Perfect Your Posture For Better Gut Health Transcript

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Introduction to Deanna Hansen and Block Therapy

Welcome back. We are continuing our conversation on Reversing Chronic Gut Conditions. I'm your host, Sinclair Kennally. And today I am joinedby the wonderful Deanna Hansen.

Thank you so much for coming on. And Deanna. Thank you so much for having me, Sinclair. It's a pleasure to share with your community. Awesome. So I have to give you guys an introduction to Deanna because I became aware of her a couple of years ago.

A couple colleague, friends of mine were telling me how much progress they were making with the difficult to treat cases by using Deanna's method of fascia support that she coined called Block Therapy.

She's also the best selling author of “Unblock Your Body: How Fascia Decompression is the missing link in healing” And she's really considered a pioneerin the field of fascia decompression at this point.

I love her methods because they're so accessible. There are things you can do in your home. You know, so much of the time when we talk about, you know, tissue work and working with the fascia and deepenthe tissues, we're talking about something that a lot of people rule out for themselves because it's so costly and you're limited to who is available to you in your local area.

So I'm just thrilled that you're democratizing health in this way. And I can't wait to dig into this with you. I'm so excited to share. Good. Okay. So because this is all about Reversing Chronic Gut Conditions and I shared with you before, but I just want to acknowledge our wonderful listeners today.

We know we have a mix of people in the audience. You know, people are just taking control over their health and really on the search for tools for the first time to really tackle these chronic gut conditions that have developed for so many of us that happen so slowly.

Right. And then there are those of you in the audience I know who are my gluten free yogis who still feel like crap. You've tried everything you know more than your doctors, and you're like, Give me something now.

I am ready to get take this all the way home and get back to health. And then, of course, we have a practitioners who are on the hunt for new tools because they acknowledge that what we learn in school is simply not enough to meet the health challenges of today.

So we're at don't worry, guys. We're going to provide gems for every single one of you. Is ready to go. And I would love for you to just briefly share why you're so passionate about this topic and then let's relate fascia and gut and why they're so deeply intertwined together.

Oh, you know, I am so passionate about this because back in my twenties when I was going through athletic therapy, I was doing everything that I was trained to do to create the healthy body that I thought I was supposed to have.

I was working out like crazy. I was I was dieting. I was doing all of the right things. And at the time I was 50 pounds overweight and it was all stored right in my gut.

I was bloated all the time. I was constipated. It I was struggling.

Deannau2019s Personal Health Journey and Discovery of Fascia Work

That created anxiety, depression. The whole feeling of being sensual was so alluded for for me. And all I wanted

was to gain control. And I was working really, really hard, especially as an athletic therapist, where we're trained to work with professional athletes.

And here I am in this body. That's a total mess. It was like the rules of weight loss and health didn't apply to me, so I made some major changes in my thirties, and these changes actually resulted in me having severe anxiety attacks.

It was this one attack in general or in particular, though, that was the seed of everything to come in the moment. I actually thought I was going to die because I was so frozen in fear.

But I dove my hand into my abdomen and the first thing I encountered was pain. But the pain took me out of my crazy, brought me to the ground. I let out a gasp, this exhalation.

And then the next thing I recognized was the tissue was riddled with what felt like scar tissue, even though I hadn't had any injury or surgery in this area.

And as an athletic therapist, I always focused on deep tissue work. So I was very familiar with this tissue. So suddenly I was having all of these aha moments.

Like, no wonder when I'm coming home from a five mile run dripping wet with sweat, my belly would still feel cold. So after about 30 minutes or so of working in the space, what?

The first thing I noticed was I'm calm. For the first time in what felt like years, I was calm, woke up the next day, a little sore, but that soreness also kept the calm within because it just pulled me back into that space.

Came home after that day of work. Drove back in again and after that second night of just intuitively exploring with my hands when I stood up assault taller and I went, I looked at myself in the mirror and I literally began to cry because my belly was flatter than it had looked in years.

That combined with the comms. This became my new addiction. I would come home every day and I would just start diving in. And within two weeks my chronic low back pain was going away and I was getting excited about life.

Then I started flipping my patients on their backs and started approaching their tissuein a similar fascia. That was 23 years ago, and block therapy really was a result of that moment.

