Introduction and Guest Background

Welcome back to our reversing mast cell activation syndrome and histamine intolerance summit. I'm your host, Dr. Meg Mill And today I'm joined by my esteemed colleague, Kelly Kennedy.

And she is commonly referred to as the lymph queen. So I am so excited to share all of the great information she has for us today. She is passionate about spreading the importance and impact of the lymphatic system, fascia, energy and emotions, and how they affect your whole body.

So we're going to get into some great conversation here today. Thank you so much for joining us, Kelly. Oh, thank you so much, Dr. Meg, I'm so honored to be a part of this summit with you. Really.

Well, I am so excited to talk about this because these are important pieces and I think often overlooked. So we can get into some great information that will be helpful for everyone.

But before we get started, would you just share a little bit of your background and sort of how you got into this, where you are today? So thank you. It's funny because I didn't really start off in my life going, oh, I want to be a lymph queen, right?

Like I wanted to be honestly a doctor because my father had Hodgkin's. He had cancer bunch. And I figured if I become a doctor, I'll figure out how to not get Hodgkin's myself.

And within the first year at premed at Cornell, I was in a horrible car accident which left me in chronic pain. So I grew up in a house with chronic illness trying to avoid it, and now I was dealing with chronic pain, and I watched my father die at 55 years old, after a couple of strokes, having suffered and literally pulled my head up and went, okay, I'm at Cornell University pre-med, my dad's dead 55.

I'm on six medications managing pain, acne, asthma, allergies, and I was a collegiate rower that really took care of her body. Like what was happening.

So it caused me to search. I'm a seeker at heart, and I just search and search and search until I found somebody that gave me a different answer than manage Your pain and deal with it, and let's cut it out and medicate it and radiate it.

That was seemingly all I ever saw. So through that, I found this whole world. In 1996 called Vibrational energetic. What we now know quantum physics is and a terrain medicine.

So really looking at not just germ theory, but looking at the spaces around the cells is looking as important as the cells in the organs are, is the space in which those cells and organs live, because the cells are being signaled by their environment.

So what is in that environment? Well, through the study and through my own health, the journey, I became pain free after three years after the car accident by finding this medicine and I started to study how I became pain free because it didn't really make sense to me, to be honest with you.

I had an experience that was like, what happened? And now my pain pain's gone that I've been living in for three years. I was able to get off painkillers and muscle relaxers, and I was told it was energy and it didn't make sense to me.

Now I teach energy, I teach flow, and I teach that the issues are in the tissues and that tissue is that fascia, that lymph, and that is the majority of this terrain of the of the physical part of the body.

The majority of it is this lymphatic fluid, which we have three times more I've talked to leg than we do blood. Right. How much did you learn about lymphatic system?

What the Lymphatic System Does

Not much. Right. Not exactly. And that that becomes the problem. It becomes this fluid that we don't really pay attention to. That's the plasma basically of the blood.

And you're not really paying attention. Then the fascia, which becomes the connective tissue that in surgeries they just throw out and act like it's no big deal.

We're just going to get rid of this because it's in my way to get to the organ in the cell. But that connective tissue is literally wrapping around every organ, every cell and creating the structure.

That fascia is the architecture of the body that holds the the tensegrity or the structure that the bones actually float in and that the is floating in this plasma gelatin watery substance known as the lymphatics.

So I started to delve into this lymphatic and fascia as I began. Not only did I heal, but then I started to help so many other clients heal as the nature was, you know, I wanted to be a doc.

I got involved in this, started working with the guy that helped me, blah blah blah blah blah. Okay, now he's my husband and the father of my child. but that journey started me to really understand and deep dive into how does this body heal?

Because as we started to get the knowledge from this European working group in, and, Switzerland and the eastern border of Germany, I discovered that they actually like cancer was no big deal.

And I discovered that lymph and fascia was taught regularly, and that they looked at the regulation of the body and the ability of the body that it heals by working with the autonomic nervous system, the sympathetic, the fight flight and the parasympathetic when the body wants to digest and heal and recover, and that this is like the operating system, if you will, of the body.

So as I started to understand that and we started to see all these clients from far and wide, that would come to our clinic that were had been everywhere, tried everything, and we worked on their tissues.

We worked on their emotions, we worked on their lymphatics and their faces. And we got these clients that were stuck, that couldn't detox, that were overreactive from cell, that they were dealing with so much inflammation in their body that the littlest thing would get them to be too expressive.

