Revolutionizing Scar Treatment And Energy Flow Transcript

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Introduction and Guest Welcome

Hello. Hello. Welcome back to mastering the menopause Transition 3.0, our third annual summit, bringing you all the information you need to know about this sacred second act.

This very important time in your life. I have a very special guest here today who? We've just been chatting it away. She's a friend and a colleague of, my gosh, over 20 years, I guess at this point. And I was like, oh wait, we gotta hit record.

I got to interview you. So now we're going to let you in on our conversation. Kelly Kennedy. That is here. She is my sister in bio regulatory medicine, which you hear me talk about often and via regulatory medicine is, you know, is near and dear to my heart.

It's near and dear to her heart. She is. I know her as the lymph queen, the the queen, the everything Queen. Today we're going to talk about hearts and your medicine, the sound of soul scars and what they mean both physically and energetically.

And this is going to be a conversation you are not going to want to miss. So this is going to be one of those conversations. You know, some of them I'm like my pen grab paper and some of them like get cozy, get a cup of tea.

This is a get cozy. Get a cup of tea. You're going to hear a lot of fascinating information that you can always go back and listen to at the second time and take notes.

I just want you to really be here, be present, be in community, with myself, with Kelly, and just know with all the women that are watching, we're a sisterhood and let's let the healing flow.

So thank you, Kelly, for being here. Oh thank you Sharon, I love you so much. And that introduction is so perfect. And so you, so me, so us and I. So to invite all the women to just take a seat back, relax and breathe.

To when the OGs and five regular about this and I was thinking about it getting ready for this. We've known each other two full decades, which is crazy and really good and really is such a testament to the medicine because, I mean, in 20 years, I mean, it's been 18, so almost 20, but 18 years that I've known you, you haven't really aged at all.

Why Scars Matter in Regulation

And you're still very flexible and, you know, you're she's always going to get her naps in her personal time and in her personal. But it's it's like I've watched you even evolve over this last year into a new phase of your life and to change and, and blossom in a new way.

And it's just been so great. I was just thinking about all the different phases of life we've watched each other go through and all the years. I mean, it's not just, you know, this medicine is a small world.

it takes a tribe and a community, and all these people are very lucky to have you as their leader of their community, for sure. And I've been so lucky to have you as a friend and a colleague, that's for sure.

Thank you, thank you. It's true. Feel same way I feel the same way. So let's let's share the magic with all. Yeah, yeah. And and you know today we're going to I was like, I'll talk about anything with you.

You were on the summit last year. We talked deeply about the lymphatic system. So you can all go back. You can

you can Google you can hear Kelly talk about the lymphatic system, lots of places.

But when I asked you what you wanted to share today, you said you wanted to talk about scars and how they shape our emotional and energetic landscape. And I thought, yes, because, you know, I know one of the first things we do when we see a patient is we want to clear the field.

We want to clear any blockages in regulation and scars. External internal scars are one of the first things we start to address. So maybe you can just talk about scars and why that is, and how you view scars in our in our health and wellness.

So as soon as I was asked what I was going to talk about with you, I knew it was scars. Because I know, like you, we've talked about interference fields for 20 plus years and I don't think people are getting it.

And so I really want to make sure people understand how instrumental, influential and important scars are. And it's not that they need to be treated once.

They need to be treated over and over and over again. And much like detox versus drainage that I taught last year, it's drainage or detox. Just in case you forgot that that's a cliff nut version.

Drainage unit, drainage, drainage detox. It's scar bars to get your regulation to turn on. So a lot of people will handle their dentistry. A lot of you have heard about that at this point.

You've handled your amalgam tailings or your root canals or your dental implants or your cavitation surgery or whatever the case may be. You've addressed that in past, which is really what that is.

It's an empath that doesn't allow that nervous system to actually function optimally. It literally blocks it from functioning properly. It's the operating system.