Wow, that is so cool. Okay. So having been somebody who has dealt with chronic health issues and I love how you said this, you know, it felt like the rules of health did not apply. That's exactly how I felt.

And I know so many people in our audience are resonating with that right now. Help us understand and let's connect the dots between fascia issues. First of all, I think we need to define what fascia is right.

And then those chronic gut conditions that can develop for folks. Yes. So I see fascia as being ultimately we have skin covering our whole body. fascia is the skin of each and every cell, interconnecting each and every other cell.

So it's the communication system. It provides both mobility and stability. And really the goal is that we keep all of our trillions of cells incorrect alignment, because if we do, we have optimal space.

If we have space, we have ease of absorption of nutrients into the cell, ease of toxins out of the cell. It's when space becomes compromised, the challenges begin.

So we are under this constant influence of gravity. Gravity's constantly pulling us down. Combine that with unconscious posture and unconscious breathing, we literally whine down into our body.

We become shorter and wider as we age and a lot of probably more women. But people in general will find that that belly area as we get older, we cannot change anything.

But suddenly we're like, we're getting that spare tire or we're feeling bloated and we think that we're gaining fat. It's not fat. It's displaced fascia.

The whole weight of the upper body collapses into the core, displacing the tissue outward. It affects the alignment of the organs. Everything's slows down.

So as I was going through this process in my own body, I started really recognizing a number of things. I started the practice of yoga when I was also at the very beginning stages, and I had a great teacher that every 30 seconds or so she would remind us to breathe.

Every time she reminded us, I was like, I'm not breathing and probably no one else is. So when I was combining that understanding with what my hands were learning in my own tissue, I started to really recognize that there's some major things that we need to do to create a shift in the body to support health.

So I just want to bring my computer down just so we can see here. This is important. So the diaphragm is the muscle that supports the weight of the ribcage.

When it works properly, when we inhale, it moves down. When we exhale, it moves up. When working. This pump creates an internal massage for everything through here.

When we aren't conscious of how we breathe or how our posture is, we fall in. This is how a lot of people say, Here's my stomach organ right here, the main artery leaving the heart right here.

Most people are right handed. We compress usually to the opposite side, to which we're dominant and we squish. So now if I'm not breathing through here and I'm breathing up through here, this area literally becomes frozen.

Part of what we need to digest our food is energy.

What Fascia Is and How Compression Affects Gut Health

So we're breathing and we're giving that stomach organ a continual massage through the breath. We're providing energy heat to help the digestive process.

When I fall in and the weight of my entire upper body comes crashing down on that stomach organ, it's getting squished and displaced and now we take away that space.

And once we take away that space, now we have issues because we're not getting proper amounts of blood and oxygen flow to those cells and oxygen is the first and foremost nutrient.

Every single cell in the body needs to thrive, and without it now the cells become starved. And that's when we start seeing issues. So there's three pillars to this process of of understanding what to do for the body.

Gravity causes us to compress. We want to decompress. We want to put the space back into the tissue that time has taken away. And that's what this process does.

I love that. Okay. So we're speaking about this as if, you know, this is happening to all of us right now, especially in our culture. You're looking at everybody's posture and the way our lifestyle is working.

We're hunched over into our computers all day long or into our phones or whatever it is. So there's a lot of that built into the culture. What what are other reasons that might or factors that might just regulate the fascia?

Playing a sport. The fact that we're dominant on one side, if you think of most sports today, like back when I was an athletic therapist, we think, oh, the athlete is the healthy one.

I actually now see as I go through time more and more that the athlete is actually the one that's going to be more

riddled with issues as they age because sports are basically asymmetrical.

I was a provincial volleyball player. The number of times I had my right arm up and I was going for that spike and I was always rotating to the left again, my stomach organ is on the left and I'm actually actively like pushing down on it repeatedly, repetitively through the years.

So the fascia designed to support our upright oddness, if we start tipping off balance as we all do, it grips and adheres to anything in its path, including bone to create stability.

And this is the real problem, because these grips will seal to bone with the force of £2,000 per square inch. It's a magnetic seal. And they they block blood and oxygen flow to everything on the other side.