And they their couldn't calm down that sympathetic system. And so we became that the niche, if you will, or the expertise became in this thing that we felt like nobody else was really paying attention to, and that we had kind of an affinity for both my husband and I.

So we became the Flowe clinic, right? True wellness is really dealing with the fascia, the lymph increasing the oxygen in the body so that the water structures and holds the proper information so energy can flow at the speed of light and sound, which is how the cells communicate is actually through frequencies.

So it's really understanding deeply what that frequency, what that energy is of the body got me to understand this different framework because I'm really a scientist at heart.

I mean, I would say that it's artistry at this point. I never saw myself as a creative being, but I'm very creative when it comes to the human body. And I speak the language of the human body, and I've learned to speak this language, and we all need to learn how to speak this language, is my point, that it is constantly speaking to us, and we have to learn its language and how to work with it so we can facilitate its healing.

And so that became my work for the last 26 years, is trying to educate and develop these programs and platforms for people to take this work into their own bodies so that they can get unstuck with whatever symptom they're dealing with, because their drainage of this lymphatics that are drainage of this, filter of their body that nobody really speaks about is able to alleviate the, the valve to relieve the pressure, to allow things to start to finally move out of the system, as I like to say, better out than in like to get through and and allow us to express that out.

Whether that be pooping, peeing, sweating or breathing, which is how we actually get most of our toxins out, is through the breath. Yeah, well, that's all fascinating.

I can't wait to dive into all of this information. So before we kind of get into the specifics, can you just give us a little background on I want to just talk about kind of break it down a little bit for our listeners and see what is the lymph system, because I know it's one of those things, like everybody knows they have lymph nodes under their neck or they have lymph nodes in their body.

But I don't know that there's a great understanding of really what your lint system is, what it consists of, and what it does for you. A great and thank you for asking that, because I forget sometimes the basics, which is what is a lymph. It's this it first of all, 80% of our toxicants move through the lymphatics.

So it's part of our circulatory system. But it doesn't have its own pump. The circulatory system is known as the cardiovascular system. The heart and the lungs that pump the blood.

And we get it out through our monetary organs, through our liver, kidneys and our, our, gut. However, before that, the fluid in the body has to move through the lymphatic channels and there's vessels and there's nodes, and the nodes are tiny.

We're talking the biggest node is like 25mm. So they're really small. But every human being has between 600 and 1000 of these lymph nodes. And they're highly concentrated in the neck and the gut, about 20% in our neck, 50% in our gut.

The that's about 70%. About the other 30%. They literally go from our head. They're called the lymphatics in our head, down to our toes, concentrated around the joints and the way the lymph drains it all.

We it ends here in the neck above the clavicle. So a lot of people look at the tonsils, as you were mentioning, in the neck. And if you have kiddos, you look at your kiddos neck and go, oh, are they fighting something?

And we know that we know that much. But the lymph is also has glands. The spleen, the thymus gland, the small intestines, the appendix, the bone marrow and the tonsils are all considered lymphatic tissue as well.

And the lymph tissue. Not only does it now mobilize, it helps circulate.

Fascia, Scars, and Flow Blockages

It also, regulates our our fluid. So if you have excess fluid. So I broke my elbow five, six weeks ago on ice. And I have a little fluid retention in my hand because there's restriction of flow.

If you look at my hand, there's three. That fluid is actually my lymph fluid is stuck because I'm not moving my arm. And I dislocated my shoulder. Now my shoulder is a little bit better, but I'm still waiting for this elbow to heal and immobilizing in the meantime.

But that's backing up my lymph because the lymph is handling the fluid, pressure and balance. But if it can't move, it does it because the lymph only moves when we move.

It doesn't have its own pump. So we need to use skeletal muscle movements to move your lungs. So if we're not walking, if we're not breathe in, if we're not moving our bodies.

Sedentary lifestyle is counter indicative to moving your lymphatics. So it's this fluid pressure. It also, when the fluid of the lymph gets to the lymph nodes, that's where the body ident ofis.

Is there an invader in this fluid? And if so, what? White blood cell. What fighter cell do I need to send out to address that invader? And then those white blood cells are matured in the bone marrow and the thymus, which are all part of that lymphatic system.

And the white blood cells are released from the spleen in the small intestine. So I venture to say that the lymph is a huge portion of your immune system, and it helps move that information.

So anybody dealing with mast cell activation is dealing with a lot of inflammation, a lot of excess fluid, a lot of fibrinogen, a lot of excess acids.

