remotely that big. And so like I didn't think it was supposed to be that big.

So I was like, This can't be that. I don't know what it is. And I got it wrong. And then they were like, It's is thoracic doctor. Like, there's no way.

I mean, it was huge. Kelly But it just but the cool part about getting that one wrong, which, you know, for most of us like me, you don't like getting things wrong, I'll remember it forever.

It's variable in different people, but it's so important to unclog the entrance, you know, like or the exit, however you want to call it. But it's the entrance into the venous system, which is the exit from toxicity, and it's the entrance to cleaning out.

So like you said, detoxification happens naturally. So the pump and it's like it's really cool and just for everyone. Like I've spent years and years and years, hours and hours, thousands of hours training in and teaching osteopathic manipulation and sort of the more esoteric where you're kind of getting in there and you're just barely touching stuff too, because reigniting self-healing, this is the exact same way I would teach someone to do lymphatic pump, because all the people who do this thing in there are people who do that osteopath and other people.

It's basically a superficial game. It's going to feel good. It's going to do some. But it's like, I would love to dove into the vibration a little bit because in osteopathy I use a lot of percussion and when I do manual therapy, but everybody thinks it's a it's a thumper or vibrator, we're just getting a man and we're going to fix it.

It's the interaction at the right vibration with the tissue that we've always found. And what's really crazy is our teachers, Jill and I are like when you're when you're when you're vibrating or if you're treating someone from a position of the higher vibrational frequency of love, whatever your therapy is, is going to work better and so I would be willing to bet that because this look at this amazing thing you just had us do.

Crossing your arms and you're hugging and. You gave a hug and you didn't do it hard. You did it at your body's tissue pace. So you're vibrating with your own heart, and that's the feeling.

And so what's with this other one? Because I, I haven't experienced this one, but I saw you goofed with it before we started. I'm like, I know exactly the vibration that's at.

Yeah. I will. And let me just mention two things. One is when you're doing this to add to that vibration, because I agree 100% lymph is about the pump in the movement, the flashes about the vibration that breaks up like old stuff.

And so just adding a hum while you're pumping your lymph can make a big shift. And now I'm going to go one step further because I know you'd probably do this too.

But if you're doing this and you're taking that breath and vibrate with the hum for all of us. Marcel Mycotoxins chronic sinus people. And you want Raynaud's who want more nitric oxide, you can get six times more nitric oxide in your nasal sinuses by humming than you can from regular exhalation, which is really cool.

So now I'm making a really simple self-care routine. Like, I get in touch and I'm going at my heart speed, but when I do my cleansing breath and even throughout I can hum.

So it'll help physically all through here. But it's also going to improve your nitric oxide and it's going to help all your microcirculation, not just here, in here, but everywhere.

And what is lymphatics what microcirculation. And the last is music and you know, I think I know one feel that we've all gotten away from music way too much and that, you know, we're not feeling our mushrooms because we're not getting in vibration.

And you know, the heart of all of us. I learned about this tribe years ago and it just still resonates with me when I learned about this, that this tribe in Africa, when the women want to have a baby, they decide to get pregnant.

The first thing they do is they go out to the woods and they wait for the song to come to them and they learn the song of the child they're about to have.

Go back to the tribe and teach it to the tribe when they have the baby, the midwife and all the tribe is singing the song throughout the course of life.

If the child out of order, meaning they're out of their own vibe. Everybody comes around as a tribe and sings their song Hook Women When You're Men, you have a baby and it's like not doing well.

What's the first thing you do? You pick it up, you go, Oh. Mm hmm. Yeah. So while you're. Mm. Maybe you add a little movement to it, maybe rock a little bit, and you just know that you're not forcing a rock.

You're just finding where is my body moving and maybe playing a little classical music in the background overtones we find is the most healing in all of nature.

And it's found mostly in classical music, like Mozart and Beethoven and Bach. And by listening to that and humming and you know how much that cost you zero $0 zero and how much can you do it?

Tom Ducharme, can you do that all day? Oh, they did. And can you can you over treat with that. No, not really. Yeah. You know what? Like, I love music and there's a lot of music that we do with our meditation programs and even our Lyme healing program, our Thrive with Lyme program.

But what's really cool is like I was just at an autism conference and I woke up every morning and I'm just like, you know, I'm in a different time zone.

I'm waking up all crazy. I've got tons of lectures to do. I say, you know, I said Yes because it's important. But I'm like, Why am I doing all these lectures?

It's going to take a lot of energy. And I just woke up every morning and I put on my little I have this whole dance music track and it's just like, but it's vibing music that resonates for me.

Yeah, right. And it's not like, you know, Rage Against The Machine and Metallica. I might use that like, you know, if I want to go skiing and do something stupid, but usually not.

It's more like the stuff that just gets me in my zone. And I just every morning, even before I'm getting in the shower, I'm dancing. I get in the shower and dance and I get out and dance.

But it's like, but it's my zone. And it's like when I do that, it's just like it wakes you up in such a way, and then I can do it throughout the day. So like literally every time I have downtime, I have my groove in the background and that works for me and it could be the overt and it's really the overtones of the drum and the human voice that really get me going.

And I'm a guitarist, but I love percussive guitar on top of everything else. And when you go to the other side, whatever it is for you in that moment and it changes and this is the thing, it's like go with the flow.

Like it's like the and the dance moves are great because what I feel is like I'm even doing it now. I'm like loosening up my back because I've been sitting in the chair.