So now we become stabilized, but at the lack of mobility and at the lack of flow. And when I was falling into my body from what my use was and all the things that I did, and then unconscious living as I was getting into my twenties and just collapsing more and more and more.

Now my gut, it's getting really big and I wasn't digesting food. Then I got caught up in the whole eating disorder thing because I'm like, okay, I need to starve myself.

I'm not getting control of my weight. And the more or the less that I ate, the bigger that I became. And then when I started to recognize this process and how the breath was the key, that really changed the game for me because I suddenly was aware of, I have to let my belly go.

I have to allow it to expand in order to gain control of this. Because as a dancer as well, I was taught to hold in your belly. I know if you're holding it in, you're forced to breathe through the muscles of the upper chest.

And the biggest thing about this is at the base of the lungs is where the majority of the oxygen receptor sites reside. So if we're breathing through this upper chest and we're only pulling the air partway into the lungs, we're missing where the majority of those oxygen receptor sites are.

We feed the body up to six times the oxygen when we breathe diaphragmatic. And in 2014, they did a study proving that 84% of weight loss comes through proper exhalation.

I was thrilled when I saw this because suddenly all of the things I've been talking about for years, like, here you go, this is what makes sense. I can understand it is the diaphragm muscle.

When it's moving up and down in the body, it's like having a furnace in your body, breathing through the muscles of the upper chest is like a space heater.

I live in a 30 story building. My apartment literally has two bathrooms and two rooms. If I have a space heater in here and it's freezing outside, I'm only heating one room.

Turn on the building's furnace. You heat the entire building so the diaphragm is like the furnace. And for there to be flow, we need to have heat. So for all the areas in the body that like my belly when I was running and it felt cold, there was no blood flow, there was no heat in that area.

So the tissues literally frozen and it's not going to move in any positive way except under the influence of gravity when it's frozen, because gravity will grip to dense tissue and drag us down faster and faster, displacing what's going on in the body, creating inflammation and toxicity.

Wow, you just said a mouthful. There's so many chunks there that I really invite people to go back and listen to this interview to make sure you got all of it.

But there's so much we want to cover. We're going to move on. And so let's talk about I mean, you mentioned already, you know, the diaphragm. I love this visual of it being the furnace of the body.

Let's talk about fascia and digestion specifically. You know, people these these digestive conditions come on over time. Right. And we have this exposure to glyphosate and we have the dysregulation in our food.

People eating the wrong things are processed very poorly. We have soil poverty. We know this, but it still doesn't account for the wide range of clinically like distinct.

And yet somehow there's so many themes still constant in all of our different digestive conditions. So I really want to give people a visual today of how does the fascia interact with the rest of the digestive organs, and in your mind, how do you see the dysregulation come about?

You know, aside from gravity itself, right. How do they how do these dots connect? I guess what I'm.

Breathing, Diaphragm Function, and the Bodyu2019s Furnace

Asking, it's through the adhesions. So when they're when when those cells, again, like Sasha innovates everything organ tissue, nerve fibers, blood vessels.

So we are this fluid matrix and everything connects to everything else. So when we fall into that core space, we fall out of alignment. Now we're blocking the organs ability to receive the nutrients and to have those negative things, even emotion taken away.

One of my community members does thermography and this was fantastic because she showed a before picture of somebody before blocking all red in the gut.

Red indicates inflammation. Two months after blocking she showed the after picture and there was literally no inflammation. And she said, Oh my gosh, I've never seen anything so dramatic.

So people think inflammation is the problem. Inflammation, in my view, is actually the gold. But we need to know what to do with the inflammation. So let's make it really simple and just quickly talk about acute.

Yeah, you. Got to say more about that. Yeah. Because this is something that people can really grasp. Let's say I sprained my ankle, so now my ankle swelling, that's my body's natural response to an injury.

So stress, pain, injury, the body knows what to do and then man comes along and thinks we know better than God, but the body knows what to do. So in that inflammation is just basically directed blood flow, sending the nutrients to rebuild the tissue.

The second law of thermodynamics is nature abhors a gradient. When there's a gap in the system, nature is going to fill it in. So the body's going to take that blood, it's going to rebuild.

But if we stop that through icing, which we've been trained to do for the first 48 to 72 hours now, we've literally stopped the body from being able to rebuild.