And when we talk about regulation medicine by regulatory medicine, it's the medicine of regulation. It's the medicine of studying the science of variability, of the heart, of the frequency, of the regulation of the system, of the life force, of the terrain, of the spaces between the cells that allow the opportunity for the cells to get the proper signal for the organs to then function.

So it's all about the regulation. And if the person has scars, which, by the way, everybody has at least one, because we all came into life with the belly button.

if we don't address scars in the interference field that they create, we are then subject to working on a system, an operating system that's basically got a bunch of bugs and viruses.

And if you think about your operating system on your computer, if you have viruses, it runs slower. It doesn't, you know, communicate properly. You get dysfunction.

That's the same with your nervous system. Your operating system is your autonomic nervous system, right. We can control some of it. We but not. And with us not controlling it functions allows us to breathe.

It allows us to digest our food, allows us to live, and we can control our breath as well. That is how we can control our heart rate variability. That is how we can control our nervous system.

But back up. None of that is really effective. If there are scars influencing the system, because you're working on a system that's got all this electrical impulse that's disrupted because we are frequency, we are physical bodies, yes, but we are frequency.

Color. I'm sorry. Light and sound is what frequency is. There's everything is energy. Everything is frequency. Everything is a vibration. Right. We know this.

And Tesla said to understand universe that's well you have to figure out.

Physical and Energetic Effects of Scar Tissue

So if we want to figure out a body we must figure that out. Because we are a microcosm of this great macrocosm and that field of energy, that bio field, that torrid field, the magnetic field of electrical energy, that impulses that flows throughout the body, flows through the fascia.

Right? That scar in the fascia creates a detour, creates an impasse, and then those electrical impulse, impulses rather, that are traveling through the meridians in the fascia, get stuck on that, in that scar, which is sympathetic nervous system fiber.

And then that, that sympathetic nervous system fiber collects those electrical impulses and then at inappropriate times to inappropriate places, it sends those signals.

And now the body has dysfunction or not optimization, and the person has to work really hard to do the red lights and do their cold plunges and do do do, do do all this stuff instead of what Sharon and I do, which is be first.

Engage the parasympathetic nervous system. Knowing that we've treated the scars that the systems on and then engage the parasympathetic nervous system so that now I'm in healing mode.

Now, as I take my supplements, as I digest my food, as I sit in front of my red light, I'm in a receiving mood mode and I'm able to capture more of that frequency of that sound in light of which we are.

I'm the long answer to a short question. No, the great I like. I'm just going to chill out and listen pretty for that. At one time I was. Like, oh, hey, this is in the solo cast.

Sharon's on the other end. No, no fridge fridge. So I love to keep things, you know, practical. I always put myself in the place of the audience, like if I was listening, you know, what would I be thinking if I had never heard it before?

Right. So it's like, so for someone who is listening, who is like scars, like am I checking my body? Do you mean trauma? Like emotional scars? Because you know, my psyche.

For pulling me back from the from the micro. Like the big toe that we got into, like, like the beginning of our philosophy. And now let's, you know, drill down.

So yeah, we're talking about physical scars, stitches, surgeries, operations, tattoos, piercings, things on the skin. Right. On the topical skin, scars inside the body.

Like, oh, I got my tonsils out and my wisdom teeth out. While they do matter, the mucosa tends to heal differently. Although as a facial expression, I'm maybe not since there's ways to understand there's difference of scarring of the topical skin as well as the adhesions below it.

So if you think about what an iceberg looks like right, you just see that top layer of an iceberg above the water. And then below it is this huge like mountain that's similar to what the flashes, with the adhesions from scarification.

So if I get an injury from an impact or from a scar like a fence cuts me open, well, yeah, stitch me up. But then there was all the muscle that was torn.

The fascia that was around the bone was affected. There was all the compensation on the other side that I use the other arm while that was healing. Da da da da da.

And then the scar that just sticking with the scar for a second really creates electrical impact. As I said. And so we treat the scar, but then we also have to treat the adhesion under it.

