Introduction to Kelly Kennedyu2019s lymphatic journey

Hello. Welcome back to the summit. It's Dr. Jen. Today we're going to talk about really something a little bit different. We're going to talk to the Lymph queen herself, Kelly Kennedy.

She is a graduate of Cornell University with a degree in biology. And she became really interested in the lymphatics as she watched her father undergo conventional treatments for cancer.

So, Kelly, I'm so excited to have you here to talk about lymphatic drainage and some other things and how it's related to the thyroid. Can you please share a little bit more about your story because it's it seems like it's very, very important, you know, your why and why you got into this.

Yes, it is. And thank you, Dr. Jen, for this opportunity to talk to everybody. And it's so important to talk about root causes and whys, because everything that happens to us is to serve us.

And we so often think that life is happening to us rather than for us. And I was one of those people in my early twenties, found myself at Cornell, wanted to be a doctor because my father had cancer, had Hodgkin's, had cancer seven times, and I just didn't want to get cancer.

So I thought if I become a doctor, I'll figure it out. And then I was in a horrible car accident that first year and was then plagued with, here's these painkillers and muscle relaxers.

And in that same year, my father suffered a couple strokes and had passed by at the end of that year. And he was 55, had had cancer seven times. Lung blood clots, kidney stones.

La la la la la la la. And and this is chemo and radiation in the seventies. In the eighties. He didn't die till 92. So you can imagine what the chemo and radiation was like that.

And then here I was, a collegiate rower, was a vegetarian, unhealthy vegetarian. You know what the heck I was doing? That was in a car accident. And I was told to live on painkillers and muscle relaxers the rest of her life.

And I was already on medicine for acne, asthma and allergies. So I was 20 on six medications. My 55 year old father was dead. And honestly, Dr. Jen, I looked up and I was like, I'm thinking maybe they don't have this all figured out and I need to keep searching.

I finished my degree, didn't really know how I was going to use that degree in biology. And then I found this world of terrain medicine, this world of the spaces between the cells.

And I found this world of fashion and lymphatics and more sensitive testing like thermography, testing and so forth, to really see what the energy body, which is what me will mostly are housed in this physical body.

What's going on there and why are the cells turning over? Why are the cells causing differentiation and a cancer to say why did because my body cannot handle that.

K Cats, sorry, cats dust and hay which is what I was allergy or sensitive to at the time. Why can my body not tolerate me at the time? Why could I not?

All these things it was my body was felt broken. Right? How many of you have felt broken? And I just didn't want to feel broken. I just honestly, in my heart knew that there had to be a better way that, you know, I compress a couple of vertebrae.

I had a big scar in my head. I was scalped. I lacerated my spleen, the car accident. And I was told to manage my pain the rest of my life and take these painkillers and not climb trees anymore and not row and not play basketball

and volleyball and all the things that made me, me.

So I kept searching because in my heart I knew that the body was more resilient. Anybody was given it credit for. I knew they were underestimating the power of God and the healing capacity of our body.

I was raised Catholic in the power of prayer and there was something that I knew about that to be true, because my father had given been given three months to live multiple times and hadn't died from any of those times, died as a side effect of pneumonia while in the hospital after having a stroke.

So I knew there was something inside us that was strong, that it wasn't just about this physical body. And as I found my own healing and then I was able to help others.

What I came to terms with and why I became the Lymph queen, Dr.

Healing after illness and injury

Jen, is because I was like, Everybody talk about this terrain, the space between. But nobody's physically doing anything about it. And so when I looked at all the things that were out in the world for lymph, they were ineffectual at best.

And clients need a response. They need to feel better and they need to feel better now because they've been sick for so long, so many people with chronic illness.

So I started to find really effective tools and techniques to help people open up the fashion of lymph and not only teach practitioners, but teach home care because our filter is our lymphatic system and our fascia is our antenna.

And oftentimes people have very bent antennas and really clogged filters and everybody wants to talk about the cells. And so as another analogy, I look at it like you have a house, this is a house, and there's floor space and there's furniture and the furniture is all the cells.

But if I take all the furniture in my house and I put it up against a wall and I look at my house, I got way more floor space than I do furniture. Same with our bodies.

We have way more blood. I'm sorry. Lymphatics and spaces around the blood than we do blood. But most people are, particularly with the diagnosis of thyroid disease, are looking at blood markers to see what's happening right there, looking at the full panels of the thyroid.

