Introduction to Fascia and Cell Health

Every cell in the body is interconnected and the communication from each and every cell takes place within the fascia system. This becomes really the key point in understanding how to support cell health.

As long as every cells has the energy received from the blood and all the nutrients and the oxygen as well as the cleaning mechanism through the detoxification process, then the cells aren't stressed.

They're not undergoing issues. they don't have problems absorbing or releasing what it is they need to do to stay in balance with themselves. This is Dr.

Talks. Welcome back everyone to the Medicine of Mindset Summit. I hope that you are just like a sponge and just absorbing all the amazing information that we have been bringing to you every single day this week.

i have a really special interview guest next. Now, I'm going to introduce Deanna Hansen, not through her bio that she wrote for us, because you're going be able to read that if you want.

I want to introduce her to the virtual stage here on my summit by helping you understand how her and I got connected. Uh, we are both Canadians and I was literally in line at Costco.

My, and, I scrolled across this training that was happening in my city of Saskatoon, Saskatchewan and it was block therapy. And I. What, what is this?

So literally right there in Costco, didn't even have to think more than five seconds. I registered on my phone paid and Deanna came to Saskatoon. An intensive workshop with her.

And I've used this analogy before on this summit. It was one of my Jerry Maguire moments, like she really did have me at hello. I was, you know, as a movement person myself, Iwas blown away by her presence, her knowledge, and just this deeper understanding of the emotional side of our body when it came to fascial health.

And as a retired athletic therapist, Deanna is one of those people that has walked her walk and talked her talk. She has had her own pain journey. It really, like most of us, turns out being the gift that helped us understand why we were put here on this earth.

I'm so excited to have Deana here.

Meeting Deanna Hansen and Block Therapy

You know, we've just been connected really ever since I've, you know I brought her work into my studio. Thousands of people have been impacted by it. And when I was thinking about who do I want to bring on this virtual stage, she was definitely at the top of my list.

So Deanna, welcome, so I mean, just welcome. Welcome. Thank you so much, Jen, I got chills as you were talking. I know we have so many incredible history and it's just been an absolutely incredible journey with you to share this and thank you for inviting me here.

Yeah, no, absolutely. So let's frame this concept of fascia because I'm sure a lot of people maybe have heard of the word Maybe they've had a foam roller and they roll out their quads, but really ground us into this interview by starting off with what is it?

Why does it play such an important role? And how do you think or why do think it's been so overlooked as a system

in our body that can take us from, you know, dis-ease to ease?

That's a great question. So the way I personally view the fascia system has really come from my 22 years of diving into the system with my hands, personally on my own physical body, and then also translating that work that I discovered into my patients.

And the way I really see what fascia is all about now is it really is the cell membrane of each and every cell connected through this system, this matrix.

So every sell in the body is interconnected and the communication from each in every sale takes place within the fascial system. This becomes really the key point in understanding how to support cell health.

And the reason is because ultimately what we want to make sure of is that every cell is properly fed and clean. As long as every self has the energy received from the blood and all the nutrients and the oxygen, as well as the cleaning mechanism through the detoxification process, then the cells aren't stressed.

They're not undergoing issues. they don't have problems absorbing or releasing what it is they need to do to stay in balance with themselves. The challenge with the fascia system is that we are under this incredible force of gravity.

Really, this is to me what, of course, causes aging. We compress over our lifetime. And because we're not conscious typically of posture and breath, and we've dominant on one side, we don't just compress in a linear fashion.

we literally wind down over time. Now the fascia system is here to support and protect ourselves and us as a living being. So if we start falling off balance, what happens is the facial grip and adhere to anything and everything in its path to create stability in the body.

If this becomes a long-term issue for the body, us essentially falling out of balance, these grips magnetically seal all the way to the bone with a force of up to 2000 pounds per square inch.

So if you can think of that, it's kind of incredible that we have these internal forces inside the that body that don't even really recognize because they develop continually.

We don't really even gravity, we're simply connected to the earth because of this force. We see it over time as we start to undergo the aging of our bodies, but we don t really feel gravity.

So all of these forces that are within us are simply things that we've naturally adapted to. and we completely accept the aging of our body as a normal process.

What Fascia Is and Why It Matters

However, if we can properly support cell alignment and keep every cell positioned exactly where it should be, what we do is we keep optimal space within the body.

What we lose over time is space within the body. We compress and we fall out of alignment. So we become shorter and wider as we age. And there's a space-time continuum.