And so does it matter the age of the scar? Yes and no. And what I mean by that is people say, oh, it's an old scar. It doesn't matter. Well, your body has no idea of time.

And so when that scar happened, and until that scar is really released, the energetic context, that emotional trauma that's caught in there as well as well as other pathogens that get caught up in scars till that's treated, it's as though it's being cut every time it's touched.

For the first time, the body goes into contraction like, like and and that's exhausting. Could you imagine? It's micro micro movements, micro subtle energy body that you're not conscious of because your body is mostly frequency and energy, that you are not conscious of, your conscious of all of it.

We want to be in this physical body. so the scar, this the location matters because midline scars, particularly, you know, anything in the midline will affect your governing and conception vessel.

If you think about acupuncture and meridians and the energy centers and the chakras, the energy flow, the information, which energy information flows in these pathways known as meridians and energy chakras, it's more concentrated in those energy centers.

We talk about 7 or 8 of them, but really there's 144,000 energy centers in the body. So there's a few. So when we think about all of this energy, all this information flowing through the body, and we have a scar, whether it's five days old or five years old, that is going to create a detour.

And so we've got to start to heal that and in school medicine, they say allopathic medicine says, oh, you're always going to continue to create scar, adhesions, collagen.

You're going to continue to create collagen fibers and adhesive. No mat for the rest of your life. Well, I mean, I've seen scars change drastically over the 20 years that I've been treating scars.

Not only my own 12 inch scar on my head, but on all the clients, too. I've watched scars change. I've watched scars go from red and raised and angry with keloids to where?

Where's the scar? I can't quite see it. Put the light on it so we can make sure that we're treating it right. So if scars are changing that much on the topical, we know they're also changing underneath as we're treating the adhesions of it.

And that's allowing the fascia to go back into cohesiveness.

Treating Scars to Restore Flow

It's like not that we wear pantyhose anymore because that's nuts. I mean, some ladies somewhere, I'm God bless your soles or even tights. Right. But if you get a run in tights or pantyhose, that's like a scar.

And what you can do now is you get that to go back, just like you're unwinding a necklace, and you get that to go back into adhesion. And now there's no snag anymore in the in the fascia.

And now energy can flow through there safely. So not fully but uninterrupted. And so we need to treat our scars once a week, once a month, once a year, depending on how much they've been treated.

I mean, I have a scar on my head that's 30 years old that I started treating after. It was like 11 years old. So for 19 years I've treated it probably with a needle 30 times.

And with something like this, like my rapid release technology tool, like this crazy massager, once every two days for the last 4 or 5 years. Right. And I do all sorts of other fascia work, but by treating the scar, it allows my regulation to flow.

It allows the energy to flow through my body. So if I treat my scar, I don't have to worry so much about what my liver's doing, what my hormones are doing, or what my, because everything's able to get fed the information that it needs, and it can then function appropriately, and then the hormones can be reset.

So I know this is a menopause. And one of the reasons scars are important for me is because I had 30 ovarian cysts, burst. until I found biological medicine.

And the first time I had my scar injected, I never had another ovarian cyst burst. My cycle regulated for the first time in my entire life, and I started getting my cycle every 2620 days, 38, 39 years old.

I'm like, I think about I'm a baby, got pregnant, had a baby at 39 years old, at home without assistance from anybody but my midwife. I turned 50 this year.

Right before that, in September, I was with our good friend Doctor Christine Schaffner, and I said, hey, I could really use some work. I'd love some neural therapy.

I haven't had needles in a while. So what we do for our friends and I was like, could you treat me? So she started treating my lungs, my spleen, different things.

She's like, okay, what else do you need? I said, well, honestly, I'm in my scar in Jackson a long time, and if you could inject just the top, it's been about four years.

And where the key Loyd is, I'd really love you to inject that. I used to have a huge keloid on the top. It's much smaller now, but it itched me a lot.

In the last two years since I've been working my fascia on a deeper level. So she took four cc's of prochain and injected just at the top. Five months later, I fell and broke my elbow and dislocated my shoulder on ice.