They're looking at antibodies, they're looking at all the stuff. But are they are we looking at the full body as a picture and knowing that the thyroid is our regulatory organ?

I mean, our whole body is a regulatory organism, but our thyroid is really the most sensitive of the regulatory organs to temperature and it's closest to metal loads which are often contributing in the mouth.

And you know, it's in our throat chakra, which is a big issue, particularly for women's who use our voices. And, you know, we can't look at any one thing.

We've got to look at the whole picture. But what I looked at is that if we have three times more limb fat than we do blood, why are we not looking at our filters and changing our filters if it is full of spirit needs from EBV or Lyme, or if it's full of metals, if it's full of toxicants from the metals that they're thrown at us in every way, then how are we filtering?

How are we changing the filters to get rid of it, to drain it out, regardless of what they're throwing at us? And ideally, we've changed our lifestyle so that we're not contributing to the burden.

But can we get the burden out faster than it's thrown at us? And that's how I became the windscreen, because as

we started moving people's lymph, they could detoxify, they could handle more of life.

And instead of being limited, I can only these things. I can only go these places. I can only sleep in these beds. I can really wear these clothes. I can only take these products.

They started to go up. I'm expanding, I'm growing. I'm becoming a bigger organism and more flexible. And I can adapt to my internal and external environment and I can change my internal and external environment because I'm not burdened carrying around all this stuff.

So there's a long, very long answer to your question. What a great story, though. I think it's it's crucial that you took that step and you knew that your body could heal, that God gave you that ability to heal, and that our bodies are amazing things and we just we have to work at it, though.

So I think that that's the hardest thing I've noticed with patients when I talk about facial lymph drainage, if I talk about dry brushing or even trigger points, is that I tell them you have to do it at home.

So like when my massage therapist, I only see her, you know, once a month because I'm busy, but I do the work in between at home. I address my trigger points, I roll out my fashion, you know, all of that.

So I think that's one thing. When we look at our health, we just can't look at. We're going to go see this practitioner or we're going to go for a massage, lymph drainage, and that's it.

I should be better. No, you have to do stuff at home every day because you're you have to put the work in. So let's talk about the lymphatics and how they relate to the thyroid.

And maybe you could even show us some exercises that everyone could do at home. Great questions, Dr. Jen. And you're right. And I want to, you know, being a collegiate rower who went to Cornell University like work, I'm not afraid of, let's be honest, I like it.

That is not everybody. So I have gotten away from the word work and I want to call it play. You have an opportunity to play with your body every single day because we put our bodies through a lot and then, you know, we take care of our cars, we change our filters in our cars, we do the dishes, we do the laundry, we brush our teeth, maybe we take a shower, hopefully we take a shower.

But what else are we really doing and exercising and and all of that movement, as Dr. Jen notes, so key because our limit doesn't have its own filter.

So when we move, it starts to pump, the lymph filter starts to move and we start to drain our left with movement. So it can be as easy as doing this doesn't have to be exercise can be like just raise your arms and have a little dance.

I was skipping the other day. Just have a little fun. It doesn't have to be exercise, but you know how many of you are sitting down at a chair 8 hours a day working at your computer and then don't get up until the end of the day?

That is steg necessity and that's going to create lymphatic back and not not backfill it does backlog lymphatic stagnancy it's going to cause swelling it's going to cause you because the lymph.

Is that your immune system? I would conjecture because it's the major organs that mature your white blood cells and create them are lymphatic organs. And then your lymph nodes are where the body identifies pathogens and toxicants to put out the proper white blood cells to address it at the level of the lymph nodes.

Why lymphatic drainage matters for thyroid health

So I'm just curious how the immune system and lymph system aren't exactly compatible in the same, but it also is in charge of our fluid. Right. It's it's our biggest fluid balancer in the body is the lymphatic.

So if we're swollen, if we have swelling up around here, which is why our lymph drains, if we have pits and or puffs, rather, versus pits. I wore a particular shirt today so we could share that.

So this is an armpit where it goes in. It's concave, right? Like that. Can you see that? Okay, so in armpit and if you're flat or it's like that or it even is worse and it's more like that, it's puffy there or your puffy back here.

That's lymphatic stagnancy. That's the easiest place to see it. It doesn't mean that that you don't have lymphatic stagnancy. If you don't have that, that's just one of the easiest places to see it.