As we go through time, we decrease in that internal space and these adhesions or these fascia connections that are created to support our bodies, ultimately they're the problem because what they do is they block blood and oxygen flow to cells as well as block the detox ability for the cell area to be cleaned.

And again, this is a protective measure of the fascia, but we need to really understand how to support this system optimally so we can keep our cells positioned where they should be, really focus on proper diaphragmatic breathing to drive the systems in the body, to keep the system's heated so that we don't, again magnetically seal out of alignment, which in my view is really the issue with what's going on in a fascial system.

And so all of that, I mean, thank you for, you know, giving us the foundation. FASHA is sometimes it can be made I think to feel very complicated or it's a system that when we try and release it, it hurts and we're going to talk about, kind of melting into the pain versus resisting the paint in a little bit.

But you mentioned the diaphragm. And so let's go there. Let's help us understand the connection, the role of breath, and just give us a little bit of an anatomy lesson.

Where does the diaphragm live? How does it function? And then let us make the connections between the breath and the release of the fascia. Perfect, so I'm just gonna bring my screen down a little bit here.

So diaphragm is literally a plate of muscle that is situated right about here, it is the floor to the heart and the lungs, the ceiling to be abdominal organs.

When it's working properly it moves up and down like a pump in the body. when we exhale it, moves down when, we inhale it comes up. This is the key because what is happening in this area is pain, fear, and stress cause us to reactively hold the breath.

So when we hold breath, what happens is this muscle that is supporting the weight of everything from there and up into the body weakens. And over time, we start naturally collapsing into core of the bottom.

What happens to this plate of muscle is it literally becomes entangled and it can't function. It's almost like a frozen shoulder, but it's a Frozen diaphragm.

So the body is designed to survive. If we're not breathing optimally to support the cells, we are still going to be breathing. The body has the muscles of the upper chest that ultimately respond to this lack of diaphragmatic movement and we end up pulling the air in and out through the Body from these upper-chest muscles.

Now there's a few challenges with that because the diaphragm first of all is designed to send blood and oxygen flow to every single cell in the body. And I like to use the analogy, it's like the furnace of the, body muscles of, the upper chest are much weaker.

It's, like having a space heater. So I live in a 30 story apartment and if I only had a, space-heater in my apartment, I would really only be able to heat one room.

If it was really cold and I had no other heat source where you turn the furnaces on and every, single room in this 30 story building is heated. So the diaphragm is like that internal furnace.

Another thing that's really important to understand too is when we're breathing diaphragmatic, we are connecting to a certain brain frequency and I loved it because it was Eckhart Tolle in The Power of Now who really talks about the different frequencies of the brain as well as Greg Braden talks quite a bit about this When we're breathing diaphragmatically, we are connected to a relaxed brain pattern.

We're stimulating the parasympathetic nervous system. Breathing through the muscles of the upper chest is more that stressed breath, and it connects us to the stressed breathing pattern, so we connect to thoughts of past and future, which is where ego lives.

So we aren't in the moment when we breathe through these upper-chest muscles. So to really bring back the breath to the diaphragm is what connects us to present moment so that we can act accordingly in every single situation and see each situation as a unique opportunity in life as opposed to getting caught into the repetitive cycles that create that stress in the body through that unconscious breathing pattern.

So good, so so good. Take us through, I know you showed us the diaphragm, thank you. I might have people in our audience that are like, but what does it feel like?

I feel I'm breathing. And I sometimes through teaching Pilates, people think they're using their diaphragms but they

are just really breathing into those secondary respiratory muscles.

The Diaphragm, Breath, and Nervous System

They're puffing their chest but the air doesn't actually get, walk us though a proper diaphragmatic breath cycle. So, and here's the reason. So again, I'm just going to bring my camera down.

Again, when this muscle is working properly for us, it needs to be moving up and down through here. Over the years, as we literally fall into this core space and this muscles becomes locked out of alignment, even if you're focused on trying to breathe diaphragmatically, you are literally like that frozen shoulder locked away from that opportunity.

So in block therapy, we always start working through the core of the body to teach proper diaphragmatic breathing, as well as release the adhesions that are locking the rib cage out of alignment so we can access more of this amazing muscle.

And what ultimately should happen is when we inhale, the belly should become nice and big. When we exhale, We should be squeezing the bellies small, where most people Myself included, when I was younger, I as a dancer and I told to hold your belly in.