Well that's mobilized through that lymphatic fluid. And I know as a lymph queen I'm not a lymphedema therapist. What I realize is, you know, there are people that deal with lymphedema.

That is not what I deal with. What I deal with is trying to get people to realize that there is this whole system that's handling your fluid, that's handling your invaders, that a lot of you are dealing with chronic Lyme or chronic EBV or metals.

And yet the lymph nodes are so clogged due to sedentary lifestyles, improper foods, acids, stressors, scars, and all the things that clog up the lymph that the body can't get that fluid to the lymph node.

And once it can, then the immune system can address that proper attack. I love that word, but attack, if you will, against the invader. If that doesn't happen, it's because the white blood cells then aren't stimulated enough or aren't mature enough so that we go back and we stimulate our thymus and our spleen and our small intestines.

We get our whole body to work as this unit, and the lymphatics is this circulatory system that as we move and as we pump it, it moves that fluid and that fluid is going to contain all of the invaders as well as the nutrients and the gases, then it's also going to circulate throughout.

And our body, ideally, is holding on to what we do need and letting go of what we don't need. And as that lymph system now dumps and pumps into that cardiovascular system, again, that's when we excrete it out of our bodies.

So it's all about getting that circulation of that lymphatic fluid to every single aspect of the body, so that we can mobilize out and identify the toxicants, the invaders, the things that don't support us.

Yeah. Thank you. That was really a great explanation, because I think that it is something that is so important, but not one understood. And then you're hearing.

So we'll get into some of the things that you can do. But just getting that background on why now can we bring fascia into that. Because I know that that's another piece I want to just kind of like go along the stepwise and kind of bring the connections in.

Thank you. Perfect way to ask that question. The connections. Yeah. Okay. The fascia is like I'm trying to think of a good analogy. so it's if the fascia has structural integrity issues, then it's going to clog the flow of the river.

So think of it as the sides of the river and the lymph is the river. You want the river to flow. And if there's dams, you know, the beavers come in and put all the, the laying down of all the, the, the sticks and stuff.

It's going to slow the flow down. So what are those sticks okay. Well that's for adhesions right. Adhesions are from injuries or impacts or overuse. I was a rower in college and so I had a lot of carpal tunnel back in the day from overusing my wrist in a very specific recurring motion.

And that creates adhesions. And those are like blocking aids that don't allow the lymph to flow. And then you get

inflammation and the body creates a cast.

So adhesions are one level scars, physical scars on the body stitches, surgeries, operations, piercings, tattoos these are all physical scars on the body that create like a detour.

Again, if you think about we both live in Pennsylvania and there's a lot of roadways here in tollbooths. That's like shutting down the tollbooth when you have scars so the traffic can't get really off the highway.

It's not really going anywhere because it's just stuck. So by treating the scars, we can allow that flow to happen. So the fascia and the lymph is kind of like separating out mind body spirit.

You can't like some people say, oh, do you work in the mind the body in the spirit? Or you might not be conscious of it, but you're always working with the mind, the body and the spirit because it's one unit that's working together and you're in your lymph and your organs are your cells are all one unit.

Yeah. The fascia and the lymph. I consider the fascia the frequency fabric of the body. So we are a frequency being housed in the physical body. I feel a little too much for this community, but hopefully not so.

But that's really what we are. We're this nonphysical being that actually is an energy field. That's about two and a half to six feet outside of our body that can be measured.

It's a hertz. It's a physical frequency measurement, much like our heart frequency, our brain waves. We have waves of frequency coming out of our body that can be measured.

And that autonomic nervous system fiber, which is the sympathetic parasympathetic, is that fascia. And it's connected to the heart. And this is working as a unit to pull in signaling from the universe and send signaling.

So if the fascia has any scars or adhesions or if it are ten secondaries off for our postures off, then the flow of energy can't move unrestricted. And so any of those little blockades or any of those little detour will interrupt the energetic flow of information, which is just that it's information.

Energy flows, but energy is information. And information is how the body receives information of what to do. It's literally frequency. And we get that from plants, we get that from food, we get that from the air we breathe.

Energy, Frequency, and Healing

We get that from the sun. We get that from not from the two drugs that I heard advertised last night on television, that my husband was watching some sporting event and we couldn't help, but we never listened.

