Introduction and Guest Welcome

Welcome to another episode of Mycotoxins, Mold, and Chronic Illness Summit. I'm your host, Dr. Ann Shippy, and today we get to talk with Kelly Kennedy.

She's known as the queen of lymph for lymph Queen or even a mucus solid dust. She brings together these areas of regulation, lymphatic system and the fascia system, which she don't care about nearly enough and helps people to tap into their innate intelligence of their individual ability to heal.

And I love her. She she's just such a bright. Light on the planet. So and she's just so beautiful about sharing her knowledge and really helping people to heal.

So thank you for joining us. Thank you so much, Dr. Ann I am so honored and thrilled to be here and speaking to your community about this. As you said, a very un it's not talked about nearly enough.

And we need to uncover that so that people can truly heal and truly recover from whatever chronic crap you got going on. There is an easy way out. Yeah, and I think really everybody needs to know about this to do prevention because the world that we're living in today, we're all being bombarded by environmental toxins and putting this extra load on our systems that are invisible.

And this is a really key important to staying well if you're well and optimizing your health. But it just is one of those things that has to be addressed and healed from chronic illness.

So I'd love if you share anything more about your background that you'd like the audience to know. Sure. So and based upon what you just said, I just want to share and add that I'm a biologist.

I grew up in southern tier Finger Lakes of New York. I grew up near and around farms and wanted to be a doctor because my father had Hodgkin's disease and cancer.

And I thought, Oh, if I become a doctor, I'll figure it out. But really, I grew up on farms with animals and really kind of was grounded in rational science.

And then I was in this horrible car accident my first year at Cornell. My father had a couple of strokes that same year he died at 55, and I found myself on six medications managing pain, allergies, asthma and acne.

And I just kind of pulled my head out of the sand and was like, you know, maybe just standard allopathic medicine. Maybe they don't really have it figured out because my father had cancer seven times, is dead at 55 after having chemo and radiation.

Hey, they saved his life. I'm not saying they haven't said his life multiple times, but it was no quality of life. And then here I was at 20 managing pain on six medications.

Again, no quality of life and going, This is not how this is supposed to go. So I continued to search and search and search. I went to a neurologist, an orthopedic specialist and Reiki specialist and emotional healers.

And in the nineties you can find a lot of that as you could today.

Kelly Kennedy's Health Journey

But I kept searching because I knew in my heart that everything I was seeing and hearing from the Western medical community did not resonate with me, that my body was just broken from this point forward.

And yeah, it definitely wasn't helping you. So you sound so similar to me where, you know, I had to figure out what was wrong with me too, and how to get better and have to, you know, change careers. So I'm totally with you that there are so many times where allopathic medicine saves lives.

But it I think probably most of the people listening to this interview have felt like it's let them down, too, and couldn't quite hear them either. Yeah, it's a bit of a broken system, both for chronic illness, chronic pain.

I was dealing from my family perspective with chronic illness, wanting to prevent chronic illness in my life. Now, I was told at 20 as a collegiate rower prior that I was going to live in chronic pain the rest of my life and to manage it.

And I was like, This just doesn't feel right. This isn't this is not connecting with what I know somehow in my heart to be true, that we're meant to be these unlimited, amazing humans that have abundance and prosperity.

So I continue to search until I found vibrational energetic. What we now know is coherence medicine, as we know as bio regulatory medicine. And this man did some energetic work on me and vibrational emotional release technique and honest to God, my pain went away and I wanted to know how he did it and he was like it was energy cool.

I was like, What? And it's like, I go, How do you keep it? And he says, BP, I'm like, Now I'm really confused, but I continue to hang out with him and study with all his colleagues.

And I ended up in this group in Europe that studied bio regulatory terrain medicine and started to look at the fact that the the cells are in a terrain, that the blood is only part of the body, that the bones are only part of the body, that there's this whole other space around the cells, that the bones are floating in lymph and fascia.

And I started to learn about the lymph in the fascia. I was like, wait a second, why are we talking more about this? Because that is the train. Like I, I make up words.

And so the word recently is called analogize. So I analogize a lot. I make analogies. And if you think about your house that you live in and you have furniture in your house and then you have split floor space, take all the furniture in your house and move it to one section, that's your blood.

The rest of your body, the rest of your house is your lymph in your fascia. Which do you have more of for space or furniture? So when people are talking about their blood and their blood labs, while that is key, important information, it's the last thing that's going to change.

Whereas the more subtle energy body of the fascia, the lymph and the regulation of the body, the autonomic nervous system, the sympathetic, which is the fight flight and the parasympathetic which is the digest heal and really allow the body to be in that space of getting rid of the trash is how our bodies designed to deal with mold, bacteria, virus and fungus.

We are mostly mold. We're non pathogenic mold and viruses and bacteria non pathogenic. We're an ecosystem. So our ecosystem in a non pathogenic form is ever changing and ever morphine depending upon the environment it lives in.

If I live in a I live in Bucks County, Pennsylvania, if I live, which there's a lot of moldy houses here, if I live in a basement with a running water mold for a week, it might not bother me.