And so let's go over that again. So if it's not an actual pit, if it looks puffy or so, if it's not if it's not a cave, if it's not a pit, if it looks like flat or even a hump, then you have lymphatic stuckness.

So in this and can things like underwire bras cause this and shirts we're wearing and like you said not moving our arms like this during the day. Okay tight fitting clothes.

There's different foods that will contribute to more lymphatic stagnancy, heavy protein and zation, which could be heavy cow dairy products because it's hard for the body break down a bunch of cow dairy as well as excess meat products or just excess food in general, sugars will thicken and thicken the lymphatic fluid, but it's really tight fitting clothes.

WI fi radiation will stop it from working in general. So turning off your wi fi at night is a huge help sitting still. Steg Necessity is a huge issue.

And then what does that cause? Headaches, fatigue, rashes, brain fog, weight gain, general malaise, sleep issues, hormonal issues, all the things. So as we start moving as simple as every hour, I'm going to set up a timer and I'm going to get up and I'm just going to move my hips back and forth and I'm going to move my feet and I'm going to wiggle my arms and I'm going to maybe do a little dance and I'm going to put on some music and I'm going to move my body.

And now I feel better. If you can't do that, if you're bedridden, ready, take a breath in. Bring your shoulders all the way up to yours and then exhale out, breath in with your nose and exhale out.

You just pumped your life to pieces. Well, a kids naturally like move a lot and I love this because Kelly during the interview she she's moving a lot like I love it and kids do this and then they get yelled at at school for moving and fidgeting.

I'm going to I'm going to be like read the lymph queen stuff. Teachers, my kids are a lot of wiggle and they can even giggle, too. They're moving their limbs.

They're helping their immune system. 100% oxygen and humming them. It moves your fascia and creates an internal vibration. So, you know, and a lot of kids are kinetic, so they're trying to get their bodies into brainwave and heart wave connection by creating kinetic movement.

So kids are natural, they're just attached to their own intelligence. And we haven't sequestered it out of them yet. So allow them to be who they are, because when you heal, you actually go back to being who you really were meant to be.

And that little innocent child that's inside each and every one of us that just wants to trust everybody and love everybody actually is the part of us that heals through connection to self first and to others second.

And that connection is a vibration. And that vibration sets up the movement of the lymphatics to flow. And your lymph, all of our lymph drains right above our clavicles, and it dumps into our cardiovascular system.

So we always end our drainage, we begin rather our drainage where it ends. So I spy and start people how to pump their lymph manually. I have a abridged version of this for self care that's completely free because I want

every body to pump their lymph and pump their kids lymph and get used to move in your lymph nodes because we are in a toxic soup that's getting thicker and thicker by the day.

And we've got to get really stealthy at moving our lymph, as Jen, Dr. Jen said, and play more at home. Because when we go and we sit on a table, it's wonderful to have a skilled practitioner that can do what we can do at home ten fold, 100 fold and really make a significant needle shift.

But in order for us to maintain that and to keep moving in the right direction, to create traction in our own life, one, we change our lifestyle so we're not re burdening but to we enhance our lymphatics by doing simple things.

If you're wearing a wire bra, please take it off. Throw it out and never wear it again. Ever, ever, ever, ever again. Never. They're not good. They're dams.

And I'm telling you right now, they're not created by women because they're damming up. And the majority of women get breast cancer right here. I'm I'm grabbing the area that's like inside my shoulder above where my breast is.

And this is where the majority of women get cancer. Well, your breast drains 75% of our lymph drains right here. And if I have a wire bra, not only do they create a dam here, but they often have that darn wire that sits right here over the lymphatic drainage point for 75% of the lymph.

And so my lymph is a it's a dam. And then at night I take the bra off and they move, like ever so much. And then I go home and I move your breast. If they move that much, my little breasts aren't. Get me that much.

But you want to move your breast, you want to get them to move around. And actually, the more you move them, the more you're tightening the the ligaments in attendance. That's a fallacy.

Bras are not needed at all. At all. They're actually limiting our movement of our lymphatics. And so we recommend bralettes and we recommend like those undershirts.

I don't I can't think of the name of them right now, but caught in that way too. You don't want to wear a bunch of Lycra. You want to because whatever you put on your skin, your body is going to absorb and your lips got to drain.