But we read the bottom two in a row. One the side effect was a.l.s. blind and it was for like, it was for Botox. And the side effect was ALS. Really you care that much about what your body looks like, that you're going to create a side effect and possibly ALS the other one.

I don't remember what it was for, but the side effect was, early death and we kind of joked about the ALS. Not that it's funny, but we're like, gosh, these side effects of drugs just get nuts.

Nutty are of your I mean, death is the next one and literally the next commercial that came up the side effect was death. And you know, the side effect of moving your length is you might have a little loose bowel, you might sleep better.

You, caution, if you move your life, you're going to feel more emotional because you're going to let out what your body's been holding on when you open your limbs.

Caution, you might get some rashes and some smelly farts and some bad breath because you're going to move all that inflammation that's going to that's coming out.

So people in our society are used to, oh, I have a symptom. Let me suppress it. those are responses of the regulates ation of the body telling you there's a fire brewing and it's a symptom and that's like, oh, I don't want to hear the smoke detector.

So take out the batteries, because I want to ignore the fact that I have a fire going on in my kitchen. And it's annoying to hear the smoke detector. That's what I see when people want to suppress symptoms.

No, you want to hear your symptoms because that's your body talking to you. And you need to understand what it's wanting you to know. And anybody dealing with mast cell, your body wants you to hear this.

It's overwhelmed and it has no more balls that it can juggle. And so it would like you to release the valve. And I would like you to move its length. And as you move your lymph, actually, when you're so full, the majority of the side effect you get with lymph is you feel lighter, you sleep better, you poop better, you sweat more, and whatever symptoms you do have actually decreased because you're releasing the valve.

If you are the person that walks around like, I have no symptoms, I haven't been, I haven't had a cold in 20 years, and you start moving your limbs. All of a sudden you're going to feel the crap your body's been storing.

But all y'all listening to this, more than likely I've been dealing with symptoms for way too long. And as you mobilize your length, you're going to feel better and better because it is the valve that your body's wanting to release.

And as you open up your fascia, you will continue to open up even bigger drainage ports, if you will, as you address your scars and your adhesions, to allow that fashion to move and get your body into a better balance physically, to allow the flow to work throughout the whole body.

I mean, even though I mean, they want to do surgery on my arm, they wanted me in a hard cast. I resisted all of it. It was day 17 before I got a soft cast.

I did a soft cast for ten days. Then they wanted that. He was blown away, that I avoided surgery, and then he wanted to put me in another soft cast and I said, no, give me a range of motion brace because I still need to move my forcing my length, because otherwise it'll just take longer to heal.

Because then what? My lymph fluid can't get up to that area, can't take out all that information that's no longer needed because the bone is healing. Why is the bone healing? Well?

Because it could take out all the excess inflammation, take out all the osteoblasts, taken all the osteoblasts to help build the bone back, to create the stimulation of the men.

I have a field of the two bones that come back together to allow the bone to heal, and allow the platelets to like. It's how the body works, and I am just facilitating it with a flash in the lymph.

And if I can't get to it, if I can't mobilize it, then I it won't heal as fast. And I'm a 50 year old woman that fell on the ice and broke her elbow. And I'm five weeks into it and I've only had a cast, a soft cast on for 12 days.

Wow. Yes, I mean, well said. I think I like, made a lot of wonderful bones and and I just want to reiterate that point about calming the symptoms doesn't solve the problem.

And so when we're just trying to chase, you know, so many people are just trying to chase that all the time. And when you're going to the doctor, a lot of times that's the options that you're given.

So I think one of the main messages from this whole summit is really looking at finding those root causes. And there's reasons that you're that your immune system is angry, there's reasons that you're having all these reactions.

And if we find those, then that's, you know, how we really make the difference. Now, I do want to and I'm so excited

for you to give us. You're going to give us some exercises and some things we can do.

Before we jump into that, I do want to ask a little bit, because I know one of the things that you said at the beginning, of the interview was that you were not, you know, the scientist and you had trouble with the energy piece.

And we're talking a lot about bioenergy and about things and, and how that plays in. So I'd love to just kind of talk through that energy piece in a scientific way and kind of like how, you know, how that wraps in and how you wrap your head around that.

It's a big pill for me to swallow, sister. It really was. I mean, I came from farm country in upstate New York, and my exposure to anything alternative was none.

And I went to Cornell because I wanted to become a doctor, and it was a tough thing for me to get in. And then I got in and I was in this car accident, and three years after it, after I went to all the orthopedic specialists and the neurologist and the pain specialists.