If I live there for seven years, it's probably going to catch up with me because dose makes the poison. But my body, if I have good drainage, my body will take in that mold and get rid of it.

If I don't have good drainage that it will bring it in and it'll get stuck. And maybe then it comes in and it starts moving, but then it gets stuck because my liver doesn't work great.

So it as what's moving through my lymph starts to get addressed by the liver, which now got it has to detox it and

get it out. If that doesn't work ideally, well then we have issues.

So I always look at what is the biggest thing in the body that we can work from because I don't want to work at the small thing. I want to work in the big thing, make the biggest impact in the body and allow the body to do the work.

And so in looking at fascia and lymph, that's where we came up with the flow formula, because we open up the fascia, we get the lymph pumping, which is your drainage.

We'll talk more about the filter of it so that you get oxygen everywhere because oxygen takes care of the mold and the micro toxins and the biofilm and all that oxygen, winds, water is what we're 99% molecularly made of.

And water is going to move it out as long as it moves. Water is the lymph for the body, really, and the water needs to be structured and coherent. So it holds proper information and it can get rid of any decent information like pathogenic mold.

And then our body has energy. And how do we get energy? By breathing in oxygen and allowing the water to circulate everywhere. It needs to go through the superhighway, The fascia amplified by the lip.

It's a very simple formula and it really allows people the opportunity to know where to start, where to go and how to get there, and how to keep staying there as you continue to unwind your case so that you can drain out your toxins.

And then, as doctor said, stop putting the toxins in your body because we're living in a soup of it. And this is what I was going to say. I've kind of gotten to the point where as a biologist, I feel like our job right now as an organism on the planet is to make sure the toxins are moving out faster than they're coming at us.

Lymph, Fascia, and Terrain Medicine

That's exactly right. And I think this this is actually one of the pieces that's most missing. And in the all the different trainings on on how to detox.

So let's go back just a second for those that aren't familiar with what the lymphatic system is and what the fascist system is, because they're probably people that, you know, have a vague idea of what the concept is.

But I'd love for you to explain in a little bit more detail so that it really means Absolutely. So if you're not a meat eater, I apologize if this grosses you out, but if you've ever eaten meat and you ever have chicken and you lift up the chicken skin or the turkey and you see that like cellophane stuff under the the skin, that is your fascia and it is literally a wrap under our skin.

It is around every organ. It's around every joint. And it literally is this collagen fibers. Everybody eats. A lot of people know about collagen. It's this network of living tissue that changes and morphs.

I'm sure Dr. Ann could attest to the fact that when she was medical school, it was the thing they threw out when they were going through anatomy and physiology.

Really, it was kind of a hostile, actually. Because she got to get the person. Off to be able to find the nerves and the blood vessels and all the things we actually got tested on. We didn't get tested on.

The faster it was like the faster it was totally skipped, unfortunately, because then you forget how important it is. But the thing that is so amazing about it, it's really how every piece of the body interconnects, it's like a highway through the body.

So your your big toe connects through the facial system all the way up to the top of your scalp. So it's part of I think it's a really important part of the information system in the body.

So we we cannot just throw it out and and what I find with patients is that the fast they kind of get sticky and doesn't

move like everything should, it should be smooth and just like a really lubricated, flowy system.

But, you know, then we we start to see like if you get a little bruise, maybe the faster scars down where you've had an injury or you get the things like the frozen shoulders.

So it's a it's you can tell when there's been inflammation in the body in that facet gets what I call stick em. Yes sticky. And it's an old video, but it's a great one that Gil Headly did.

He's an anonymous that did the fuzz speech. It's like 25 years old, but it's fabulous. And it is. It gives people first of all, it's an anatomy, you know, it's a cadaver.

So it's a body. It's a dead body. But I want to go to number two is Mark as well. But what Gil Hadley did was he really got us to study the fascia non-living on cadavers and could see how connected it was and started to realize if we don't move, our fascia gets cranky and old and it gets rusty, like, right.

And to keep it hydrated is movement and movement keeps it. You know, they build on each other. You got to be hydrating, you got to move. Those two things have to happen in order for things to continue to flow.

But then there was a gentleman by the name of Dr. Joe just, nope, not John M I don't know why I can't say it right now, but John Goomba, he's French, He's a hand surgeon and he did a video and has a great book called The Architecture of the Living Matrix, and there's a Strolling under the Skin on YouTube, which I highly recommend for people to watch as well.

Those two videos will take you in 10 minutes and you'll understand the fascia and the network. And this. Like if you think about pantyhose, there's this interconnected web that's holding structure.

That's a great. Analogy. I love that. Sorry, guys. If you haven't noticed that, you can imagine. They're not the greatest and they will limit your posture and your your lymph for movement for sure.

But they hold the structure. And if you get a snag in the pantyhose, then if you imagine the information traveling down those those panels, all of a sudden it's going to get stuck because that's a pass.

It's a catharsis. So scars are a blockade. So the nervous system, healing of the fascia and overuse like when I was in college, I was a rower and I had created carpal tunnel from overuse.