But that second law still exists. So it's going to get filled in with scar tissue rather than rebuilding those cells that were damaged. So when we know how to support proper inflammation or support blood flow, essentially, I mean, and I think sometimes people get caught up in the word inflammation just means blood flow.

So if it's being directed because the body needs it to a certain place, that's a good thing. The challenge comes when it becomes chronic, so when it becomes chronic and stagnant.

So when we ice it now we slow the flow and the body's still saying, I still haven't repaired that. So I'm going to keep sending more and more and more and more.

And if it doesn't get used, it keeps backing up and backing up, and then again it becomes acidic and then it can start to damage other things. So people think, well, inflammation is the problem.

How we treat inflammation is the problem. When we know what to do with it, we can heal extremely effectively and we can actually even turn on chronic inflammation through heating it so that it can awaken to the healing power that it had initially when it was initially sent.

Wow, that's beautiful. Okay, so how do we go about doing that? Well, and it's that's the thing. You know, it's really, really simple. I don't actually see that the body has disease anymore.

What I see is we have tissues blocked from flow because as long as, again, that cell is properly fed and clean, it's doing its job. And it's not it's not giving you any information that it's not.

The first signal that a cell is going to do is give you a shot of pain. So if it's not getting what it requires to do its incredible job of allowing you to thrive, it's going to say, Hey, mom, or dad, you know, I'm exhausted, I'm dehydrated, I'm squished, I'm whatever.

I need your attention. We've been trained to ignore that. So whether we mask it or partially avoid it, then it gets a little louder than we do more to mask.

And eventually it gets so far away from our consciousness that it's actually shut off. That's when I really see there's a problem. So when we can address that and say, okay, what I'm going to do is I'm going to melt those adhesions through the process of the decompression, hold those cells back into proper alignment, and feed them properly with blood and oxygen flow.

We can undo what time has done and rejuvenate the cells by pulling them back to where they're supposed to be. And it's a really simple process. It's all about using pain as your guide.

And we all have pain and we're afraid of pain because we're caught in this pain fear cycle. Pain surfaces. We don't understand it naturally. Pain, fear and stress cause us to reactively hold the breath.

So if we don't understand how to connect back to that diaphragmatic breathing that breathes fear, we hold the breath even more because it's all part of the cycle.

And then we get caught in this torturous vortex where we're just like, Oh my gosh, oh my gosh. And then we can't even live. We're literally paralyzed with this fear.

However, pain is simply the baby crying. It's the language that your cell gives you to say, Hey, I need a little attention. So when we know how to move into it in a way that's persuasive, not forceful, so that we can actually turn on the pressure fibers because they're larger in diameter than the pain fibers.

Fascia, Inflammation, and Digestive Dysfunction

So when you give yourself a little bit of time to move in and we use a tool that looks like that's it's called the block body, we have a couple of different tools and different sizes, but we teach you to lie on it and take your time.

So we're spending a minimum of 3 minutes in each position and we teach you to slowly search for pain as you connect to that diaphragmatic breath. And then the pain very quickly starts to change into a good pain.

And as you're doing that, we are melting through those adhesions in the layers of fascia and we get deeper, deeper, deeper, and you can feel the change happening and you can feel the space being created.

So this is how we teach people to move through the layers of fascia, and we always start on the belly because we want to optimize proper diaphragmatic breathing.

This is key because if you think of a cell, we want it to be, we want it to have optimal space. If you blew up a balloon nice and full, it glows. It's round. It almost defies gravity.

Take half the air out, it becomes wrinkly, it attracts dust and it becomes heavy. That's what the cells do over time if we're not conscious diaphragmatic breathers.

So again, when we really connect into this proper breathing mechanism and we start to inflate these cells, we very quickly become lighter. We're also connecting to the parasympathetic nervous system when we're breathing diaphragmatic. So we feel calm.

The rest and digest that turns on that proper digestive process in the body so that we can start to feel those changes happening in the gut. We start to create enough warmth and heat so that we can flush that inflammation out of the gut and move all those negative things out of the gut.

So this whole process is so simple, you're simply lying on the tool breathing and moving. It's a meditation, it's a therapy, it's an exercise. All built into one.

And we work through the entire body because there's also call sites to the issue, sites we all want to go where the pain is or where the issue. Right.

