Introduction and Kelly Kennedyu2019s Background

Welcome back. We're continuing our conversation on Reversing Crohn's and Colitis. I'm your host, Sinclair Kennally, and today I am joined by my wonderful friend and colleague, Kelly Kennedy.

Kelly. His career in medicine started with a much more allopathic approach, but changed after experiencing several traumatic events that made her realize that good health is more than just taking medications and undergoing surgeries.

For the last 27 years, Kelly has dedicated her life to uncovering answers to healing through alternative therapies, including Bio- Regulatory Medicine energy medicine, and body centered work.

Kelly is a is commonly referred to as the "lymph queen" and is the mind behind the transformative F. L. O. W. E. Formula, an approach and technique that addresses and restores fascia, lymph, oxygen, water, and energy.

She resides in Pennsylvania, but not for long and where there is an audience and silence. Seeing clients for the past 19 years at their clinic, the The True Wellness Center.

You can also find her talking with experts in the field on her podcast, "FLOWE with Kelly Kennedy" on Instagram, which does amazing lives on @truewellnessglobal and @kellywellnessgirl.

Welcome, Kelly. Lymph Queen is here at last. Thank you very much, my lady. Much. I love you so much. I did not plan on saying that, but just. Came out when I said thank you.

As an inside joke that we don't have time to tell them about. Because we have to get to so much stuff today. I just want to truly say thank you. I love listening to you all the time.

Listening to your voice is very soothing for my nervous system because if you are watching it, it also makes me giggle and I only know it. It's just love is what I feel when I'm with Sinclair.

There's just so much love between us. Genuine, genuine love. She's one of my sisters. I'm very happy to be here talking about all things by regulatory medicine and FLOWE and FLOWE formula to help people truly embody how they can be empowered.

And I know this is just a little piece of all the content that you and Dr. Christine are giving. I'm so excited to be a part of this. Yay! Good. Well, let's just jump right in, because I've been waiting to have this conversation with you.

I know that people suffering with Crohn's and Colitis and really any digestive condition, it's very tempting to just get obsessed and super myopic about food choices and, you know, the the small intestine and the large intestine.

And really, what I have seen is the more we zoom out and look at how systemically from bio regulatory medicine perspective, the faster you heal. So what I'm hoping to do today with you is a deep dive into how the lymphatic system and our fascia actually contribute to our digestive health.

And what can people do about this at home? You know. that's great. And just for context, to start with, the reason this whole thing started for me was because my father had cancer, and the first cancer he was diagnosed with was colon cancer.

And so it being raised in the 70s that he was diagnosed in the 60s, he was going through chemo, radiation. Nobody could tell me how to not get it. You know all that.

And as we know, I'm 50 now. I've never had a colonoscopy.

Why Lymphatic Health Matters for Digestion

And honestly, I don't know if I ever will because I don't need to, I don't I'm not a surgeon to say I never will, because I know to not tempt the universe with such rigidity.

I'm open to FLOWE. Hey, so if I need to get a call, ask you for some reason. Sure. No problem. But I don't see it in my future as of this moment, because of the testing and assessments that I do that are looking at the subtle energy of the body that actually is the regulatory center, the regulatory component, ecosystem of the body that actually is our flowing state and is really allowing us to digest all of this life of which we have, and allowing us to take in what we need and letting go of what we don't.

And so a lot of people hear my story, personal story, which is about chronic pain, that I was dealing with after a car accident 27 some odd years ago now.

But there was really that also for this particular community. I just want to say, trust me, gut health was important to me growing up, and my father was very rigid with food, and I thought it was all about food.

And so I tried to control food choices, through many eating disorders orthorexia, anorexia, bulimia, excessive working out. that was my 12 years old to my 22 year old self dealing with control, control, control.

Because I watched my father who ate what was a standard American diet red meat, I won't say ate vegetables, but we were offered vegetables. My daddy corn and potatoes, which we all know is a vegetable. So, you know, he was very rigid about the time he ate 28 and what he ate.

And I was very flexible in my diet. I ate more vegetables. I had to eat meat. But both of us, I was chronically dealing with asthma, allergies and acne.

And dad had acid reflux all the time. And he had inflammation, the gut, even though he was freed of colon cancer. I had cancer seven times, so he was always sick.