But I was in Ithaca, New York. If you know anything about Ithaca, New York, it's kind of like where the hippies all still live now. And so I also went to Reiki therapists.

I went to massage therapists, I went to acupuncturist, I went to hypnotherapist. I did every single thing anybody like that here, and I did every single thing.

But this was the 90s. Okay. Then I graduated Cornell three years later, still seeking, still managing pain, real frustrated, living on Vicodin and Flexor all, by the way, which was contributing to my frustration and my liver energy.

And I met this guy who did a 20 minute visit with me and honest to God, took my pain away. And when I came back, I say he took my pain away. When I came back, I said, how did you do it?

I don't care, I just need to know now. And he goes, energy. Cool, And I was like, what the hell's this guy talk about? In his name is iron, and iron means charged particle.

He spells it I. And because it's the Scottish pronunciation, I found out later, but I thought coming from a sarcastic family, he was being a smart ass and saying, energy. Cool, Like he's cold.

Took my pan away. But what he said next really stuck me. I go, well, how do I make sure the pain doesn't come back? And he goes, oh, that's easy, just be what I go.

Be what he says, just be. And I was like, what are you talking about now? He had trained in the martial arts. He had a lot of background in understanding the energy in the body and working with an acupuncture.

At that time, he was doing energy releases, emotional releases. He was doing a lot of Chinese medicine type. Madison. Right. I came from Cornell University Agricultural School, agricultural growing up and was like, energy.

What are you talking about? That set me on a journey because. But bottom line is, I experienced it. Doctor Megan, I couldn't tell you what it was, but I knew my body was different and I could tell you I had an experience with us.

And then I just kept seeking until I could explain it. To this day, now I can explain energy, which is every single thing on this universe that just like Tesla, just like Einstein said, if you want to understand the universe, you must first go to energy, vibration and frequency.

Because every single thing on the planet has a unique electromagnetic signature to it, where all of a magnetic fields of think about your ones and zeros that you learned about and computers.

We are the internet. The internet is trying to copy nature. The mycelium network that lays under our earth is exactly

like our fascia, which is exactly like our central and peripheral nervous system.

It's a network of communication, and we are all connected by this energy that's in the source of how we all start. When an egg and a sperm are our, what's the word when they come together?

What's it called? And likewise, what am I going to start a fertilized egg? I try to not think about those words, because you only want to think about the things you want to create. I don't want to fertilize anything.

And I. anymore. So when an egg and a sperm are fertilized, they've actually seen others light and light and sound is all that there is in the universe.

And light and sound are waves that when they slow down, they become particles. And that is how life works. All of life has an energy wave, that is, it slows down, it becomes a particle, and we are manifesting and creating our own reality that you are making this up.

And I know that sucks when you're sitting home living in misery and pain, but you can have pain without suffering when you understand energy, when you understand that every single thing that happens is happening for you, not to you, that the energy that created you is the energy inside you that's healing.

Yet most of people talk about it, but very few people know how to help you experience that. And what I want to do is get people to experience that life force inside you so that you are empowered to engage her or him even more and more and more, to have you become more of that energy and develop and consciously the energy inside you, that this is really how we're evolving as human beings to this point in time, in this state right now, there is more no evolution of our cognition.

We've done it. There's not much left but our energy, and we are feeling beings that have thoughts and we have completely forgotten about that. We feel more than we think.

And those feelings are energies. Our vibrations and those vibrations can be measured. And those vibration things can be shifted and changed through our breath.

And that will absolutely change our heart rate variability, which is really the quantitative assessment of that energy inside of us.

At-Home Lymphatic Drainage Techniques

You can buy a resonance test it, you can muscle response tests that you can look at it under live blood, under a microscope, as I do here at the center.

You can test it on contact regulation, thermography. That energy is the only thing that heals our body and there's blockades to it. But our job as an organism on the planet is to figure out and to enhance that energy so that no matter what happens, even when you fall down and go boom, and you're not supposed to be in testimony because you're supposed to be in Florida for your birthday weekend.

And yet you kind of because it snowed so much that you got grounded in Philadelphia, that you fell on the ice when you walked your dog, that you even trust surrender completely to love even a broken elbow because you learned that this is the best thing for your highest good, and it's going to bring the energy to where the energy was stuck.

Thank you so much for sharing us. That's very impactful. So I'm that is really, you know, profound and really not. Again, we're not always looking at that when it comes to health.