But we need to understand that if we just do that, we're going to go in circles a little bit. So this process teaches you how to work through the entire body again, to release those adhesions from a distance and pull your whole body back into alignment for optimal flow.

And when cells are getting what they require, again, things are working fine and they're not screaming at you. This is so important because we're I mean, when you think about it, we're going through so much life stress in the last few years.

There's so much distress and so much pressure coming in from our culture, from the news cycle. You know, people feel under threat. They don't feel safe in their own bodies.

They don't feel safe, you know, hugging people the last two years. So they're missing out on, you know, some of the basic needs of being alive. And, of course, that's going to be felt and held in the tissues.

Right? Absolutely. And I always say when you're doing this work in your cells, it's like giving your deeper cells than what you're consciously aware of, a hug.

So you're bringing their needs into your consciousness so that you can hear what they're saying. And then it becomes this beautiful communication between your mind and your cells.

So now you're deeply connected into your own body, and now you become your own health advocate because nobody knows what's going on in your body better than you.

But we haven't been taught the language of the cell, so we're all looking outward for the answers when the answers lie right inside of you. And it really does come down to getting those adhesions melted, getting the toxins city out of the way, and getting that proper nutrition into the cell.

And it's a very simple process. It doesn't come without feeling crises or healing opportunities, which I like to call them. But when you understand it, then you're on the path to heal.

And now gravity and unconscious living isn't directing how you age. You're taking control and you're taking those steps forward. I think you said a couple of really important things I want to underline there.

So you keep saying the word melt, right? This is a really important distinction I think would be considered like, oh, I got to do oh, I have adhesions if you're actually hep to that.

Right. Or you're aware that an injury that you've had like I was an 11 car accidents and I had dance injuries and all the things. So I think, oh yeah, my body's just kind of broken, you know, I did a lot of chiropractic work and P. T.

and all of that, but it still wasn't great, you know, getting back up to speed. And so we associate a lot of this kind of work with as, first of all, as being limited in nature, right?

And so we're not thinking about it when we're thinking about reversing chronic conditions, we're thinking, oh, I have gut problems and oh yeah, I also have a body history and an injury that that but that's separate, right?

And then when we do finally connect the dots or the. Oh, but it's going to be painful to deal with that. So really, you're really demystifying this right now.

Yeah. And I mean, like even something like fatty liver because this is a really good way to really understand the melt. So fatty liver disease, I mean, think of butter at room temperature.

It's a solid. So part of the function of the liver is to help break down the fats. If the liver is cold again from upper chest breathing, when we're breathing diaphragmatic, we're getting that internal massage to keep those organs heated.

When we're breathing up through here and we've collapsed and we're not moving properly now that whole area becomes frozen. So now those fat start to solidify in the liver.

So one of the many, many positions is lying on that right lower rib cage. So that external pressure over time creates heating externally, combining that with internally, that diaphragmatic movement turning on the body's furnace.

We start heating from inside and outside, so we start to melt those fats and then the liver can resume its proper function.

Melt, Decompression, and Emotional Release

So referring to adhesion, adhesions occur when we start falling out of balance because we need to have that proper integration of flow to create heat to those cells.

So as I start tipping off balance and my breath becomes weak and and breathing up here now wherever I feel that dense tissue, you can actually feel that it's cold, it's hard.

There's no or not. No, but there's very little blood flow in that tissue. So it's literally frozen and it's the adhesions that are creating that freeze with the lack of breath.

So it's understanding that we simply need to warm up that tissue, but we need to do it from the inside and the outside. And that's what the process of blocking does.

So cool. I'm also thinking about the emotional piece to this. And so in our work we always talk about, you know, heal, healing and health is a state of flow, illness is a state of stagnation.

So we're like using the same metaphors here, which is great. And, and yet when we're going through life and we're going through these experiences of distress, where the experience is too big for us, we don't have the energy or the resources to meet it.

You know, the way we talk about this in our practices, okay, so you'll still do what you can in the moment and then your body will literally store the part of it that it can't digest.

And where will it go? It'll go deep into the tissues and the organs and in a fashion. Right. So talk to me about the process of unwinding that and melting.