I think there was other contributing factors as well, but that's another story. But by just overuse saying that I created a situation where the body was creating inflammation because it was created a cast essentially trying to stabilize that.

When I broke my leg in my arm, I'm really good at breaking things. When I broke my leg in my arm years ago, different times they put a cast on it. Well, a cast is a natural facial adhesion.

Now, how did the how did those bones heal? I didn't heal on my body did it all by itself. By casting it so fast. It creates a natural cast in the body to stabilize and immobilize things until it's unnecessary.

But then when it's unnecessary, it's hard for the body to break up that facial adhesion. Scars on the body will create these impasses, even arcades. And what we're told, which I would not, I'm waiting for science to prove me wrong.

I don't think it's true that scars continue to just create sympathetic nervous system. Fiber continue to grow for the rest of your life, because I have a 12 inch scar on my head that I've watched change and grow and disappear in different areas.

I had a huge keloid that's almost gone because I've treated it. So I think there's a lot about my body. We don't. I am with you, and I would say based on everything that I've seen, that that's not true.

I think just about everything can heal now. Agree, especially what we do when we're at our front on our weekends. Yes. So yes. And fascia, I really is the antenna.

It is the frequency fabric where. Yes, the information of life of water, which all of energy is information and the energy is received from our antenna as our fascia.

And then it's magnitude or amplitude muted through the lymph. And the lymph is supposed to be like water, not like gel, but like water. And it you know, we know from General Pollock's Worth, there's four phases of water.

I would contend there's a fifth phase of water with some of the work that I've done. But what you'll know is that when water structures it, it holds information better.

And so when our fascia is open as a good antenna and the lymph inside our body is moving like fluid and it's not stuck anywhere, it can open its structure to sacred geometry, and then it can receive information from the field around us, from the ecosystem around us.

And then we want to make sure that the environment inside our body and the environment around us isn't given us like life. I bet, you know, fluorescent lighting, you know, whatever news category you want to watch, it's not.

It's good, intrusive. Also start watching it be easier. So whatever the input is, you know, am I going to be drinking tap water or am I going to allow whatever experience that I'm surrounding myself with?

And it filter out number one and number two, can I receive it and hold on to what I need and let go what I don't need? Right. It's really part of the information system in the body to really even change gene expression, to know what to do.

Like is the tiger in the room? You know, we have a bunch of smoke right now, so I'm sure people's bodies are like, oh, is there a fire coming? Do we need to gather things and move like it's right?

It's part of that. Do I take action? Is there something wrong kind of perception? So it's really, really powerful. And there is a you know, we've known from science that the reaction of our neurotransmitters is much slower than the fascia network.

That is your sympathetic nervous system fibers that are receiving information like why didn't you why did you catch the ball when you know, what are you weren't even thinking about it and your body responded because you're flashes responding.

You know, especially those of us moms have kids that know they're putting their finger in something that they shouldn't be. And all of a sudden, like time and space does not exist in there before you even knew how you did it.

You don't know how you jump that high. You don't know how you lifted that up. You don't know how you did that because your nervous system wasn't in charge.

Your fascia network was your energy, your information that's unlimited was in charge. And then inside that is the lymph system, which is our filter. And our job is to you can either buy a filter or be a filter.

Like all of life, we're supposed to filter. And many of you have air filters and water filters, but one of you change the filters of your body. When have you gotten out?

The toxicants, the pathogens, the emotional components, which is 90% of all illness from the body? The fossa is our shock absorber both emotionally and physically, and it stores a lot of the trauma and the pathogens as well.

And I analogize the fascia to the closets in your house and then the lymph is your main living quarters. So the majority of your house is lymph. You have three times more lymphatic fluid in your body than you do blood.

Three times more lymph fluid than we do blood. Why are we not talking about the ligament is killer? And wouldn't it be nice if we had better ways to actually measure what's going on in the lymph? We don't have. A live.

Analysis doctor. And the only thing that I've ever seen that quantitatively assess it is contact regulation thermography, which is a a temperature test that takes 128 points of temperature.

You cool off, you take them again and it has nine points of lymphatic measurement on it, which is why I became the lymph great, because I started doing that test 20 years ago and started to see it wasn't 90% of the clients, it was 100% of the clients had jacked up lymph and most of them kind of detox and they had chronic illness, chronic pain, chronic disease and couldn't detox.

And so we started getting them to drain and work their limbs and quantitatively assess what was tools were working, what manual techniques were working to make a scientifically significant shift in the length, not just clinically but quantitatively.

And that's how I got into all this lymph and fascia and realizing that that is the terrain that is being environment. You want to work on your environment, you got to work on your fascia, your lymph and in there stored your emotions and your traumas and your pathogens.

So get ready to let it come out and express it and be okay with it. Expressing whether that's parasites that you're pooping or tears at your crying. All of the expressed or joyful laughter.

It could be all the things, probably all the probably all the things that is the rainbow of life. And that is true expression, true healing, true Zen is being able to compensate a properly for what we're up against.