So make sure that the skin stuff. Yeah. Like those shelf bras like they have those in the, in the tanks now and like you said cotton and if you, if you think about it, the underwire so you're storing those toxins in your breasts, right?

Your body wants to get rid of all of those that estrogen needs to detox, all of those estrogen toxins. And some of them are very dangerous. So not only do we want those pathways working in our gut, in our liver, our lymphatics are important.

You know, what really makes me mad is, you know, I have a teenage daughter and they market the crap out of these underwire, these young girls. And so then you do a teaching moment, you know, no underwire bras.

You can have whatever brand you want. They could be padded, whatever, but no underwire. So, you know, stand up for your young children out there. I have a few underwire that I just keep for.

Maybe I'll wear them for a couple of hours if I have a specific dress. But my day to day, yeah, I get my bras at Costco and they don't have underwire in their base.

I get mine at Target because the market has got a good selection. They don't wear very long and then you replace them and it's okay. Yeah. And you don't need underwire.

I will not think. Men even care and or go. Yeah they want to see little more nipples out there and about trust. There's no, there's nobody complaining about that.

But I think it's a good point, Doctor John, to our young girls, I often teach at different schools locally because we really want to educate the youngsters.

Daily movement, posture, and home lymph care

Because you're right, they're marketed to not just with that, but with the bod bath body works with the ax body spray, with the horrible deodorants, with the aluminum deodorant. And I will tell you, I'm not the mom's favorite person because I have a lot of moms see me out and about town rolling down windows going, thanks.

There's no deodorant being used at our house. Thanks, all. My teenagers aren't using deodorant and I'll take it because you know what? I can't prove it.

But we're preventing cancers. Oh, yeah. Cancer starts a decades before it starts now. It starts when your kids are little. So the other thing I really like, they make those like elastic type, cute dresses, tops, you know, or they're tighter up top.

Those are really nice. So you can get some of those for the summer and just go braless. Those are some of my favorite because I love fashion. So, you know but but yes.

Like Kelly saying, this starts now. You know, don't wait to do the stuff. Talk with your kids. You know, I have I have three boys also. So I'm going to be talking to their girlfriends.

Oh, gosh, I see crazy things. You talk about why Fi, everyone's stick in their phone. Cause. What's that do in their lives? Or how about all the exercise pants that are made out of Lycra and then they've got to slip for the phone and listen.

I have a couple pair. I wear them very irregular li usually because it's convenient to travel with those when I'm out walking in the mornings and it's a little cooler, but as soon as it's warm, it's like the big wolf e lo yoga pants where when I put the phone in, it falls down because you didn't have your phone on when you're exercising out, walking, not exercising when you're moving. Right.

But yes, I agree. And and putting I see it all the time. I have a lot of nieces and I have a ten year old and stop putting your phones on your hou huts or anywhere near your who has whichever who has you have the real important to make sure our organism continues forward and if we become sterile we got bigger issues at play, folks.

So put it right in the front of their pockets, right on their ovaries, because I she's like everyone does that and I'm like, put it at least like tuck it in your back, you know?

I mean, that's not good either, but I put it. In and get it off your body. Right, right. God put it on on wife or on airplane. Airplane, or at least get a safe shield. Right.

A phone that's going to protect the majority of the signals that here not so much, but everywhere else. Yes. And they have bags and stuff. There's lots of different things, you know, so the.

Radiation's a big deal. It's over into m f in lymph. So what how exactly does EMF and can you explain to those listening what is EMF and how does it specifically affect the lymphatics?

Yeah, great question. So first, I can feel everybody's energy listening to us because they're all like, Are you kidding me? I'm so dependent upon wi fi.

She's going to tell me that I have to live in a cave. No, I'm not. So take a breath before you do anything in your life. Take a pause. Take a breath and get your body the parasympathetic.

When we're in sympathetic, when we're worried, when we're fearful, we're not taking in information. We're not

taking in the nutrition that we're eating.

We're not taking in the supplements we're eating. We're not if you're making your remedies in the morning, you're thinking about some things. Pause, stop, give consciousness and attention to it, because that is the biggest thing.

Okay, we are an emotional vibrational being, having a physical experience. We're not more nonphysical than we are. Physical radiation is nonphysical. We are bigger and stronger than radiation.

However, dose makes the poison and we've been living in houses for a very long time and we have not been recharging our organism. By standing on the earth.

We get negative ions from the earth that are actually create a magnetic field because we are a magnetic field. We have positive and negative ions throughout our whole body.