So when you do that because you're trying to look tiny in through this area, we have to breathe somehow so we end up naturally shifting the breath to here.

But we really do want to focus on allowing the breathe to move deeply into the lungs because the majority of the oxygen receptor sites live at the base of the lungs.

So if we're only breathing into about this space, we aren't reaching that bed of abundance. And it's incredible to think because people say, I've read, and I read this first in Stephen Cope's Yoga and the Quest for the True Self, that we increase oxygen absorption up to six times 600% by breathing diaphragmatically.

And lots of people are challenged with this information because immediately they think, well, I can't pull six times the amount of oxygen into the lungs.

However, it's not about pulling more air in. It's about directing it to where the oxygen receptor sites are. So we have optimal absorption as well as optimal detoxification through proper exhalation.

And in fact, in 2014, they did a study in the medical news that 84% of weight loss comes through properly exhaling because of the detoxifying effects of breathing in that manner.

I just read, I think it's called BREATH, the art and science of breathing by James Nestor. And he talks about that. He talks that research study and it blew my mind because I, think we've, especially when you talk about, you know, our physique and weight loss, we have, prescribed and subscribed to those beliefs that I have to either drastically decrease my intake of food or not be able to enjoy food, or I have to bump my exercise up to a point that it's not even possible in my body.

And when you learn things like this, it makes you take a step back and think, hey, wait a minute, where did I start believing this? And what if I started to shift those beliefs a little bit?

So let's move into a conversation around trauma. First of all, I would love to know your definition of trauma because I think sometimes people think it is like the worst possible case scenario we could ever encounter where, you know, there might be a little bit of a different definition and in that trauma, how does our fascial system respond and can we still nurture it into a state of health?

Yes. So I actually had just completed a two-day trauma summit, which was amazing. And now we're actually going through a program to teach people how to combine all of the lessons learned with block therapy.

The way I have really learned to understand trauma from a cellular level. Trauma basically is adhesion, the formation of adhesions due to an event. An event can be a horrendous event, but an event can also be something like oh you know what I don't think you're pretty enough to date this person.

These things all create negativity in our system and again it all comes down to the response of the diaphragm and how pain fear and stress cause us to reactively hold the breath.

Not only that, things like physical injury that might not seem like a very big deal, like sprained ankle. If we don't release and rehabilitate that injury properly, the compensatory action from limping, and then the shifting of our entire system as a result of scar tissue buildup creates a shifting, of how our body moves over time.

And this creates cell trauma, because again, it all comes back to having the cells properly positioned so that they can receive what they need and let go of what doesn't serve anymore, the wastes that's created.

Through the process of this trauma summit, you know, we talked a lot about the big T's and the little T'S. And the little tease can be just as traumatic in our behaviors and how we move forward in life as those big tease, depending on how our system responded.

And even from birth and before that, when we're developing and even past life stuff, if this is what you believe, but the way I understand when were born, basically, we have the breath of the mother, because that's what we learned as we were growing.

So if your mother had trauma and who doesn't to some degree, her breathing pattern would be affected. Then we come out into the world with that compromised breathing patterns.

In yoga, they call it the signature posture. They said, we're all born into this life with a signature posture. I believe that signature is the birth of a mother.

Through this lifetime, according to the yoga scriptures, it is a goal of this time to break through that signature posture.

Trauma, Pain Signals, and Healing Through Pressure

And that is, in my opinion, what we're doing by changing the breathing pattern so that we can ultimately connect to the most optimal ability for the diaphragm to send the fluids to all of the cells required.

Otherwise, if our breath is compromised, so is the heart and the diaphram's ability to move those fluids, to those cells. So then part of our body is disconnected from our soul, essentially, and all of these disconnections create a fragmented understanding of the body.

We need to bring it all back into our being and our conscious awareness so that we can view life again from the perspective of incredible beings that are and what we're truly here to do to create joy and share our gifts with the world.

So I want to share a little story here about trauma and how Deanna has impacted my family. So when she came to Saskatoon to do some training at my studio, and it would have been like back in 2018. Our middle son, Will, had just that previous summer had a wakeboarding accident and it was his last run of the day.

And actually he said to me, Mom, I'm tired. I don't want to go for this last one. We'll do one more loop of The Lake and then we'll head in. So talk about like mother guilt and after that.

And in that last run, the toe of his wakeboard went down into the water and he hit the wall. We were probably going about 20, 15, 20 kilometers an hour.