Yeah. So this is a. Great segway to explaining what people can do for their fascia and their length and whatever order you'd like to go in next. Because it's really powerful.

I want to if you don't, can we just go over the length a little bit so they understand what goes through? Yes. So it's very interesting how the lymph drains, because we have the above our clavicle, we have these two end points.

We call them the termini.

How the Lymphatic System Works

And on the right side, it drains only 25% of our body on the right and 75% of our lymph drains on our left. And we have between 601,000 lymph nodes in our whole body.

So I love orchids. So if you think about orchids and stems, the orchid, these are the lymph nodes, and the stems are the vessels that go between the whole body.

So Dr. Ann and I are similar height, similar size, similar shape. She might have 600 lymph nodes, I might have a thousand or vice versa. I think this is a pretty big range.

So if you get a couple of lymph nodes out, it's not the end of the world. So what I'm going to tell you, I never want to take a breath. It's okay. Number two is you also have lymph organs.

So the lymph organs are the tonsils, thymus gland and bone marrow. By the way, the thymus and the bone marrow are where we mature. Our white blood cells, right, Dr. Ann? that's correct.

And then the spleen is our largest lymphatic organ, and that helps not only to unify the, the red blood, but it also helps mature the white blood cells.

Then you have the small intestines, which also help with white blood cell creation, which is also part of lymphatic system. And the appendix, which is part of your lymphatic system, which stores probiotics.

So we know that we have lymphatics in our head and there are determining that we have glt gall associated lymphatic tissue in the gut and then we have mlt which is mucosal associated lymphatic in our ricotta.

And you know what I say it's all lymph. I don't care what you want to call it. It's all one system of circulation, part of our circulatory system that pumps into the cardiovascular system.

How does it pump when we move? That's how it pumps. We move, it moves, We don't move. It doesn't move much like emotions. We don't move our emotions. You have the best analogies.

I love this. It's great. It's right with the lymph and knowing how it moves. We got to first open up the lymph moves on a pressure gradient, so we got to get rid of the end points first.

We got to unstick the end point. So we start with pumping our lymph here. Then as we go, most of the lymph nodes are concentrated in the areas that we bent.

So shoulders, elbows, wrists, neck, 20% of our lymph is in our neck, 50% is in our gut. That 70% in the 30% is spread throughout the body, mostly concentrated at the nodes in our joint areas, in our bendy areas, at the level when the fluid that's in the spaces between ourselves is collected into the collecting tubes, which then pumps as we move down to the lymph node at always, all of the fluid in the body goes through a lymph node before it dumps into the cardiovascular at the level.

The lymph node is where the body identifies. This is the pathogen, a micro toxicant, micro toxin. What is this toxic paint that I've got to now send out this white blood cell deal with that proper invader?

I have the right antigen. I have the proper invader. Now we've got a match and now we can get it out as long as the among tree organs or poop. And we're paying and we're sweating, we're breathing more toxins out than we do the other and I would also contend that we bleed out toxicants and that the ovaries in the prostate are part of our lynch system ideologically.

Oh, that's so true. And I think that's part of why we see some women, when they're perimenopausal or menopausal, feel, you know, start to gain weight and feel worse because they're not losing a bunch of the toxins through their menstrual cycle.

100%. The only symptom of menstruation should be bleeding and the sign of months of paramount or menopause as I stopped bleeding, if you have any other symptoms than that, it's illness.

Exactly. So so as we're moving, as we know this about the lymph, there's the three main areas that I always say if you don't do anything else during your term and I and then your sister Anna, your sister Anna lays about wear my necklace.

So if you put your pinky in your bellybutton and lay your with your right hand and lay your fingers there, your sister in a Kylie, which is an empty sack that lives in the abdomen, that helps drain the lower body up to the sister, then a sister drains up to the left.

Thoracic. So go to my website. Watch that for free. But if you can't do anything else, let's see. Can't move your arms. Take your breath. And when you breathe not through your chest, but through your rib cage and your wide and your rib cage, and then your rib cage compresses, you're going to pump that node and your lungs are going to increase, are going to decrease.

You're going to pump these because when we finish and set up, sets up the lymph, the lymph movement, what we're going to teach you is how to manually stimulate your nodes or how to dry brush your body so that it's in in function with your body and in a sequence that's going to allow the drainage to properly happen so that you're not just moving the dust around, you're getting the dust out.

So first you had to open the windows. So right here we use these two fingers and you just manually pump. So this

is an a squeeze. I'm not looking at the muscle.

I'm looking at a gentle pump. So if I was going to go find mangoes or avocados or a peach to see if it's ripe, I'm going to gently squeeze it to see if it's like that little firm.

But like but I'm going to punch it so hard to punch a hole through it. Much like your lymph. You're just take a breath first, get into the B state, then address your nodes by gently.

Just one, two, three, four, five. Pops slowly. You cannot pump your life in the wrong direction. Anybody told you that's dumb because it has a valve that goes in one direction and it closes so it only can go in one direction.

So everybody's like, Do I roll it this way or this way? Does it matter? You're stimulating the lymph node, you're creating a domino effect, you're opening it up and now it's pumping in here.