There's all sorts of energy coming off our body that we can't see. There's colors and there sounds that are communicating all the time. Even though Dr.

Jen and I are not in the same city, same town, we are looking at each other on a computer with a video that's no different than when I walk in a room and there's 100 people.

My body feels everybody's video, so to speak, and feels the vibration, the vibe and the the frequency that's coming out in my body. And those bodies are determining is there harmony or is there chaos in our biosphere?

Blood is our own energy field, our own toward our own magnetic field. That is the fascist holding on that electrical system where electrical body and the lymph really magnifies that frequency.

And it's a by direction. We're sending out frequencies and we're receiving frequencies and they're in multi directions. The scalar energy, the organism's energy, the Shulman energy of the earth, the frequency of the earth, these are multi directions.

I go back and think about Dr. Jen. I think about the atom and how, if you think about the original, like everybody has that vision of the atom and it's got all the orbits around and it's moving in every direction and you know, think about what Einstein drew, right.

Energy eat when when you think about equals C squared and oftentimes you see that picture that's everybody's organism. Okay. What is why Phi Phi Phi radiation.

Microwave radiation, cell phone radiation. Radiation for X-rays, radiation for doing radiation therapy. It's more like a laser beam of one directional frequency that's highly directed and powered to pierce a bubble, if you will, of a bio field.

Now, they've got it so strong at five G, it's going through concrete walls. Well, perhaps it's also going through your energy fields. And if you aren't doing things to go out and strengthen your energy field by recharging, people call it grounding.

I call it recharging by spending time in nature without your cell phone, by having orgasms, because it actually strengthens your field by being joyful and just letting go of your you're you're not letting go of your brain, emptying your brain, but just being in the moment and not worrying about the past or the future just being present.

You're actually increasing your bio field by getting proper sound waves instead of, you know, like right now I have sunlight and I have low emitting LED lights that are facing me to give me proper lighting.

I don't turn on the fluorescent lights in our office or our home so the light have sound. What sounds are we listening to is or a hum from all the wi fi that's all around us?

Well, we've hardwired everything in our office. So now so there's things you can do to make sure that your bio field is larger and not as affected by the one directional wi fi radiation.

Anybody wants to read more about that. There's an incredible book by Albert Furstenberg that is called Invisible Rainbow Life. And Electricity. And it is a phenomenal I mean, the research his bibliography is this thick in the book.

It's like crazy. But it's it really teaches us that as all this sort of radio waves, magnetic waves, all the things that have come in to create technology to enhance our experience has also affected our bio field.

And it's time for us to marry those. It's time for us to realize, hey, I want to use technology. Dr. Jen, you and I could not be able to talk, but we could influence as many people as we could without this wonderful technology.

But I don't have to become it. It doesn't have to rule me. And I can increase my energy field if I'm on it all the time. I got to realize it's piercing holes in my bio field and I need to go out and rehab that by spending more time out in nature because I'm an organism and I'm an animal.

And if I don't go to my natural habitat, which is outside breathing fresh oxygen, getting in the light from the sun, that's I need all the spectrum of the light from the sun throughout the days to allow my my biofilm, my organism to recharge light, color, sound.

That's what heals and love. Connect to other people, connect myself, connect to nature, connect where I'm coming from and why I'm doing it. Move and dance.

So I'm starting a movement, the lens movement haha my joke. But it's called the vibe movement. Increase your vibe bounce hump, dance hug. Okay. You want to exercise?

Sure. You want to do limp movement? Sure. Take your two fingers. I use these two fingers. Go above your clavicles and you're going to pump. Now, this isn't a muscle you're pushing.

This is a little tiny. Think of like a little kumquat or a little blueberry. You just want to pump it a little bit. You want you want to squeeze it, you want to pump it, and you're just going to create a little stimulation of the lymph node.

The lymph nodes are $0.01, one millimeter to 25 millimeters in size. They're tiny and they're just below the skin between one eighth of a millimeter. So you don't have to go deep and you're just going to pump those nodes and then you're going to go up to where your tonsils are below the jaw and both sides.

It's easier if you cross your hands just because it's easier from a practical perspective. And then you're going to pump and you're going to imagine those going down into the termini.

These are called two now and and open up the traffic jams.

EMF, grounding, and protecting the biofield

So I use this analogy all the time where this is the exits and we have traffic, we have lymphatic, so we have traffic throughout the body. We want to move it.