So maybe you don't think as fast, but it doesn't matter if it's water or concrete. There was still that immediate

trauma to the body. That started a whole cascade of experiences for Will.

Lots of guarding, lots of pain. He would call it the burning baseball behind his belly button. And, you know, he was also changing elementary schools that year.

Anyways, when I went and did my initial training with Deanna that night in Saskatoon, and I bought a block baby and a buddy, I got home and what I did every night with him, almost falling asleep, clockwise circles on his belly.

He would usually cry himself to sleep and I would sometimes fall asleep with him or wake up in the middle of the night and go make my way to our room.

And that night I brought home the block baby and he laid on it and rubbed his back and, I kid you not, it was minutes. It was minutes and I could actually feel the sympathetic let go.

I can feel that tension in his body let-go and it took me back to when he was like a little baby and he 14 years old at that point, 15 years. And I was just in awe, I mean, thanking God for bringing Deanna into my life because I There's something here that was helping him heal his trauma.

And as a 15-year-old boy, to be able to lay on a block versus take all the medications that we had been asked to give him, even to the point where my doctors wanted to prescribe him antidepressants because they felt that that could help with the pain, it was an amazing gift to me.

So I want us to talk a little bit about pain. And what happens when we're going through this process of healing our fascia? Because from a mindset perspective, we are conditioned to not want to feel pain, right?

And so help us understand a little bit more about how the fascial system really is meant to get us comfortable with that concept of pain. So as cells start migrating away from their correct alignment, it's like, you're moving away from home and, you know, like kids get homesick.

Our cells are homesic. So they give us signals, information. It's kind of like the baby crying. The cell's first response to not receiving everything it needs to do its incredible job on behalf of your health is to give you a pain signal.

it's simply a little tap on the shoulder like, hey, mom or dad, or you are not paying enough attention to me. I'm working really hard. You're running a marathon or you're doing too much work and I'm exhausted, I am dehydrated, starving, whatever that is that the cells not receiving it lets you know with a pain signal, just like the baby crying.

And just a mother and father have to do with babies. It takes a little while to understand what each cry means, but eventually you learn, oh, that's a hungry cry, or I need to rest cry or just need simply be held.

Whatever it is, our cells are like our little kids, little babies, and we've got trillions of them. working on our behalf. So it really is that pain signal that gives us the information.

For us to numb that or avoid it, we're not listening to that baby crying. I love sharing this because it is such a poignant fact that we need to reshape our thinking around.

And when we're doing the work of block therapy, we are not adding pain to the body. We're connecting more deeply into the tissue so that you can hear what those cells are saying.

So when you experience pain on the block, it's It's a knowing. And that's the one thing people generally describe it as a good pain and pressure overrides pain as well.

So when we're actually lying on the block and we are connecting to the breath and were very slowly moving through it, searching for pain, those pressure fibers start kicking in and that initial feeling of pain very quickly shifts and changes to be more one of pressure or almost like that itch that you can't scratch because we have pain everywhere through the body if we go deep enough you're going to feel it and you are going find it.

So we want to bring it up to the surface so we can say hey I'm listening to you now I can do what you need I could provide the energy and the love that your you require to function for me and then we could release it as we continue to pull the back into alignment and support pumping blood and oxygen into those spaces that were previously blocked.

This truly is creating a new relationship. As I hear you speak, it is like creating new relationships with yourself because as you allow yourself to experience this, that conscious mind could be saying to you, get off, this hurts, why are you doing this?

And so I know one of the things I learned from you is that phrase, let your breath be your guide. And as long as you are breathing into it, you can trust that you're okay.

But if you holding your breathe or your breathtaking is absent, then maybe it is time to back away a little bit. As this summit is all week trying to help people connect into trusting that, more of that subconscious or that intuition.

And do you want to maybe hold up a block, Deanna? We've referred to it a few times and maybe people that are not familiar with it. So just touch on that.

Why that shape? What is it made out of? How does it work? Initially our blocks were made out of cedar, now they're made of bamboo and we're actually bringing our production back to Canada and making them out reclaimed elm.

So what is really exciting is to understand that we need something as dense as bone to be able to really move through those layers of adhesion and get to the root of the problem.

Things that are softer and more porous like a foam roller for example, because they are porus And you're moving on the surface, you are going to stimulate blood flow on surface layers, but we really need to drive deeply through those layers to get to the root.