So you're saying we can't separate any of these pieces and we need to look at as a whole. So I'm excited to also get into some exercises that you're going to share.

Now could you start with you know we're excited here. We're ready for land for ready for Vasa. Could you show us

some examples of how to do some of these things at home?

Absolutely. So there is just so everybody knows, there's references on my website that show you the sequence and why I do it in this particular order, but I'm going to dive in and just do it.

But if you want the further explanation, it's all available and it's free and I want people to know it. So up above, our clavicles are the two most important points in the lymphatic system, because the end points and the, the it's a pressure gradient.

So it you got to relieve the pressure. And so the pressure then will move into the space you've created as a vacuum. So the best way to do it and think about the lymph is just below the surface of the skin.

So you're not pushing. This isn't a muscle you're massaging. You're not rubbing it. You're going to pump it. Like if you were to take, key and that like a peach or, or an avocado at the store, and you want to see if it's just ripe, you just are going to gently press a little bit with a little bit of pressure, and we're going to do that right above our clavicle, about five pumps.

And you always want to start on the left side of the body, because 75% of the body drains here. And we're just going to take and push pump another about five pumps as we take a breath in through our nose and exhale one, two. It's slow and low.

Three, four, five. And you can't go in the wrong direction. Lymph only goes in one direction I do, I go on the front or on the back. It's okay. Just pump it. Just you're creating a wave.

You're stimulating a wave. Then you're going to work. To the outside towards the, the shoulder. So you want to just think about like right in here is this little tiny really compressed berry that is dry.

And you want to create a little bit of water into it. So you want to just like pump it so you're not pumping it in a direction. You're just like. You're just kind of like pumping right down.

Pumping that area. It's a very good question though. Thank you to my here's like pumping that area you're not in. It's not in a direction you're just trying to open up the door that's locked shut.

Then you're going to do it on the right side. Same thing again. The clavicle to the base of the neck. You're not in the throat. You're in the neck area and you're just going to pump.

If you have two hands, you want to go to my video and you get to watch it with two hands. You can actually speed this up a little bit. then the next area you want to do, there's the three most important areas in your lymph are your termini and what's known as your sister Kylie.

So I wore this necklace because it's hard to see where the sister is unless I have this necklace on. So here's your breast. Here's your pelvis. Here's your belly button.

That's your cisterna. Okay. So it's like between the belly button and the ribcage right there. And so if you let your pinky and your belly button and put your two fingers with your right hand right there, approximately as your sister Kylie, which is an empty sack which your entire lower body drains right here, then that drains up to your left thoracic duct.

So you always want to drain up here because this is going to drain your upper body. You create the vacuum. Then you want to start to drain the lower body.

And if you don't have time to do any other point, you do these three points. You can do them five times a day, but at minimum you do it twice a day. You got to brush your teeth twice a day.

You go pump your lips, twist it. You got to teach your kiddos to pump their arm twice a day. And we're going to go

and I'm just going to use my two fingers one, two, three, four, five.

And then we're going to pump the cisterna again five times, breathing slowly, consciously. It's not about deep breathing. It's about conscious breathing.

Breathing. Then you can also pump your apical nodes, which will help drain the the armpit and the breast. That's a little tough for me to show you that I'm.

And then the tonsils or the other area that a lot of people love to do. So after you open up the termini, you go up to the tonsil, which is just below the jawline.

Now that one actually, Doctor Mag, you're going to put it in, it's going to drain down to this termini then drain into the thoracic duct. So you are going to attend or in ten.

I like a ten better for that pumping motion to be in the direction of going down into this duct. When you're pumping in your apical node, you're going to a ten for that direction to go up into that apical node.

And then I further teach how you can drain your armpits and your breasts and so forth. There are tools that you can use as well. It's a funny looking tool, but this is a bio sonic vibrator that we sell, that also allows with slight vibration to give you that proper, shift of the tissue.

And it's great for kiddos and you can use it on scars. And this. How? This is a good one I came up with the other day. How frequently do you want to do your lymph?

I don't know how much you want to increase your frequency. Low frequency is disease. High frequency is healing. Your frequency is measurable. I look at it on heart rate variability.

Majority of people, when I put them on their main artery are values between 4 and 500Hz. I've seen it as high as 1500 hertz. And the joy of the people that I work with.

After a couple sessions, they get to be 900 to 1000 1200 megahertz. The goal is how long do you stay at that higher frequency? Because the body's in coherence, the body's healing.