Then I'm going to go outside my tonsils under the jaw and I'm going to pump. But with the intention that it's going to drain down here. So I opened up the exits and now the first line of traffic can move down.

And the tonsils are important because the gatekeeper as to the length of what comes out of the head and we want to drain that brain in the fat X because while the autonomic nervous system, I would contend, is the fastest moving electrical panel in our body, it's really important to have the central and the peripheral work well from the brain and brain brainstem.

So let's get the brain drained. And so we do that by draining our tonsils. Then we go to where the bra strap is for the women. I guess men sometimes wear a bra too, so it would be here.

We call this the apical node area. And again, I'm pumping that and intending it to go toward this opening here and now this is all open now the drain the brain rather, can drain down and now the arms can drain up to this area.

So then I'm going to drain my armpit. I'm going to take those two fingers again. I'm going to put my right in the center of my armpit, but my arm down and I'm going to pump.

I'm going to show you what I do. So you just pump, pump, pop it. I have a PDF that you can print out as well, and it kind of looks like I'm doing this.

It's the hardest one to teach because what you're doing is you're just creating a little bit of a stimulation in that armpit of the node that's deep up in your axillary, and it kind of looks like a breast with a nipple at the end.

So if you want to think about just going right in the center of the armpit and that you should have a nice pitch, not a puff. So that's an armpit. When you have a nice concave area, you go right into the arm where it should be concave and just gently pump it.

And when I pump it, I'm thinking about that draining to the apical node and the apical node draining here. And then we have tools like this to help dry brush.

And again, we teach it open up here first, then dry brush to the openings so it's close and then far for proximal versus distal for those that are in Addison and then we have really fun tools, Doctor and I.

Can't wait for this. That yeah, this has a head on it haha. And this is a vibrating tool. So we call flow vibrate. It's got a little button on the bottom that you hold for 3 seconds to turn it on and then it has three different speeds of bio sonic vibration that if you can't get that feeling right, you just hold it.

5 seconds, hold 5 seconds. I find for kids they like this a little bit more than my fingers because they get tickly. Yeah, it's a little easier for the kids and I usually have two in my center.

I'll do two at a time. It's also great on a plane for people that get a lot of swelling or stiffness from a plane. It's

because your lymph isn't moving because you're on that EMF jet that's stopping your lymph from flowing.

So by stimulating your lymph, whether it's with this or manual pumping, is always a good idea. So this is way easier. And I consider this like brushing your teeth.

So do you. How long does it take you to do around the. Whole sequence to take 5 minutes. Okay. And how many? How often? And if you feel like, Oh, it was a damned wall and I took a sledgehammer and I got way too much stuff coming out and slow down the amount you're draining go from one hour every hour to every 3 hours or every 4 hours.

But if you're clogged, if you're not coupon, if you're not bleeding, if you're bleeding too much, if you're pooping too much, if your circadian rhythms are off, move your lymphatics.

I want the reframe for everybody to be I have a symptom. My rain barrels fall. I need to drain my once. Yes, I need to look at stop putting this whatever the toxicant is in.

But if I have a symptom, it's because I don't have drainage and I got to drain some of the toxins out and now my body's got room to deal with whatever else it is.

So it really is like a series of dams, like with all the different pieces of, of healing and, and detoxification is if you open up an upstream dam and you haven't opened up the ones downstream, you're going to get some flooding.

So this lymphatic pieces are really important dam to be opening up so that the toxins can flow out along with the other things that we do to help with the detox pathways.

So that's beautiful. Yeah. I find a lot of people get once they open up their drainage to all the things they're doing for their detox, everything goes faster and better.

You go slower to go, but to go faster at some level because you're like you said, it's channels, it's like a lock system. And so you've got to open up one lock so that the next lock can open, so the next locks and open so that the what everything can flow and then the stuff that's coming out your liver can deal with easier because it's not clogged.

50% of our lymph flowed is created in our liver. There's so much to the lunch. It's our fluid retention. It's 80% of our toxic cancer removed through the lymph.

You know, it helps It's I would consider I mean, the whole body's an immune system. That's what we're designed as, to have immunity so we live or self-healing.

Practical Lymph Drainage Techniques

Amazing vital mystic humans were not autoimmune falling apart broken need to be fixed humans that's misconceptions. Oh we are beautiful, amazing and self-regulating.

Healing Dr. Ann And I met each other. Can I say how we met? I love that. So we met at a Dr. Joe Dispenza event, and I have watched and been involved with Dr. Joe's work studying spontaneous healings for over 15 years.

And I go to a lot of conferences world wise as I know, and there have never been spontaneous healings like you get to see in this community. There is more impact in people getting in touch with their own bodies and their own healing capacities within than with all the green pharmacy and all the great therapeutic tools and the red light and the casserole packs and all those things are great.

But when we can truly heal is when we're in this in love with ourselves and allow all that love to throw flow everywhere in our body. And when I met Dr.