So I like using the analogy where, instead of driving on an ocean in a boat, your deep sea diving. We're going deep into the body and we're really uncovering those lost parts of ourselves that have been blocked away.

And it's because of the density. of the material that we use that, we can actually connect and almost create like a hugging action as we're putting pressure into the body.

The bone and the block both give it a kind of a sandwiching type of effect, so that were really lovely heating all layers of those fascia from the bloc all the way to the bone.

And it really is like you're giving yourselves a hug. It feels beautiful that way. The shape specifically is because when we are driving through those layers, if the block is too sharp on the edges, it's too painful and people simply won't be able to navigate through that pain.

We need something that's kind and the rounded edges are very kind in the body. And touching on your point about the breath being your guide, that's the lovely part of this.

You're in full control. No one else is doing the work on you. Your choosing to do the on yourself and we have variations. We can do it on the floor, which is definitely a more intense version.

Inflammation, Scar Tissue, and Rebuilding the Body

you can it do on a bed and because of that nice cushioning, it is less intense. we also have two sizes of blocks. too much for you in certain positions.

You can also use the smaller version which is a lovely alternative if the bigger one is too intense. So it really is about listening to your intuition, trusting that breath.

The diaphragmatic breath is connected to the life force and that's the key. Our bodies God designed these incredible bodies that our souls get to be housed in and through the process of really understanding how to tune into that beautiful container we've been given to live this life, we can trust it through breathing.

And just like with pain, fear and stress, it causes us to reactively hold the breath. If you're in any position where you feel it is too much, that's going to the response of your body and that is your Body telling you, no, We need to back off of this and we do it less intensely.

So it's a very safe practice. Would you say that through this practice that you become the mind and the body, it's because of its meditative kind of energy that, you truly do become more connective or connected mind-and-body?

Yes, and this is why I actually from the physiological standpoint believe this to be true as well. Our heart is designed to pump blood to every single cell in the body.

Once those cells receive information, their job is to send that information to the brain so that we as a human being can respond in any moment in time.

When we have adhesions and scar tissue riddled throughout the body, there are multiple cells that aren't getting that heat, that love, and that information from the blood.

So they also are not sending the information to the brain. It's like we all have these gaps in our system. That's where we fall out and rely on past memory to dictate how we respond.

And that's when the trauma piece gets ingrained in the body. If I'm afraid of something because I had a negative experience, if a similar experience arises in a moment, I am going to go back into that pattern and I will relive that moment and it will be like it was yesterday and could have been decades ago.

Where if we truly understand the breath and we release those adhesions, we can remember that moment in time, but we can also see the difference from that moments in times and we respond with a very different approach to the information going forward.

So you talk about inflammation as a healing agent and not the problem, which that in itself is a complete reframe from what I think people have come to believe that inflammation is bad and I need to take an anti-inflammatory medication to get rid of that.

Talk to us about that, you know, kind of flipping that on its head that inflammation actually is, part of the healing process. I always say inflammation is the gold because the body's initial response to injury, to stress, is to send blood and oxygen because the body's aware, okay, I've just sprained my knee or I just had this insult in my body.

So it sends inflammation because it's sending all of the required nutrients to look after and rebuild that damaged tissue. But if we don't support the inflammation, And we ignore that.

The body's going to keep sending it into that space. So it starts to get backed up and it becomes acidic because there's a backlog. It becomes congested if we don't know how to address it properly.

I like to give the example of acute injury because this is a really common understanding of how we were trained to use the rice method. So let's say I sprain my ankle and I've got a big swollen ankle.

I mean, I was trained this way too as an athletic therapist for 48 to 72 hours, rest, ice, elevate, compress to essentially limit the inflammation to that space so that the body can respond and deal with the scar tissue development.

The thing is, the second law of thermodynamics is nature abhors a gradient. So whenever there's a gap, nature's gonna fill that gap in. If we don't allow the body to rebuild, it's going to fill in with scar tissue.

And scar tissues, again, is the problem. Scar tissue blocks blood and oxygen flow to and from cells. When we have this acute injury, I like to use the analogy of baking a cake.

if you had oil, egg, flour, sugar, and you mix it up, you have batter. So, if you have batter and you put it in the freezer, you've got frozen batter.