And as I was working my fascia and my shoulder and opening it up, all of a sudden I had this thing in the back of my scar that I've never felt before in my life. And I said, and what the heck?

Said it goes, I don't know, it looks like something's in your scar. Piece of glass came out of my scar. 30 years later. What's also fascinating about that is August of last year was the last cycle I ever had.

She treated my scar in September. I've never had a cycle since. Wow. I have no symptoms of menopause except for the fact I have no cycle and I'm 50. Welcome to the party girls!

And hey, and one day when I'm not in enter mode, I'll be able to enjoy being in menopause again. But the point being that the scar was inflow and seeing my body and my system in many ways, and my I was definitely, in hindsight, I was definitely in perimenopause because my cycle was off for the last year, which the year previous, I blamed a lot on planes because every time I was on a plane, I bled a lot.

So I blamed a lot on shedding, and I'm sure that contributed. And in hindsight, I was probably in perimenopause as well, which is why my cycle was off.

But as soon as we addressed my scar, my my whole body went into a reset and my nervous system went, oh, here we go. And I looked at it is kind of like the bookmark that my body was like, hey, come back here.

Here's the piece of glass. To remind you the rest of the lesson you need to go through from 30 years ago that you didn't finish because you weren't ready.

So now you're ready. Here you go. The scar is influencing you more than you know. And the more you treat the scar, the more the trauma, the drama. And hey, maybe even piece of glass will come off your body 30 years later.

You never know. But it will allow you to release what the body holding on to. And what I mean is physically,

emotionally, mentally, spear ritually and energetically on all five levels of the body.

Because we don't treat one by one level, we're we're looking at the body as a whole. And when you look at the body as a whole, you've got to look at what influences it from healing.

And scars are absolutely blocking your nervous system. And so as they're simple and easy for you to address at home, that's the other great news. Yes, you should also go to a licensed medical professional and have them laced as well with a local anesthetic called prochaine and ideally some homeopathic like one of my faves like to me or them from outside or something like that to allow the body or McCook heal any to allow the drainage in the stagnation to be mobilized with the information of homeopathic, as well as all the benefits approaching that.

Trust me, Doctor Sharon Stills can last a lot faster than Kelly Kennedy can, but there's so much benefit to having the scar addressed with the needle.

There's also a lot of benefit you can do with your hands. There's a lot of benefit you can do with vibrational tools like I have a professional tool. I looked all over the house for my flow vibe, and I just don't have it here because right now I'm just focused on this thing.

This thing is like saving my life because I also fell and dislocated some ribs. So you know, I'm I'm good at following these days. I'm going to regret that.

I'm not good at following these days. I'm not falling anymore. I got my lesson. I'm paying attention every moment to every second, to every breath. And that brings me to why the scars are it when they're blocking the nervous system.

It takes a lot more for us. To feel better and to get the body into regeneration versus allowing the body to be in regeneration. So we don't have to work as hard at doing all the things.

Then when we do those things, we just feel better, like we're not maintaining, we're optimizing at that point. Like, do I do red light? Yeah, I mean, I've done more work on myself in the last five months than I've literally done in 15 years combined because I'm recovering from two injuries.

So I haven't had out I mean, I had a broken arm ten years ago.

Personal Healing Stories and Clinical Examples

Outside of that, I've been good for a long time. I've had no issues. I keep doing stuff because I'm looking at my CRT, my HIV, my life blood. I'm a little competitive.

I'm like, I want to have the best live blood CRT out there. I want to win. When it comes to regulation. And I am because I went I went through this and the whole time I'm watching my electrical system, I'm watching my heart rate variability, and it continues to stay in regeneration, even though I'm healing through all of this.

And that to me has made an impression, to say the least, on me, of how incredibly regenerative this system is. I mean, I know we have trusted and had faith in both the science as well as the unknown that we've known.

We've played with, worked with, facilitated in others as we've facilitated their healing throughout the course of time that we've been doing this as practitioners, as you for much longer than me.