We want to move it through the exits. First I have to open the exits. Then I'm going to move the cars that are closest to the exits. Then I'm going to work on the cars that are farthest away.

So on my website I created two videos one to teach people how to manually pump and one how to teach people how to dry brush because. Right. Dr. Jen everybody teaches start your ankles and move your way up.

But physiologically that would be like taking 50 cars that are lined up at the traffic jam to get to the toll. And I'm working on the 50th car, try to push it to the toll rather than trying to work on the first car and then the second car, then the third car, then the fourth car.

And then the last car I'm going to touch is my ankle and I'm going to move it all up because I'm going to create a pathway first and then there's a vacuum or a space, and now the cars have room to move through it because limbs, most people's life is just like think of a hoarder's house it's just checked for and we want to start to create space and that will allow the filters to move.

And then when we walk, we create a vibration and we walk barefoot outside. We're walking on the ground and we're receiving energy. And when we open up our lungs and we breathe slowly, we bring in the oxygen.

So we breathe. As you so eloquently put on the title of your book, we breathe in and we get into the parasympathetic rest, the heal digest part of the body.

So we've got oxygen or structure in our water because we're thinking good thoughts. We're saying, I'm amazing, I am worthy, I am therefore I am good enough because I am here.

I made it. Chances are one in a million. If the egg and sperm come together making you good luck. You did it and you woke up today. Good job. That's enough, right?

Take gratitude for that. I'm going to raise my shoulder. I'm going to. And I can pump my notes just as easily as that. And then the other two that I've said are important are here and here.

Then there's one in the middle of our abdomen called the Sustainer, which isn't really a node, but it's an empty sack that kind of falls right above our bellybutton where this necklace falls and that drains our lower and finals, our lower body drains to this, and then that drains up to our left left sub thoracic.

So the way the lymph drains is 75% of our body drains on the left. So our left breast, our left arm, the left side of our head and our entire lower body drains to this left thoracic, the right drains just the right side of the head, the right breast and the right arm.

So 25% of the body drains on the right and 75% drains on the left. And this externa right here is going to drain the whole legs, the ankles and the abdomen drain to the cistern, and that drains here.

So when I teach people to dump or pump or drain their notes, always at minimum drain these two termini and your cistern, you got 2 minutes, you're sitting at the red light, you're little stressed.

I want to go on the parasympathetic drain the nodes take a breath during those three notes because what we drink, what we don't drain out, becomes our burden.

Our burden can throw off our hormones. And then once our hormones are off, we start chasing hormones. We start chasing all this stuff rather than going back to the root cause.

What's through all the hormones? What is the biggest disruptor to hormones, metals, chemicals, immune challenges that disrupt the the mechanisms inside the cells?

Well, if all the junk is around the outside of the cells, you never get to handle what's on the inside of the cells. So when you drain more than you detox, drain, drain, drain, drain more drain a little bit more.

Keep draining. Then your body will detox on its own. 50% of our lymphatics are in our gut. 20 are in our neck, 20%. And we have between 600 and a thousand lymph nodes in our body, 70% in our neck and our gut everywhere else where we bend is where the biggest concentration.

So wrists, elbows, shoulders, hips, ankles, knees and joints and around our neck. So before you get the shoulder replacement, the knee replacement, or you get your neck adjusted, move your limp.

Watch the thick, thick gelatin. Switch over to fluid and watch everything flow better, allowing you to receive more oxygen, bigger spaces now more water, more hydration, more minerals, more energy to allow the flow to occur.

And then, as you do all the other things that you're learning on the summit to improve your overall health, you'll address the root causes, and then you'll watch a lot of the symptomatic stuff that's going up on the top level go away because the body does heal.

That's what it's designed to do. It's not an auto immune disease problem. That is the biggest freakin lie has been told to humanity, if you ask me. Because if the body had an autoimmune disease, if it fought itself, we would have never evolved as an organism.

It's against the concept that we got here and God created evolution. Don't even get me started on that. But the reality is we have to adapt to our environment and if we don't adapt, we go the opposite direction.

The ability to adapt is regulation that is self-healing. And so by the nature it doesn't make sense that there's autoimmune. And so in all of Europe, when I study, it's not that we don't acknowledge the body's under attack, but it's looking at what the body's under attack, what can it see, what can it not see?