If you had batter, and put in in an oven, then you bake a cake. So we need to actually heat the body, send energy into the area of injury. It's like you just had a baby, but you're putting that baby in a corner for two to three days and don't even touch it.

or give it any love or energy when these cells that were just injured or ruptured or whatever the situation was, that's when they're needing your attention the most.

That's where we really need to give that energy and give them that love and kindness and flow. So like if you've seen a car accident, There's debris. Let's say we have a concussion, for example.

You've had this massive hit. There is damage. We have to take that debris out of the way before we can then send in the healing agents. Otherwise, it just becomes congested.

If you buy a new wardrobe and you don't take the old stuff out your closet, you won't even have room or space for anything. That's what's going on in your body.

So through the process of working the body, working, the breath, melting the adhesions toward the site of injury or area of concern, that's how we free the up to provide the optimal flow so that we can use that inflammation as it was intended.

And even when people have a body full of inflammation and they're starting this process, that inflammation still has all of the potential energy it initially had.

We just need to start heating the body up, clean out the toxins, and then allow the to repair because the is phenomenal at repairing itself if we give it what it needs.

And would you agree that when our body feels good, when it feels healthy, that it gives us an opportunity to like shift our… Oh, completely. Because again, we're changing the entire frequency of your brain to be connected to God in the moment as opposed to connected it to ego and past and future.

So do you think that those processes happen in parallel as we are healing the body, the mind is being? encouraged to rewire or do you think one's leading the other?

I think they happen in concert with each other. We go through steps and just like with the process that we share, we don't just release the body and breathe, We also need to pull those cells back through conscious awareness of proper foundation.

And they do work together. In fact, I'd love to share. She's going to let me share this in our newsletter. One of our people doing a trauma summit, she had mentioned how she was going back in time and she remembered when she had sprained her ankle and it had always felt weak and then she connected the dots how in that moment she also lost her ability to stand up for herself.

So she's connecting these two parts together and seeing how one physical thing created an emotional or behavioral thing that has lasted this long. To be able to pull that out from the root changes everything, but we have layers and layers, and we multiple traumas throughout the body.

Again, the big T's and the little T, like every insult, every time you were maybe even cut off from being able to speak what you wanted to say, that creates a response, a pulling in, frustration.

So to be able let all that go, It absolutely changes the wiring of the brain. I mean, we all know now that with neuroplasticity we can rewire the. And it really is also about feeding the, brain proper amounts of blood and oxygen flow in order to do that.

If I could just share one other thing about that, because it was in one of, I can't remember the title of a book right now, but he was talking about how when we're aging, essentially what happens is the frontal lobe, which is where all new information comes and where we do all of our new creation.

it starts to essentially shrink. And I see that it shrinks because we fall forward. So the brain is literally getting stuck to the front of the frontal lobe, and that stickiness is blocking blood and oxygen flow to that part of brain.

That part goes through aging, but it doesn't have to. Even better, we can also reverse it by opening up the channels for flow and allowing that blood to get in there and to pull out the toxins that have stopped the flow.

Mindset, Triggers, and Where to Learn More

Well, you know what I love about how the physicality of learning about our facial system and understanding its just its innate importance to all the body's other systems is that like my mom is, she just turned 70 and then my mother-in-law I think is like 68 and both of them this week and in fact my Mother-In-Law just this morning I was chatting with her and she said, you know, I woke up this and I kind of had this thing in my leg and i just laid on my block for 10 minutes And my mom said the same thing, you know, she was getting, just doing some deeper house cleaning and woke up the next day with like some neck stuff and just shoulder.

And both of these women who pre, this kind of knowledge, I would have gone and popped those extra strength over the counter, pills, right? Maybe after a few days, it would have gone away or they would've, but they don't even skip a beat now.

They just, if it's become part of, It gives them confidence. And that's why I think it so important to understand the connection between the physicality of like us as cells, nevermind systems, respiratory and skeletal and all those kinds of things, But our cells.

I heard it from you one time, just the term, you know, self-care is the big buzzword still. But if we went one layer deeper and we focused on cell care, self-care would kind of be a moot point because that's, and so that stuck with me after all these years.

And I just want to show everybody. So during this interview, I've actually been sitting on my block, just doing some work through my glutes, right? Like, i mean i've been, sitting quite a lot lately, more than usual.

I've just been finding ways as I'd been working to be bringing my block into my world. And that's just stacking. Like it's not taking any extra effort or time.

It's a part of what I'm doing. I think, you know, besides all this great information, Deanna, that you shared today, when we look at our body as a medicine cabinet.