So nutrition and food and gut health was primary in the household I grew up in. Just for some context, and it created a lot of, excessive behaviors of mine and being who I am to try to control things.

and, welcome to me now teaching. Well, as Sinclair and Dr. Christine, I talk a lot about you always teach what you need to know. And it's funny how that happens for me in my life so much that I have to teach FLOWE because I try to control every single thing.

And there's just no there's one thing we can control, which is our breath. And that brings us into the parasympathetic state. And then our feeling body can be engaged and there's so much to this.

But I know we don't have all the time in the world, but just to understand that the regulatory system, the lymphatic system, the terrain of the body is the only thing that heals.

And after we've addressed the blockades, the healing, which I'm sure we've addressed on other interviews, I won't go into that. Now. We've got to look at the spaces between the cells, because everybody wants to talk about function, but function and optimization only comes after regulation, and regulation is the opportunity for the body to be discerning and appropriately discerning.

I am a frequency and energy information gathering and receiving and sending organism that has a physical experience. But the the majority of the feeling that this body takes and the information this body has to digest is ethereal in nature, it's nonphysical, and it's with out of the range or outside of the range of the five senses of which I can comprehend.

I can't see some stuff, I can't smell some stuff. There's things outside of my range of taste. There are things outside of my range of touch, right? I can touch this, but I can't feel every mite, every little tiny molecule that's vibrating.

When I touch something that's alive, like water, I can't feel the H two and O as I touch it. So when we think about the fact that everything vibrates because everything is energy, we take in all of this energy that we can't perceive, and the gut and the heart are informing the brain and the lymphatics are where the body is magnifying that or amplifying, ideally that frequency, that information that's taken into the body, through the fascia, through the heart, and so on and back and forth through this bi directional information field of the living matrix, of which is our fascia, of which is the environment we're in, and the gut is digesting that the lymphatics are 50% of the lymph is in the gut, 50% of the lymph is in the neck, which is the other filter of what comes from the body up to the head.

The central and peripheral nervous system. The mind is not the head, but the central and peripheral nervous system, and then accesses to send out signals to the cells.

And then the cells create the organs and the glands and then and the blood system, and then the function of the organ is dictated based upon how the cells are signaled.

So we must look at the space between the cells, because that's going to dictate how well that signaling is going so that we can get optimized function.

So we always look at the majority of the body, which is the space which is 90% of the body is water, which is the lymphatic, the spaces between the cells.

And so we work more in that terrain, which is the majority of the body. And again, 50% of that's in our gut, 50% of our lymphatic is in our gut. The liver creates a lot of the lymphatic fluid, like 50% of the lymphatic fluid is created in the liver.

Is that true liver queen. Yes it is. Yes that's correct. And the small intestines which are the first line of digestion are the first are one of the organs known as part of the lymphatic system because of the pyres, patches which are helping you absorb.

But they also have a lot to do with the white blood cells, which has a lot to do with your lymphatic system. And so the gut, the lymphatic system, how can you possibly not interact?

These two things I look at that funnel that so many people look at in this world and go, oh, at the bottom of the funnel is the bowel, right?

How Lymph Drainage Supports Gut Healing

The healing funnel. And then above the bowel is the lymph. Kelly Kenny is here to say, I would like to reverse that equation and put lymph to the bottom and gut at the top, because when somebody comes in and they have a gut issue, we work their lymphatics and their bowels improve, we work their lymphatics and their sweat improves.

We work their lymphatics and their menstruation improves. We work their lymphatics and their congestion improves. So wherever the body's trying to excrete, the lymphatics are involved, because that's how the body is circulating, identifying and circulating gases and nutrients as well.

It's part of our circulatory system. Fats are all diet are all circulated through the the lymphatic system. And think about where the fats are digested.

And so are the liver. And the gut and the lymph like, so intertwined that you can't possibly pull them apart. Yes. Did I answer your question, Sinclair? I'm not sure.

Yeah. And a couple others too. So the when you say you work the lymph in your clinic, can you give an example of what that might be. Thank you. So we have levels of layers of lymphatics.

We have superficial lymph. We have deeper lymph nodes. There's organs that and glands that are involved with lymphatic system. And there's a sequence of working the lymph in a particular order so that you're opening up.

It's a valve system. And if you don't open it up like a domino, it won't. All the dominoes won't be knocked down. So you got to make sure you do it in a very, very specific order in a sequence.

And it's not a lot of technique that's not necessarily involved. It's a lot of awareness and knowledge with a little bit of technique involved. And there's tools that you can use as well to help facilitate this.