That's causing the body to go into a flux that looks like it's attacking itself, but the body's never making a mistake. It's always trying to account for whatever the stressors are and doing the best job it can.

We just now have access and knowledge to know how we can get better at assisting it. And as Dr. Jen said, it's so key to not just show up in an office and say, Oh I'm just going to change my pills for my green pharmacy and I'm going to change my doctor to my chiropractor.

And when I leave those offices, whatever I do doesn't matter. That is not how this goes. Having responsibility and playing with your body to figure out how it heals and and knowing that it heals and trust that it heals and creating the right behaviors in our life so that it continues to heal.

Manual lymph pumping and drainage techniques

So you can feel as good as I do. At 49 years old, waiting for my 50th birthday. I'm looking forward and excited to teach people how to actually age like wine gracefully and get better and better, because that's what we are designed to do, not to break down.

I mean, I feel better at 49 than I did at 22 and at 16 before the car accident. But it's so it makes so much sense, though, if you think about it, too, and how we have kind of transitioned to all these sitting jobs.

We used to be out, women used to, you know, go and get water and and carry it back up. They used to baby wear while they were doing their chores. They used to do their housework instead of hiring someone to do their housework.

And now we're just all sitting all day. You know, men were out in the field or hunting, and now they're sitting at the desk. So I like, you know, do this while you're sitting if you do have to sit down.

You know, I've gotten so much joy. My three year old wants to play Duck, Duck, Goose all the time. So as a family, we will sit down and we'll play for for 10 minutes before bed or whatnot.

And everyone is just laughing and smiling and we're moving. And I say, we just need to look at children, you know, not children that have turned into robots on their phones, bent down all the time, but go back to how they wanted to play outside.

Get your kids outside. I guarantee you they'll be happier than if they were on a computer or a device. But I think going back to what you said about children, how they have that kind of innate movement and they're moving their lymphatics, right.

And kids, when they get sick, they're sick and then they're better. Right. And as adults, we're just stagnant. We're sitting. We're we're not moving. We have all these desk jobs.

So I think that's an important part to take home. And also the fact that the thyroid is so sensitive to all of these. Like you said, it's a toxic sludge soup in the thyroid.

If there's stagnation around all the lymphatics, especially in the neck and it's not draining, then the thyroid is going to get exposed to so much more.

And by moving your lymph, if you have 20% lymph in this area, imagine how clogged that would get, how that would affect the thyroid. So again, you know, using like we teach you to manually, I have these little tools that are self use tools that you can use to pump your nodes as well.

Because, you know, we see it you mentioned on kids, I mean, my kid, we didn't vaccinate my kid and so he was around clients all the time. But when we finally put him in daycare was when I started to see the lymph node swelling.

Right. And everybody in traditional medicine might go, oh, my God, I've got to get the tonsils out. I was like, Oh, that's great. His immune system is working because his lymphocyte swelling because his body's exposed to new things around all these kids that have all this new stuff that his body is never seen before.

Now, I worked this one. Yeah. And it and it was like every new class, every new school, every new environment we put him in. Oh, trying to work the lymphatics again because we see it now.

He's ten. I don't see that kind of response and reaction when we put him in new environments anymore because we strengthened his immune system. But oftentimes people will feel or see lymph nodes here and or swelling and they just don't know what to do about it.

And they are like, I just I'm going to wait, don't wait, start pumping those nodes start. Oh, get up, move a little bit and watch the swelling start to shift.

Watch the information that's inflammation leaving the body and draining that out. And then you'll find there's more room and your body's going to want more and more of it. You'll start to crave it.

I mean, the good thing is, the more you move, the more you want to move. Yes, that is very true. And then you have more energy to move and then you just want to do it more and more.

And and, you know, I'm more flexible in every way because I've learned to move it. And if I can't do something, if I have some kind of limited range of motion, I go, oh, my fascist tight there. Huh?

Why is that? Is that holding on to something? Is that a toxicant, an emotional component, a pathogen? Like what's going on there? How do I assist it with vibration?

And then how can I move it to move the lymph around it? And then all of a sudden my shoulders that used to be cranky and like when I would do this, it would be like, you know, I look like a robot because it was so cuckoo, cuckoo.

And for years I couldn't even do that. So now when I do this, I love doing it just because I'm like, Oh my God, I don't care. Like, I don't see it ratcheting and I don't hear snap, crackle, pop, snap, crackle, snap, because I'm doing it.