Ann I felt that oozing out of her pores of her body, she vibes. She has a gorgeous vibration that comes from her heart. That's truly centered in that fact that she really cares and she really wants to help other people get better faster.

And that's why she made this summer available. I know that because that's why do this. Trust me, it's not because we just love doing all the work that it entails.

Yes. It is definitely a labor of love. But you're exactly right. Like I it is, you know, kind of one of those things where there are just too many people suffering from us.

And and we all have pieces of the puzzle and the ways that we're looking at things. And by collaborating, by creating this kind of summit, we can help people to know and really give hope that they can get better and then fill in some of the pieces of the puzzle.

But we'll expedite it. But definitely Dr. Joe's work is really turtle spends, his work is really an amplifier with the I think what it does is it really it changes the brainwaves so that then epigenetic changes can occur so that then the body finds it in its innate wisdom.

I don't know if you were there when the woman with ALS at the end of a walking meditation, she hadn't been able to stand up from her wheelchair for two years and she was standing alone on her own.

That's. Yeah. So I didn't get to meet her, but I got to witness her, you know, seeing a pretty a tremendous change in her physiology over a weekend. Right?

Yeah. And another woman there that was in a wheelchair. That's a second time. Third time. Dr. Christine has seen her. Second time I've seen her. And each time she has been bound to a wheelchair for over ten years.

And each time when they did a coherent scaling, her legs move spontaneously. And then the next walking meditation, she stood up and Dr. Christine saw her at this last one, walking without her, like the the volunteer was behind her, pushing her wheelchair and she was walking on her own.

And Christine was just crying because that that's we have such healing power inside of each one of us and we just need to learn how to access it. And the lymph is so easy to access and much like brushing our teeth or brushing our hair, taking care of our bodies by taking a shower, drinking water, we need to learn about how to handle our filters in our limbic system and make that our new framework so that we get our toxicants out.

And then we support our bodies with all the other things we do and watch the magic happen. Watch the and I'm turning 50 this year and you're beautiful as well and your skin is gorgeous as well.

And it is truly anti-aging, regenerative medicine that that we have inside each one of us. We just have the right tools and the keys to open that up. And it is your lymph in your fascia.

So definitely by getting the lymphatic system moving better can really help the fascia significantly. Are there any other tips to help with? The faster that you recommend?

Vibration is key. We don't vibrate enough things in our life and when you vibrate, you're creating that shock. And then the body's got to shift and change the frequency.

And sound is the best vibration and the most impactful vibration to our to our fascia that there is. So and I don't mean like I mean, I love Snoop Dogg and some of his songs, but I'm not saying like Snoop Doggy Rap is going to necessarily do it, but sound bowls and overtones and sounds of nature naturally.

Classical music, Mozart and Bach and Beethoven all have natural overtones. Overtone is the most healing of all the sound therapies. And so just spending time with sound can help heal you.

But if you can't get to sound then you can create sound. MM And humming will actually start to shift your fascia and your lymph, and it puts you in a better mood because you can't hum and be sad.

I don't think it can exist. So that so and then you do things. Like last night I got to go see the Austin Symphony with a rendition of Radiohead. It was one of the most creative, beautiful things I've heard like and it was really all about, you know, looking towards the future and how do we fit in.

It was beautiful. So I feel like so uplifted from just having that to live music for, you know, a couple of hours with that inspiration. There's music by being music is Kate I think we don't have enough our culture, you know, music is in every single culture, every culture.

America doesn't really have a culture, you know, And the American Indians have a lot of tribal music and drumming. And, you know, I've done a lot of research on this, too, but there's the mushrooms.

The Mycelium network is the fascia of the Gaia of the Earth, is the mushrooms. They're connected to everything. If you talk to the mushroom here and eat something, the mushroom in Australia will send it to it because it's all fiber optic networked underneath.

It's amazing. Every mushrooms connected to every other mushroom and every tree is connected to every tree through the mushroom network. It's just like our fossa, the mushrooms need vibration to expand and grow.

And since we haven't been drumming as much as a culture over the last 200 years, our mycelium network has shrunk. That's fascinating. Isn't that? I wonder if it's also because of the toxicity of the planet growing up.

I just would imagine that your. Pollution poisoning, the poisoning them. And all the radiation and all the wi fi, right. All the one directional vibration that's breaking up the scale or vibration, that's this laser beam of bad electricity.

Right. Versus a scale. Our Tesla frequency, that's natural. So drumming, getting the vibration or vibration platforms, I think you were about to mention vibration platforms sitting on an exercise ball and vibrating, right?

Like whatever you can do, have water moving up and take a bath, but have the water running vibration through sound and light is going to heal the body more than anything I could ever possibly tell you to do and treat your scars.

If they're not, work with somebody that knows how to treat scars, whether it's a physical therapist, an acupuncture, some medical doctor that does neuro therapy, or a natural path that knows how to do that, but get the scar attribute in multiple ways.

I accurate noninvasively I use vibration tools rapid release technology my hands myofascial release. John Barnes's technique is wonderful. There's a lot of great practitioners out there that are held that hands on rather that can help you heal the scar.