What do you see in block therapy as we go through this work? So it all again comes back to the breath. So if I had a traumatic event a decade ago and you see a deer who who survives an attack, they shake after they release that energy out of their body so they can come back to their neutral state and they can go on with their life.

We as humans, we hold the breath and now we're frozen. And the breath again is the key. It's the magic to sending everything in and feeding those cells.

So if I'm pulled in because I witness something and I'm terrified and I don't undo that, which I don't now I'm aging from this point forward, and now the adhesions lock away that emotional distress and the memory in the layers of fashion through how we breathe.

So as we start to release those adhesions and we get to those entanglements that are holding all of that, and we start to let it go and we exhale it out, then we let it go.

And sometimes one of the healing crises people can have is that emotional release you might feel suddenly. I'm angry all day. I don't really know why are you crying or you're laughing.

Sometimes people have nightmares because you're bringing it up to the surface. When I was in my twenties and I was a total disaster, I used to have awful chronic nightmares.

Now I might have a nightmare twice a year, but to me it's like, okay, I've tapped into something deeper that I haven't processed yet so that I could see it and I could say goodbye to it.

Whether it's a nightmare or a skin rash or mucus production, pulling stuff out of the body, it's all the body allowing that deeper stuff to surface so we can say, Thank you, your time is done.

I'm going to say goodbye now. Yeah, that that's beautiful. You know, whenever I get body work done like I was, Ken and I were at an event recently together, and I got on her table to get some work done and she was like, Okay, you got to let go, warrior lady.

And I was like, I can't. And it's just so funny, you know, I would call myself symptom free, not really healthy, but I still need to do this work on an ongoing basis because, you know, we're trying to lead a movement of people taking control of their own health now, you know.

Layers and layers. I mean, there's so many Layers. Yes totally. Yes totally yes. and even lifetimes. Right. That were undergoing and changing. And there's also the accumulation of the daily stresses and gravity continually.

So this is a lifestyle. And I think that the whole point is being on the path is the key. It's not going from A to Zad being free of all things, because the suffering is really what gives us the empathy, the encouragement, the awareness that we still need to create more things to assist people on the planet.

And without a suffering, we're not probably inclined to dig deeper and to really find other solutions. So I'm not sure that we're actually supposed to be free of suffering while we're here, but see the suffering as the roadmap to those greater gifts.

That's so beautifully said. I totally agree. It's something that is really dear to my heart. I don't hang out with people that haven't been through deep struggles, and I think one of the most amazing things you can do is go through a chronic illness and come out the other side because it is such an initiation into the deeper self.

You know, no one can do it with you. I mean, do it for you. You can have guides like Deanna through me, right? You may have many guides like us. You may have practitioners that literally hold you on their table and they help you with your food choices and all of the things.

But you have to go deep inside and show up for yourself and you become a much more interesting person in that space. It was Carly Young who was saying that the goal, of course, and this is the concept of yoga, is is to live in the balance.

But you can go really far to the negative, but then you've got the capacity to go really far to the positive. If you're only going this far, you only have the capacity to go this far because we live in the balance.

So for those of us that have really gone into those deep, dark waters, we also have the ones that have the potential to bring the greatest light. And that's so beautiful.

Yeah, that's I don't really care to be around shallow people. I want the people who crave the depth right now in life deeply love that. Yeah. So you guys, Deanna and I met like right at the beginning of this call.

We've never talked live to each other. We were aware of each other's body of work, and we had the most amazing, in-depth conversation in 10 minutes. And so far, we started recording.

And we're not going to share with you what it is. It's a secret. You'll find out later.

Practical Starting Steps for Beginners and Practitioners

But that's, I think, what you can do when you go through your own version of this initiation into the deeper self, whether it's through illness or something else, right now.

And and it gives you this capacity to experience depth in a way that you may not have known otherwise. I think, too, what's important is for for those of us that are here as guides, for others, for me, because of my past, I'm non-judgmental.

I mean, who am I to judge anyone? Right. Like, I look at my behaviors when I was, like, riddled with addiction and all of those things. And I mean, and I think people can sense that I'm you're never going to feel judged around me.

And that's what we need to be able to heal because we don't need to judge anything. We simply need to put love and energy into the equation. And then we can you know, we can move we can move mountains.