But you have that aspect of working the lymph from self-care, just like you brush your teeth every day, twice a day, you should work your lymph, practice working your lymph twice a day because it's clogged.

And we could talk about the millions of reasons that it's clogged as well and why we're so up against a lymphatic. But I'm sure you've addressed that.

The rain barrel that we're up against this toxic soup we call life that's just never ending in your lymph is your filter. And so if we don't change our filter, then the engine doesn't work as well on our car.

Right. Well, same in our body. We've got to change our filter. That's like changing your oil filter. That's pumping your lens. So you got to work your lymph at home.

But I don't just work my lymph at home. I also work in a center because there's a deeper level of getting to the lymph nodes and moving that, that lymph fluid that you can do in a very specific way, either through technology or through, manual therapist.

It's not about getting massages. Massages are great, but have you ever noticed after massage you're often achy and sore and kind of sick. The next day?

That's because they just detoxified your muscles and put it all in your lymphatic system. And if you go get a lymphatic massage or a massage therapist that knows how to incorporate muscle and lymph and fascia and all the parts together, then you will make you will feel less congested, less or more flexible in every single way for a very long time after a deep flow.

What I teach is flow technique because you're addressing the lymphatic first, you're getting the filters, you're getting the clog out of the system, then you detoxifying organs or muscles and putting that into the spaces again so it can be circulated and identified at the lymph nodes and then pumped into the cardiovascular system.

Then the cardiovascular system circulates it through all the organs and we pay it out. We pump it out, we sweat it out, we blow it out of our nose. We a jacket. Up. Yeah.

All the things. All the things. She stopped me right before she knew where I was. Had it. There's only one left. Oh, and bleed. If you're a woman, you bleed.

I really am convinced that the prostate and the ovaries are lymphatic organs. And when you look at a cross-section of a lymph node, and then you look at the cross-section anatomically of a, of an ovary, if they're not, then there's twin sisters like Kelly Kennedy and Senator Fanelli.

A lot of people mistake us for each other guys in the Senate. So we'll sit down to get one of us to sit down to get interviewed on somebody's stage or podcast or something, and we'll get a copy of that person's name.

It's very strange. Anyway, back to back to our regularly scheduled programing. So I'm, I'm sensing into like, what what is the audience learning right now?

And I'm thinking back to to when I was really, really sick with gut issues and, how sensitive I was to foods and how sensitive I was to my environment and just how porous I felt in general.

Right? Easily upset, easily overloaded. And I can just hear some people saying, okay, Kelly, that sounds great, but I'm really sensitive to foods. Shouldn't I wait until I calm my gut down more before I kick up dust and stress my body out more by digging out the lymphatic system?

And what would you share with those super sensitive folks? How could they get started gently in a way that actually relieves some of this burden for them?

You know? Thank you for bringing that up. I'm actually going to start to ask everybody for your objection as to why you shouldn't start with lymphatic system first, because that's exactly what you're giving me.

And I appreciate that, because especially after my last 48 hours, it's a good awareness that that's exactly what I have to do. No, it's it's my teacher of objection I got to hang out with the other day. And when the truth is on your side, it's easy to overcome any objection.

And the truth is that the lymphatic system is the first place everybody should start. And here's why. The reason you can't tolerate any food or any other substance or a perfume.

Or I've dealt with the most sensitive people that have to live in tents, some of them, before they come and say, trust me, I get it. I mean, the reason that Doctor Christine and Sinclair and I are friends is because we all do the exact same thing and we all see the same type of client.

That's all. Been everywhere. They've been to ten, 15 doctors. They are so sensitive. They can't do a they can't do a detox, they can't tolerate a kill.

They need to open up drainage. Why do we all focus on drainage? Why did we come together and go, oh yeah, because we all met at the drainage and we said, okay, no, the reason everybody feels like crap is because the rain barrels fall and they can't get anything out of it.

So as soon as another input comes in, their body goes hyper regulate overregulate or I'm so rigid and so broken at this, you know, not broken, but I'm so overwhelmed that things are breaking down and now degeneration happens and I feel tons of symptoms and no matter what I knew input.

I had all these symptoms. That's because the filters are clot. That's because the rain barrels fall.

Gentle Self-Care for Sensitive People

So as you start to gently pump your lymph, you're going to start to cough, blow your nose, you're going to start to go, oh, I need to cancel my ears. You're going to start to go, oh, I'm sweating all of a sudden you're going to start to go, wow, I'm teaching a lot.