That's a mode of healing. It literally is measurable. So how much do you want to increase the frequency of your length? Do this more frequently and you will let go of the things that are at the lower frequency.

The spire keeps the mold, the pathogens, the metals, the toxicants that are literally vibrate at a lower level. They've got to be dumped out of the body.

How are they dumped out by our skeletal muscle movement, by breath, by pumping the lymph nodes and opening the doors that are locked. Because then you go to dry brush.

And please watch my video for dry brushing, because dry brushing doesn't start at the feet. When you learn the sequence, it makes no sense how I ever got taught to start the feet. I have no idea.

It's like the food pyramid. It it's just like makes no sense to me how it all started. But the when when you look at dry brushing, that's looking at your surface lymph, the fluid.

What I am more interested in is those lymph nodes, which really what you're doing is a fascia lymph release of the lymph nodes. As you're applying a little pressure, you're doing like a fascia release.

And then the pump is letting the fluid move in. So it's a fascia lymph move. And by opening those nodes you're allowing that fluid which most people move like I've had people come in, they're like, well I'm a yoga instructor.

How could I possibly have caught a glimpse? Well, because your nodes aren't open, you're moving your surface

lymph, but you're not getting down to the lymph nodes.

And so it's just going around your body. It's not coming out of your body. God. And we can link that device in our resources to so that people can be taken.

Find that. And you have you said you have a whole, you have a whole lot of free videos that people can kind of watch through. And I do both on YouTube as well as on our website.

Under the learn tab, there's two videos for manual pumping of your lymph for dry brushing. And then I have a lot of other videos about breath and so forth.

And how to make changes on YouTube as well. I've written books just I mean, I say little box like, look how thick. It's like thin because I want people to read it.

I know people don't read a lot right now, right? That's just not where we are. But if to digest this information, you can watch the videos. Every thing, every single thing I teach, I teach for free out in the world, and then I teach it and courses for practitioners and so forth.

I teach in a group settings. I teach more one on one classes. I teach, like these three day or three week mini cures that I have all these things to get people to understand how to care for their body at home.

The more you can take over for some of this care, you're going to want to do some clinical work for your fascia, your life.

Resources and Closing

You're going to want to see a doctor that can inject scars. You're going to want to do some of that. But most of the work you're going to do for your fascia, your life is going to be your home care of as far as your self care.

And it's really learning what your body is trying to tell you and leaning into it and letting it get the whole thing out. If you have a rash on your skin, it's because your lymph is backed up.

If you have headaches, more than likely your lymph is backed up. If you have any symptom, fill in the blank. Your filter is clogged. Change your filter and watch the symptom go away.

That's why I want people to reframe and go. Let me try to move my lint first. And with the video that comes with this teaches you to drain your face, which is great for anti-aging and so forth.

But everything I just talked about was draining the body. 75% of your toxins are down in this part of your body. So when get this, do the master classes well, that's just not even 30 bucks.

And it helps you drain your brass your adrenals. Treat your liver, treat your spleen, treat your scars because you got to learn how to get the inflammation out of the body.

Now that you've stopped the leak, as Dr. Meg said, you got to find out what's the root cause. I got to find the root cause, but I got to let the fluid out.

That's all the excess inflammation as well. I got to do those two things, and then my body can heal because it'll stop getting exposed to all the things that were causing a problem.

It'll have more of a capacity to deal with it, because there will be less stuff in the rain barrel. As I say, the rain barrels full and overflowing don't just take chase.

The symptoms that you're seeing. Look at the root cause. Look at what's underneath the issues. But then get all of that access inflammation out of the body so the body is able to heal.

And you'll watch like magic. The body heal at the speed of light. And the speed of light and sound blowing everybody's minds. Yeah. I'm still wondering why the doctors and asking me any questions like how you do it.

Now this is all wonderful information. So can you just give everyone like tell us where we can find it? Thank you. So yeah. So thetruewellnesscenter.com all spelled out.

It's long but thetruewellnesscenter.com on Instagram and YouTube. It's wellness, @truewellnessglobal. And I also have a podcast called FLOWE f l o w e flowe And that's the name of the book. And that's how they can find me.

And so I love emails. I do respond to everything my team and I look through every single thing, and we are really here to help you all get the information you need so that you can be the best advocate and the best physician for yourself.

Well, thank you so much. Thank you for joining us today, Kelly. This was great information. Thank you. Have a great day everyone.