That's good. Okay. So I would like to end with a couple of practical steps for the newbies just getting started, right, for our our magical summit junkies who know more than their doctors and then for the practitioners who are craving a wider skill set.

Right. So for us. For the newbies, the very first thing in my opinion is the most important thing to do is breathe from the belly so you can lie on your back, place your hands on your belly, and when you inhale, it needs to rise and fall.

And if you've been conditioned to hold your belly in so that you can make it look small, understand that what this is going to do is weak in your diaphragm, and before long the weight of everything above is going to come crashing down.

It's going to displace your belly outward. And if you're still breathing up here now, you've lost that control, and that's going to create your gut issues.

So just by the nature of shifting how you breathe and understanding that and we have a gift where people can access this very simply and easily, that's step number one for the who's the second group?

The the yogis. No more than their doctors. Yeah, they're doing it all perfectly. They quit gluten ten years ago. You know, they're like, I do debris of I'm I meditate, I do the breath work.

I do all the things. What else you got, Deanna. So for that, the important thing is understanding that even if you are accessing the amount of breath that you have, just like a frozen shoulder to some degree, you still have a frozen diaphragm.

So my brother in law said to me, What's the difference between doing a yoga class and a block class? So in yoga or stretching, our goal is to keep the tissue at length to the degree that it can stay at length.

What we do with blocking is we create more tissue to lengthen, so we change the game. So when we. It's a very interesting distinction. Can you say it is? Yeah.

So if I've been sitting like this and I'm practicing my breath, I don't have the full capacity of this muscle because it's locked in that 2000 pound per square inch adhesion of my rib cage, that pattern, so I can strengthen what I have available.

But by releasing those adhesions, I can change my alignment and access more of that muscle to be able to pull the oxygen into the lungs and move those toxins out of my body most effectively.

So again, the gift we have to offer everybody, you can access that information and work right away using a rolled up towel, which, by the way, is pretty darn efficient.

It's not the same as the block, but it will absolutely give you the understanding and the tools and the system to undo things for yourself and then to the practitioner understanding that there is so much more that we can do to provide assistance and be a guide to others in fact, I have a university program, one for instructors to teach people how to share block therapy to their communities.

One also for the body worker where I teach you basically the whole beginning of this when I was an athletic therapist, I call it fluid isometrics, teach you fluid isometrics, which is using the spiral pattern of everything in nature as the pathway in through the layers of fascia.

We we don't move in wave or sorry. Nothing in nature is a straight line we develop based on the Fibonacci sequence, the waves and spirals. We also age based on that sequencing.

Self-Compassion, Softness, and Closing Thoughts

So to tap into the seams of time through the layers of fascia is an incredibly effective way at creating a rejuvenation and literally allowing your clients to pull those cells back.

And we have a university program. For that as well. Okay. Thank you so much for sharing with us. Is there anything you'd like to end on and make sure that we share today?

I think the most important thing besides the breath is how you talk to yourself. We have to be kind first and foremost to ourselves, especially. Women were so good at beating ourselves up and focusing on the negative or thinking, Oh my gosh, I didn't say the right thing or did I do this?

Or, you know, my pants are feeling tight now, like I'm not worthy of love. I mean, I've gone through all of those things, believe me, and I still struggle.

But the more you remind yourself to be kind and to love, what you put out comes back. So whether you're putting it out to yourself or others put out the love and feel, it's starting to come back and just notice yourself soften.

And we want to be soft. The whole hard body. That's not what we want. We want a soft body. We want to be able to be fluid in nature. That's where our power comes from.

That's where our health comes from. And that's also where our tone comes from the hard body. But keep that for the men. So funny. Okay, that's perfect.

Well, I hope you guys are as inspired as I was by Deanna today. And you can, of course, access her free gift in the summit that she referenced. And I just want to end by saying that I think everything happens for a reason and that we all go through our health issues as an opportunity to explore and expand into who we are becoming next and to not be afraid of the pain like Deanna talked about.

We can actually melt into the experience of healing as we restore a state of flow. And you are so much more powerful than you now. Thank you so much, Sinclair for this opportunity and for all of you who gave me the platform to listen to what I had to say.

Yeah, it was a joy to have you on. We'll do more. Awesome. Thanks.