And that's when you hear that. That's because your fashion has gotten a little tight. It's a little cranky. You need to move the limp a little bit and the more you move, the more flexible you'll be and the better you'll feel because you'll get more oxygen and more water.

You'll be in the flow state in your move, in the toxins out faster than they're coming in. And then you can stop stressing about detoxifying. Your body was meant to detoxify we just have to we have to get the movement back and give it a little bit of help.

And sleep. That's the other thing you talk about, because we heal when we sleep, right. And deep sleep is key. And when we sleep, our life is more active.

But if our fi is on, it stops the lymphatics. So at minimum, you know, I live in a townhouse and you can't get away from the wi fi, but we have a lot of things at our house to help harmonize and we turn our wi fi off from 11 p.m.

until 7 a.m. so that the strongest signal is not being emitted throughout our house. And then we've got a lot of copper and a lot of organ, a lot of things to protect the two walls that are, you know, where we're perhaps pulling it in from our neighbors.

So there's a plenty of things you can do for that, but just be conscious and aware of it and start to make the steps and make it easy for yourself. Set your life is easy.

Lifestyle changes, electrolytes, and resources

Yeah, absolutely. And you could use a little Christmas tree timer to set your wife out. That's what we have ours on. Yes, exactly. Holly, thank you so much for today, for giving us exercises to do actual things that we could do today.

I'm sure a lot of people will be going back and rewatching and, you know, opening up all their limbs. I was doing it with you the whole time. How can our listeners find you?

I know you're on Instagram and we would love to also know about your website so we can watch your tutorials. Thank you. And I just want to mention one thing and when we were saying, when you pump your limbs, you're going to move a lot of fluid out, which means you're going to lose some electrolytes, which means you need to drink electrolytes if you don't can't by any.

You have salt at your house, sea salt more than likely throw it in your water just to pinch and change your salts. Don't just use one kind of salt. Have a variety of salt, variety salts, variety minerals and I would recommend once in a while iodized salt.

Okay, we got away from iodized salt and now we've got a bunch of iodine deficient thyroid. So once a week or so, a little iodized salt is not a bad thing either.

Okay, so you got your electrolytes. Where do they find me? Thank you for asking about. I just want to make sure they knew how to do that. So true wellness global is our website and when you go to the true wellness I'm sorry, the true wellness center is our website thetruewellnesscenter.com.

When you go to there and you go under the learn tab, that's where you can access the how you manually pump your lymph and how to drain dry brush. You sign up for our email list and then you'll be able to access those.

We do send a flow tip a week or so. I'm not one of those people that I don't know how people send five emails a week. I can barely get one out a week, so don't worry about your email list or your e-mails being inundated for me.

Second is I have a podcast, the beats. Anywhere you listen to podcasts, it's about how the body really works from my heart to yours. We're about 120 episodes in and then on Instagram I'm on true wellness global and Kelly Wellness Girl Show. True wellness global and Kelly Wellness Girl are where you can access me and find all the things that I'm doing.

I love it. I'm so excited to share those resources with everyone and everyone will get their lymphatics flowing and heal their body. Yes, thank you all.

And I would love for any of you to be involved in our community. You let me know how I know you so that we can help you in any way. We're here to serve. And I do a little.

I say prayers. Can we say a prayer? Is that okay? I would love that. I just want us to have gratitude for you, Dr. Jen,

for putting a summit together.

I know how much work and effort it is, and obviously we don't do that with unless it's on our heart to know that we have incredibly valuable information.

And I pray that throughout this week of people listening to this, that they don't just take it into their hearts and in their minds and in their guts.

They actually take the steps forward as they hear this, that they feel inspired and empowered to take their health back and that they let go of any kind of previous overwhelm that they had, knowing that the keys and the answers are right here for their taking it at all times by simply taking a breath in allowing us to sleep, eat proper food and move.

We too can achieve our highest and best good and this beautiful physical body and join the love and the vibration that Dr. Jen easily emits from her and I'm sure her whole community does as well.

And I have a lot of gratitude for not just you, Dr. Jen, but every one of you listening and spending the time and the energy to find out and find the answers, but truly stop looking outside.

Go right inside. All your answers are right there from my heart to yours. I love you all and thank you, Dr. Jen. Thank you. That was beautiful. Every day.

Thank you, bye.