Wow. I got a period in the middle of I spotted, oh, I have to increase my bowels more because that's what happens is a side effect of lymphatics. Those are the side effects of lymphatics.

I move my lymph, I sweat more, I pee more, I blow my nose more, I cough more, and people go, oh, those are symptoms. Reframe. That is excretion. We know from the biological division that taught us that you go through stages as the body comes out of disease, and as it goes into disease, there are certain markers as disease sets into the body, and there's certain markers as a disease comes out of the body.

Excretion phase is a really good phase, right? Yeah. We want that. We you've all worked with Sinclair or went. To the B snotty pus buckets that sweat like crazy and poop everywhere.

And get parasites to come out right. The get up all in there and get it to come out because it's better out than in. I've been saying that since the very first technology we ever got in.

we started practice in 2006. So in 2006, when we got our iron cleanse, a major difference for bath we went,

everybody went, oh, that's gross. What's that now it's better out than in.

And then they started getting, oh, we did something. And then they got a response and they got a rash. They got this. And it's better out then end. Well.

Then I stopped wanting people to get responses and I was like, wow. And then I started looking at CRT and all this bar regulatory testing and realized how important lymphatics was.

It was like, okay, what if I worked on the lymphatics? And all of a sudden, no more herkimers, no more? Oh, I got a little rash and I don't know how to get rid of it.

Okay, work your lymph more. So then the question becomes, do I work my lymph more or less? The answer with lymph is more oh my rain barrels to empty said nobody ever.

So if you go ahead and pump your lymph, pump your lymph, pump your lymph. Now might you need binders and electrolytes and nutritional support throughout the process. 1,000,000%.

And do you all the time need to first empty the the garbage can? Yes. Do you first need to change the filter? Yes. Do you first need to get a new garbage can liner? Yes.

That's your fascia. That's a whole nother story. But you need to really make sure that you're lynch and pumping your lymph, which is simple, is as simple which I can now do.

Look at me, big girl. to cross your hands, go above your clavicles, take two fingers and gently just start pump. Release pump. We'll do it with you. Pump.

Follow along. Release. And it's above your clavicle again. You can't pump it in the wrong direction. And it's not a push. It's a pump release. And there's a on my website.

I teach this for free. There's a PDF that teaches it for free. You can even upgrade and get a little tool called a flow Vibe to allow you to. It's a vibrational tool, bio sonic, vibrational tool that sends a vibration.

You hold it. It does feel like a massager. So people have a tendency to want to do this. Don't do that. Just always want to do that with it. I know I'm like.

After limp first, then massage. You always limp first, limp before I workout, limp before I do my castor oil packed limp before I do my sauna lymph before lymph before lymph before then.

Eventually you don't need the after because you already have drained. And now the liver works great and now everything else works great. So you don't need to support those other organs other than with minerals, because the soils are depleted.

And you need to pump your lymph because we still live in a toxic soup. And I don't know, I'm thinking that the average IQ out there is about 80. And those of you who are listening to this welcome here, about 120 and above, or I would say, and, you're doing the smart thing by taking care of your body and self-care, because that's the new health care is self-care.

If you do not know how to take care of your body, then you are not free. And the, the first thing you have to do to take care of your body is learn about your lymphatics in your fascia, because that is your terrain.

That is how your body works. This is what is holding the vessel that's holding everything and dependent upon that vessel. What it's holding flows or is stagnant and gross and creates mold and mildew and nastiness.

Yeah. So we were catching on. That lymph is important and that this is deeply intertwined with your digestive health, to the point where if you're not supporting your lymphatics, you could very well be slowing down your

digestive healing.

Well, this is not about what herbal do I shove into my small or large intestine that is too localized a strategy. Can we skip pills? Probably not. I haven't found a case yet.

You know, they absolutely play a role. Supplements play a role. But we have to look at what is the other 75% of the protocol that gets somebody well for good.

And this is a big part of it. So, what about. Yeah. And the better the lymphatics work, the better your absorbing those pills too. And then you're getting more out of everything you're doing because your body's in more receptive mode.

So yeah, it's, it becomes for me the, you know. Yeah. It's sunlight important. Yeah. What's the I can't wait to hear what your answer is. This next question.

That's why I'm learning because lymph is catching on. And thank goodness finally you know the concepts of by regulatory medicine are finally starting to spread.