We like to bop. And then you know what we do though? Friends, our kids do this all the time and then my patients go, Oh, or my parents of the kids are like, Oh, they're hyperkinetic.

I'm like, Well, they're trying to move something. Don't stop them, encourage it, and also find a way to do what their body is not able to do at the moment.

So I love what you're saying here. It's amazing. And the the so to that point, we taught this manual technique when COVID hit a few years ago, my friend in New Zealand and I've been training online for a long time together and we were like, okay, if they don't get this pump right, if they don't get this feel right, can you make something?

So she created this about a week and a half ago and it's this little handheld. It's got three speeds on it. So like the first speed for the face is it's a little less intense.

And so that's great for sinuses. And this is a very flexible head. And yes, it's called flow vibe and it's great because it can get right into some of the crevices and stimulate the nodes and then it can really get like under the mandibular is behind the ear at the jugular di gastric and by holding it first of all, instantly everybody does the same thing as soon as we hold it, here we go.

Oh, because at the end of your termini and at the top your termini failure. So this is like a vagus nerve reset. So it instantly puts me in the parasympathetic and then I'm stimulating the nodes and this is just a great shortcut I think as well for kids like I have a ten year old too, you know, does it let me treat him because, you know, you're never profit in your own town.

So I got this.

Finding Kelly and Closing Blessing

And now this has been fun, right? So now every night he's like, and what I find interesting, just like you said, Dr. Scholl, I'm I'm aware because I do this work.

But, you know, when he's like, well, can you put it right here? I'm like, Yes, I can. You got something stuck there, do you? Okay, let's do that. And then I was here for a while and he's like, Well, can you put it like right there?

I'm like, Yup, I sure can. And he's just telling me where it's now stuck in the body because it's mobilizing and it's moving out. And then he had a great movement the next day.

And what I mean by movement is poop. And so many people go, Oh, I need to do colon hydrotherapy, and I got to do a bowel cleanse and I got to do all his bowel stuff.

And I'm like, Yeah, move your limp. 50% of your lymph is in your gut and watch your bowels open when you work your lunch. Mm. I feel that that should be the bottom of the barrel.

The bottom is funnel that everybody talks about is bowels. I think I propose it to be lymphatics because when people come in with constipation, we work there limit.

The side effect is bowel movements. When people come in with infertility or they have off periods and we work their land for they've been in pause for three years and we work their lymph, they get a period or their cycle regulates or they get pregnant as a side of wellness because the side effect of healing is procreation.

That's what the mammal is trying to do, survive and that's what it's designed to do. That's what it's striving to do. And only when we rise above it with consciousness are we able to get out of the survival mechanism, stop becoming a human being, or stop becoming a human race and get into the human being and just be.

And I know as a chronic illness person in my way doing history 25 years ago, I know how some of you feel right now that you're sitting here listening to this brilliant doctor who's on all the summits in the podcast and has this clinic and teaches people and this lymph specialist for a woman.

And you're like, Really? Is it that simple? Is it as simple as pumping my nodes, humming, dancing and starting to make my vibe change? Mm hmm. It is. It's that.

It's so, so inspiring. We could talk about this stuff forever. In fact, we have before, but I just. This has been such an invigorating conversation. There's so many more pieces of this to unpack for people over time.

And I know, you know, as we record a little bit before the summit airs, we have a lot more information about the flow vibe that we'll stick over on and other resources on our Summit Resource page.

But as I'm sure you kind of know, Kelly, you're going to you've inspired so many people right now, and I'm sure they want to learn a lot more about you.

How can people find you online and get in touch? Learn more about your work? So I have a podcast called the Beats, like the Heart Beats with Kelly Kennedy.

So anywhere you listen podcast, you can listen that. And then I also have a website called The Truth on the center for our center here in Philadelphia, where people do come and visit and then see us either locally or long distance, and then on Instagram, it's true wellness global and.

Kelly Wellness Girl. So. Kelly Wellness girls like me and then true wellness is all the things I do and the podcast is fully me cool. So that's how they can reach me and thank you for this opportunity.

Well, thank you for gifting us with this amazing healing invocation at the beginning and the intention and being such an amazing practitioner and a light in the world and for spreading your wings.

And, you know, so many of its practitioners, I know how to fix things. And what I love about our little tribe of people is we all know how to fix things, and we also know that other people do too.

And we're open to receiving all of that. So that not only we can receive greater healing than we ever thought possible, we can share that with everyone, which is what we've done today.

So I'll make sure all your links are on our Summit Resource page and Kelly Kennedy. Holy moly dude. I love it. Thank you so much for being here and such a gift.

And I just can I just quickly say as we end this, I set the intention of focus that all of you have received this message in your heart. And while it may not have all the details yet, your body, you know that you have found a truth today that you've never resonated with before, and that, like Dr.

Tom and I, we can spread our wings, lead with our hearts, and we are surrounding you with our love. And I know you can feel that you feel that love from both of us right now.

And you have that withinside each and every one of you, and we are only able to access it ourselves because we had to find it with us first. So we pray that this today has inspired you to allow you to experience that.

True wellness inside you, that wisdom within you. That is the only thing that heals. And we know that we simply facilitate as we allow you to access that and allow it to show you the magic of healing that it truly has for you.

So I say with true love from our hearts to yours. You got this. You got this, everyone, thank you for joining us. This has been such a pleasure, Kelly and everyone of Dr. Tom.

I'll see you in the next episode. Until then, just you got this.