Then take breaths and calm down ground on the earth, vibrate yourself some way, shape or form and and drink good quality water. If you can't afford all the filters in the world, take your water, bring it to your heart, breathe your nose into it, get cobalt blue glass, because that'll naturally structure the water, breathe your nose into it.

You're nitrous oxide actually, for something that's parasympathetic, that changes the structure of the water and love it and have gratitude for it. And even if you're traveling and you can't get good water, you know, you enhance the quality, maybe not the purity, but the quality and the structure.

And I really.

Vibration, Sound, and Water for Healing

Do think that it's important to figure out how to get filtered water, even if it's just a one of the inexpensive bread is

like it's I think it's really, really worth it based on what we see and the water quality reports for most cities now.

So I think that's just a non-negotiable, you know, 99% of the time. I mean, if you have to drink from the hose cause you're outside and then there's locked out or something, maybe drink from the hose, but just really try to get good quality water, especially since we're, you know, so much of our bodies are water.

It it's a it's like an exchange system going on continuously. So the better water we put in, the better the wavelength is going to be. And our red blood cells and all of that.

So yeah, most tap water has 7000 chemicals in it that your body then has to filter out. So if you filter it first, you're taking that one step closer to not letting your body have to filter it because you bought the filter instead of are the filter. Right?

And I would also contend that drinking it is important, but showering and bathing is more important because you're absorbing it right into your bloodstream, right into your skin.

And people don't think about that. But I mean, I have been showering and drinking purified filtered water since 1996. You're way ahead of the game. I can't believe I'm still talking about, to be honest with you, at some level, like people are still using stuff on their skin that they want to put in their mouth.

What are they? Well, I think that you've probably you know, you got your eyes opened up with what you witness father going through. And it makes you really look at things differently.

And when you look for those root causes for cancer, it's that's a big one. And in water, as you said, we're mostly water and it's a constant exchange.

So, you know, a lot of people talk about the food and it's important. But the air in the water more important, I would contend, because. And get an air filter like the air doctor, Oh, God, I love that thing.

And we had a lot of that fog recently. My mother had it in upstate New York. And when I called her, I was like, Are you doing okay? And she was like, Oh, yeah, that air filter you got me.

It's just going crazy. It's making so much noise. I'm like, We'll just stay in your house and keep your windows shut. And that air filter is probably doing more for you, you could possibly imagine.

And I got it for because she had COVID last year and I wanted to help her heal from that. But I so happy that she had that air doctor because I knew that that was helping her quality of our air.

We can't live for 3 minutes without good quality air. We can't live for about 3 to 5 days. I don't know, maybe Dr. Shippy would say something different with with water.

Right. We live a long time without food. A long time. So let's pay attention to the fascia and the I'm sorry, the water and the oxygen, because we need those to be high quality and then we will be a higher quality.

And we can't live for we cannot live for one second without a lung system. We die without a lymph system. So it's got to be important If we can't live without it.

So I think the reframe needs to be, what can I not live without? That's what I should be loving on my liver. I think there's a reason they called it the liver for it, although it's regenerative.

Cool. I know it's not funny, but I think fascia in lymph. I mean, we are fascia start with embryo. Logically, we start as a tongue and fascia and then everything is housed in the center of that through the concept of biotin saggar as it starts to pull away from each other and pull in and out, it creates the energy that allows the cells to start to change and go through mitosis and create a human inside of our bodies, which is incredible that we can.

I mean. There's so many aspects of the human body when you just kind of step back and look at how it's working every second is really quite incredible.

And I really hope that the people listening to you are really away, that they have a really important tool in their toolbox that can make a huge difference with five or 10 minutes a day.

Like they can all find five or 10 minutes for something that's this important to really help. One of the most important systems, if not the most important system.

As we're talking about it, to work. Better, give it some support. Yeah. Yeah. And when you do that, you let go of what is holding you back because life is about draining, but it's also about being able to have the space to step into who we really are and like you and I, you know, our wound is what allowed the lighter.

As Rumi says, the wound is where the light enters. So many people listening to this, I know it sucks. You're in chronic pain, you're in chronic illness.

You've been dealing with the chronicity of mold, but also it's allowed you and educate and an opportunity to start to connect with your body and connect with your environment and find like minded tribe that really are awake and really conscious and really moving forward and really loving the life that we live and allow your illness to be the best thing that ever happened to you.

I know it sounds crazy right now, but trust me, it really can be because it will give you the tools and the keys to give you the true freedom that freedom is about.

I know that I'm in control of this. And no matter what they're thrown at me, I have the tools to, get rid of it, and I have the knowledge to detoxify it.

And I know that frequency always wins. And I know I'm a frequency machine, a frequency vital cystic organism, and I know how to work with that frequency.

And therefore nobody can control me because I am free and I want nothing more than that for every single person to vibrantly freely walk through life like this beautiful woman does and empowers you all with the tools that you need so you can do the so you're not dependent upon allopathic medicine, green pharmacy or that that thing that you have to travel with.

Freedom is being able to move freely about life and knowing how to take the right actionable steps so that I stay in regenerative healing mode and don't go backwards.