And we're seeing some TikToks and some IG reels about like, you know, work on your lymph. What lymphatic support myths persist out there. What do you want to make sure.

Because not all lymph tools are created equal. And even people who say it call themselves lymph savvy practitioners might be leading people a little astray.

What myths out there do you want to take the time to bust today so that we're doing this? Well, we're not just doing it, but we're doing it correctly.

If she feels this deep in her soul, guys, she's. Like, I'm really like, where do I fucking thank you? So it's. People. I love this and even this. The instructions it comes with is about draining the face and anti-aging.

And so you have to remember, be discerning and and understand what what somebody is underlying. Where are they coming from and what are they trying to get out of you versus what are they trying to teach you, to empower you to be your own health care practitioner?

And what tool? Are they having to keep coming? Like, why do you have to keep coming back? My wondery. Listen, I don't have a great business. It's why I had to work with her. I'm like, here's my business plan, right?

I want everybody stop needing me. I want to teach my kid and go away. Right? Which is what she teaches.

Common Lymphatic Myths and Proper Technique

So I need help because I want to get that message out there, because what I see is a lot of people are, like, dependent or they're on the first layer and they're missing the comprehensive approach of the fascia, the lymph, the oxygen, the water, the energy, and why you're moving the lymph.

And you can apply the the concept of lymph. But if you don't apply them at the right sequence, as I said, at the right depth, and you don't understand that there's something that could be blocking the lymphatics, then you're still not going to get the results I get.

So if you don't get the results with working lymph, then you are not having the right teacher or the right practitioner because it's a matter of a misunderstanding, because it isn't.

Oh, I'm a great practitioner and I'm rare. I mean, I am a great practitioner and it's rare to get the results I get. No, I could turn any practitioner to do what I do and get the results I get because of applying the fill the philosophy of flow, which is contribute, which is comprehensive in its approach and understanding.

The physics, the quantum physics, the physical and the mental, the emotional, the energetic and the, what's energetic? Physical. Mental, emotional? I'm missing one.

Oh, spiritual one. Always forget that one. There you go. There it is. Your soul. One. Because you can't. You can mechanically work your length, but vital logistically, the vital mystic approach.

Just like anything else, you can do a liver flush, or you can do Sinclair's comprehensive liver program, which is not at all the same result because you're applying it comprehensively and therefore it gets a different quality, just like the lymph.

So what I teach is number one, not just how to move your limbs, but how to open up your nodes and how to get into the parasympathetic state, which is the first thing you have to do before you do.

You must be. And so you must engage the parasympathetic nervous system as you approach the lymph, you can pump your nodes and do the action and not get the results, because the body's just doing a pump.

It's not actually engaging the nervous system and assisting and facilitating the lymphatic system. So you didn't shift over into diaphragmatic breathing.

Your body isn't in parasympathetic dominant because you're just trying to force an action. And it's that makes sense. And slapping the body has to be in parasympathetic not go in not being sympathetic because it won't move.

It's it's it feels like it's in threat. And if the body's in threat it's in sympathetic. It's in fight flight. If it's in fight flight there's no flow because the body is not worried about healing.

It's worried about surviving because it's a survival mechanism. We are conscious enough are we are aren't we not to overcome our conscious minds, to go wait, if I'm slapping myself, I don't really feel like I'm loving myself.

If I'm just doing something to do an action while I'm thinking about the 17 things I have to do today in the list and everything else that I'm not actually loving to myself, can I take not three minutes a day, twice a day, and put my own hands on my body, or take my tool and just take three minutes to take a breath at ten locations on my body and honor how I feel.

And express and exhale and let it go. Because the exhale, the flow is in the exhale. The exhale is letting go. And lymph isn't just about letting go, it's allowing us to receive.

But again, if we're in the parasympathetic, we receive. And that's why we do the lymph. Many reasons. Yes. To open up our drainage, yes to drain our filters and to allow circulation, to let the fats get to where they need to in the nutrients, and mostly to get and facilitate, because that's what we are.

We're facilitators of our own healing. How do we engage our healing? The healing is the parasympathetic. So first we must breathe. And when we breathe and get into the parasympathetic, we engage for our vagal nerve.

And what does our vagal nerve also help us with our digestion? So as we get into the parasympathetic and we engage our lymphatics, we're also engaging our diet gesture, which is going to help us digest all those frequencies, all those feelings, all that input that's coming in and forming that brain, that central and peripheral nervous system more.