You know, truly, if mindset was one of those options, it is so interconnected to everything else we do. And I want to ask you, in your expertise, your area of work, and your industry, what do you think is not being talked about enough?

Well, I know there's a lot of discussion about the breath that's coming out, but I still see there being a real lack of true understanding of the value of breath and how to actually connect to it fully and completely.

simply going through breathing exercise when your fascia system has locked your diaphragm, it might strengthen what you have available, but it's not gonna make the whole plate of muscle available.

So to really understand fascial decompression, that's really what my work is all about. It's taking the time out of the

tissue, the gravity that has compounded everything negatively and creating that opportunity for release so that we can truly again, connect to that beautiful muscle that's connected directly to the life force so that we can be sending the God energy to every single one of ourselves.

And that is where I feel that there is still a real disconnect, even with other fascia techniques. It's pulling that true understanding of releasing that magnetic seal that has become locked into so we could truly rebuild our bodies.

It's not hard to do when you follow the steps and you truly understand the simplicity around what we're doing. And when we understand that scar tissue and adhesion are, in my view, the step in front of the inflammation, to me, this is the problem in the body.

Then understanding how the buddy naturally responds through what can do with that inflammation to truly use it as a healing power within us. So the last question that I've been asking all of our experts this week is share with us one or two of your mindset habits or rituals that you choose to consciously do in your day or in week.

Whenever I feel that immediate grip of the gut, I mean, cause I'm triggered all the time as well, like everybody else, whenever I felt that immediately trigger, really take that moment to sit back and say, okay, rather than try to push it away and ignore it, and I want to allow it to come to the surface.

So I can really, take a look at why I am being triggered and see if I could go back to when that trigger began. And I don't always know when the moment may be, but through that process, just like your cells that have been blocked and giving you pain and now you're paying attention to them, you are also giving service to that emotion so that you can truly try to understand where it came from.

And understanding is a beautiful thing. It's also teaching us to be curious about our body as opposed to scared of our bodies. What's really lovely for me at this point, about seven years ago, when I was going through my block work, I uncovered an injury that I sustained when i was seven.

And I really, really badly injured my pubic bone and ended up growing around a huge amount of scar tissue. So finally I opened up to this space and immediately, two things happened actually, immediately my issues with constipation stopped.

massive gift. And I always knew that my issues with constipation weren't a gut issue. It literally felt like something was in the way. Once my hip shifted, the hip joint came out of the away and that issue stopped.

But for the next five years, I had pain because I had to rebuild my body. But the beautiful part is there was no fear. People get trapped in a pain fear cycle.

The fear is really the issue. It's not the pain. Pain is a sensation that's certainly not pleasant. We don't want to have to deal with it, but when you understand what the paint is about and you have actual steps to progress and move forward, there's no fair around it.

we get caught in that pain fear cycle it really drives us into this panic mode which again causes us to even further hold the breath which increases the pain which increase the fear so that's where most people are living regarding pain and fear.

So when you decide to become a pain seeker it is so incredibly empowering because you're choosing to knock on that pain door and say, hey, thank you for the gifts that you've given me, but I don't need you anymore.

I can bring you to the surface and then I let you go. And then we can move forward in life in a completely different open way with freedom and integrity within our body.

Diana, that was so beautifully said. I want to give you an opportunity to let our audience know where they can connect with you, where can find more information, what's the best place for them to go.

Can I give them two places? Yeah, absolutely. So our website is simply blocktherapy.com and there's tons of information on that. We also have a private Facebook group, Block Therapy Community, and anyone and everyone is welcome to jump in.

we now have 8.2 thousand members, which is amazing. And you can see the incredible testimonials written every single day, the beautiful souls that are in this community that also there to share their wisdom from whatever they're doing on the block and how it's impacted them.

So I very much encourage everyone to join. Thank you, my friend. thank you for being here and for sharing your love and your knowledge and just your passion for educating people on what I believe to be a not talked about or not understood enough system and you bring it into such a beautiful way and such graceful way to help people understand that it isn't hard.

It's actually quite simple and the shifts that will happen are just absolutely amazing. So thank you so much for being here, Deanna and audience members.

Thank you for being, it's not a coincidence that you were here today watching and listening to Deanna share her gifts. And I hope that, you take one little gem that this amazing woman has shared and implemented into your life so that can be a better version of yourself.

We'll see you next time. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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