And to generation because that's it. We don't have we have a choice every single moment of every single day in my regenerating or degenerating. We're not stagnant, ever.

And, you know, all the different healing journeys that I've been through, I think it really has. Those gaps have been, all right, what are the things that I need to do most days and most ways to really, really care for this vessel that my soul is, you know, working in and contributing on the planet.

So I'm so grateful for those lessons so that I can feel better. Like, you know, I just had a big birthday.

Healing Mindset and Closing Remarks

I won't tell you which one, but the reflections were like, Oh my gosh, I felt I still feel like I'm 29. Like I feel as good in my body as I did. Then maybe even better.

I feel better, I could say, because 28 it sucked 20 to 26 or so. It was rough, but it got better and it keeps getting better. And I'm excitingly turning 50 this year at the beginning of next year, and I look so forward to that because I feel so good and I want to help other women celebrate our age and our like fine wine that we mature with wisdom

and with grace and with beauty and with internal wisdom and internal beauty that we're allowed to express outside because we've done the work, the play to find out why is our vibration off, What is it in my life that's often whether that's the mold or the moldy relationship or the moldy work life or whatever it is that's old and gross and smelly to change, allow us to change, to allow us to step into who we really are and to give our unique power and and presence to the world, which is being present right now, right now.

Right now, It's all we got right now. Yeah. So I it's really lovely how our philosophies overlap about life and about healing and the innate wisdom of the body.

It's it's really so beautiful to get to share that with you and, and you articulate it so beautifully. Thank you. Thank you. Thank you. I want to make it so easy for people to realize that you got this like, there's nothing you can't do.

There's we are so limitless. We have just scratched the potential of this human experience. And there's so many great tools and so much great wisdom to allow you freedom.

And I'm a freedom fighter more than anything, because I didn't want, you know, when COVID hit honestly, Dr. Ann I felt like I hadn't done my job because I grew up in the house that everybody lived in for those first 3 to 6 weeks or months or years, depending upon where they're at with it.

But I was like, wait, they're all waiting for something outside of them that make them sick. Oh, and they think a mask or a shot is going to help them.

No, no, no. That's not how the body works. I got to do my job. I got to start podcast. I got to start to go out there and share the message of what I know to be true of how the body actually works and that you have control over it.

Yes, I get in a car accident again, maybe that wasn't my somebody hits me, okay. Co-creation. I would contend that the Zen master, somebody put me there, I put myself there.

But I'm not saying run me to Dr. Joe's work right from the car accident. You know, patch me up again, please. Make sure my head is is sealed and not exposed.

Gosh. Yeah. You know, make sure my spleen isn't going to lacerate. Those are really good things that it's lacerated, it's not going to explode. That's really good thing.

But then once you've patched me up, allow my body to heal and get the lessons of all of that was to teach me which I wanted to cure the world from cancer and not have anybody get cancer.

My life. And I wanted to know with a surety that I could prevent it. And that's exactly what I get to do every Day I know that I have prevented cancer in my own life and for so many of our clients and I've helped so many clients with cancer turn their lives around and that is the best thing that ever happened was that car accident, because it forced me into a position that I had to find another way and because I found another way.

And now I can share that with other people. I know how many lives we get to impact with what we do. And we all have that power. We all have that journey. We all have our special source.

And this opportunity of your illness, whatever it is that you're dealing with, listening to this, that is your opportunity to turn it in to the greatest grace you could have ever imagined.

I promise you that. Just trust it and trust your body. We we trust in when we're growing the babies that we don't have to do anything. As women, we're like, I want to take a nap.

I'll just make sure I don't the wrong things and expose myself the wrong things, and then you're going to ruin it. All right? And 99% of the time account comes out perfect, we to do anything.

So how about we go back to that philosophy? I'm going to stop stopping it from healing and allow it to continue to

heal, because that's how it works. Trust.

Just knowing the baby will grow and just knowing the body will heal. It's a yes with a whole different mindset. That's beautiful. So I would love it if you would share how people can find more out about you.

Yes. Yes. So on Instagram they can follow me to different places. truewellnessglobal. What the name of our clinicin Pennsylvania is True Wellness. So truewellnessglobal is our Instagram.

And then I have kellywellnessgirl as well. And then our website is True Wellness, thetruewellnesscenter.com. And the last is I have a podcast because I think everybody's probably gotten the sense that I'd like to talk.

So my podcast is called the Beats like the Heartbeats the Beats with Kelly Kennedy and it's all about teaching people how their body works and how the universe works and great information that's practical for people.

That's my goal. Well, I love your mission and I love your heart. And I really look forward to more conversations with you in the future because it's been such a delight.

Thank you so much, Dr. Ann and thank you for doing this. This is a huge opportunity. This summit, I think, is so important for people to more than mycotoxins some conversation.

There needs to be a lot of education and I'm so grateful to be a part of it and to share my little piece for everybody. I hope they get everything out of it that they need.

Thank you so much. It's a very important piece, very grateful. Thanks for your time and your and your care.