Yes, you can take the pills. Yes, you can do the red light therapy. Yes, you can do your liver flushes. Yes. Your Castro Plex packs your seeds. All the things.

And first you must engage the parasympathetic. First you must open the drainage and love on it. Her. She him source love who we really are, the divine part of us, the energy part of us.

So that the fascia, the lamp, the oxygen can circulate in the water, can structure to hold the information which we're

digesting because we're, letting go of all the things that is in ours, that all we can let go of and take on what was great from whatever that experience was, was whether that was a peanut butter dessert cake thing that was put in front of me the other day that I was like, oh my God, I hadn't seen one of those in 30 years.

That's hysterical. And I don't know. And then I was like, well, I'd just like one bite. And I was like, one bite. I was like, oh yeah, that's was good.

And but my nervous system went, oh, remember when you liked those 30 years ago? They were so good. You know, the pre-made peanut butter chocolate pie that you've all seen in the restaurants because they've been around for 30 years.

Cisco still makes them. Yep. Yep. Cisco or who? Yeah, I'm sure. And it was. And I was just like, oh yeah. It was like traveling back in time, you know, and but but then my nervous is like That sounds like comfort food.

So I felt her and then brain consciously overrode even my own brain going no. And I was like yeah but look at how it would feel. And then I put it in my mouth and my all.

Then I felt my jaw, I felt my tongue. My whole nervous system went. But you can feel the toxicity in that food. It's not just your knowledge. It's like feel that.

And I was like yeah one bite was sufficient. That wasn't real. Nothing about that was real. Well no don't need any more of that good information input and now I can let go of it.

It would have been worse had I sat there for the entire time and been like, I really want to bite, but I know better. I really want to bite, but I know better.

I knew I wanted a bite. Why? Because I needed to have that input. Why? I don't know, maybe for this conversation, because I knew better.

Free Resources and Closing Remarks

I knew that taste good, but it was good feedback. And it's it's all good. It's all good. Good. I was in the hood. That's why I had that nice little. Okay, so just to recap.

Yeah. Lymphatic support is not to something you go to an expert to have done to you. It's actually something you incorporate seamlessly into your day so that you can heal faster from vegetative conditions.

I love the way that you make this easy for people. I know that you've included a free gift. and I also want people to know that they can get taught by you for free on your website.

About this series. Can you explain how to get to that? So the website is thetruewellnesscenter.com. So all spelled out thetruewellnesscenter.com.. You can always find me on Instagram because it's in the LinkedIn page as well on True Wellness Global.

And then on YouTube we are True Wellness PA and then podcast. Wherever you want to find me. Is FLOWE soon to be Energy FLOWE? Because I'm taking the aid from the bomb and put it in the front because energy is so important, I don't want it to be the last thing you think about.

I want it to be the first thing you think about. So I'm taking it off and and putting it in front and saying it's Energy FLOWE, because energy is all that there is and how we heal.

So that's how they find me thetruewellnesscenter.com. And then you go to the learn tab. And then it's the self-care of your lymphatic system. And that's where you can download the PDF.

And we also gave them a free gift. And I. Wish I remember what. It was, but I'm sure it's wonderful. I'm sure it has

something to do with the lymph. I'm sure something to do with the limp. And it was something.

So I created. But I like that for. Everything. I've done for it. I remember which one was for which because we were always trying to focus on it was for the guy.

I do remember this now. It's actually I think it's to help open up the liver, how to pump the liver, how to pump the spleen. Have fun. I think that's what it is because I was like.

I get to talk about the spleen today. We'll have to have you back to talk about spleen. Yeah. There's like there's there's specific movements you can do for the abdomen.

And I want people to know how to open up their abdomen, not just their termini. Go a little deeper into it, because I never really go into that. Any of my scar master classes or my full five master classes to help you open up not just the head, but the body, because the body will only drain if the neck drains and the neck will.

The head will only drain if the neck drains, but none of it will drain if the body doesn't drink and it got during the pipe first. Which is why I start with the lymphatics and the gut, I love it!

That's so exciting! Thanks for sharing your wisdom and your passion with us today. And everybody go check out Kelly's free series on her website because it's very generous the way she put it together, and it just makes it easy.

I use her series on myself every day, and I think it helps make my gut more resilient. So thank you so much for being the "lymph queen". Thank you, thank you, thank you, thank you both for having me participate in this wonderful adventure of life with you both, as well as on this.