I don't get to say that very often. So, with that, this healing capacity, when we do our red light, when we do saunas, when we go on vacation, our bodies already know how to relax.

So it's just upgrading even more. And when you don't have a scar influencing you all the time, that's keeping you in sympathetic, you'll find how much easier it is for you as well to start to relax.

I mean, I got it on my table first day ever meeting me, a man 46 years old in the financial world, right in, like, New York City, like got the power job, the whole thing, but been sick for three years and just, you know, so ends up at our office.

Has a scar like a C-section since he was five years old, from a urethra situation where they had to disconnect from a tube from his bladder, blah, blah, blah, but from five years old, like a C-section right across his abdomen.

I start treating a scar with this, broke out into tears, cried, release so much tension from his body. Continued to treat him for about an hour. Had him on the sauna saw and it was just beautiful to watch this man that walked in looking like he was in so much fear, so much tension, so much stress.

Talked to him on the phone during his discovery call. He's got a beautiful family, can't enjoy them because he feels sick all the time and he's feeling anxiety and stress.

We get out of the our employment treating a scar, and he was like a mushy marshmallow. And he spent the rest of the day there getting all the work done.

But that I said to him, can you believe how much tension your body's been holding since you were five? And you know, when we got done after the last session I had with him, I said, how do you feel?

He said, I feel so peaceful. I said, when was the last time you felt like that? And he said, honestly. And he got very tearful. I don't know if I've ever felt this much peace in my body.

And I see it all the time as we treat stars and and people. Oh, do, every single week. I ask you to treat them at home because they're blocking the nervous system until they disappear and you can't see them anymore.

They're influencing your body and it doesn't matter how old they are. Doesn't matter if they're not on the midline. Yes, and all of them treat all of them.

And you'll find, like I've done this one woman like she was like, oh, that's just an insignificant little thing happened with a dog. And I start working it with vibration, and she just starts going crazy and crying tears like relief.

And she's like, I cannot believe how much pain is leaving my body right now. And from a what she called an insignificant dog bite. So that's our mind making a decision versus our hearts and letting our our nervous system, our hearts lead the way is the key to really healing.

And if we have a scar, it it can't really lead the way and we can't feel it as much. It's blocked. So as we release the scars, we're allowing the nervous system to be in full communication, allowing the body to be in the flow state.

So I have a master class, inexpensive, all that. But here's the thing. If you have a scar and you have any kind of vibrational tool at home, take. If this is your scar, okay, take your hands and just gently start to hold with your as much volume of your finger pads as possible and just hold firmly and apply gentle, firm, hold pressure on opposite sides have a kind of screwed up hand.

So it's a little hard for me to demonstrate this because I have a a wing that will still healing. But you're applying pressure. And then you'll start to feel it takes 45 seconds of applied soft pressure from.

But soft meaning like not soft firm pressure, 45 seconds for the fascia tension to start to relax. So set a timer of his 45 seconds is longer than you think.

So ideally, hold it for like two minutes and start to just pull wherever the scar is. Just pull both sides a little closer than my hands are like that just don't look at it. There's there's a thing.

So have your hands just on either side of the scar and just gently apply the pressure to pull it apart. If it's in an area where you can't do both and you know it's best to use a friend or get a tool of some sort that creates an intense

vibration to break it up.

This is called rapid release technology, and it's literally meant to break up scars. It's got different heads on it to do just that. And that vibration allows the flashing to start to break up.

That's one way you want to treat your scars. Then you also want to pump your length when, before and after you treat your scar both before and after. five five pumps slower than what I'm doing.

But pump release pump release pump at least five times in each one of the top ten spots. Then treat your scar, then go back and dunk your lap. The way I look at scars in fashion, it's like your closets in your house, in your lymph is your rooms.

Your rooms are really dirty and you got company coming over. You're going to clean it all up. What are you doing? Stuff in the closet. That's what your body does, too.

It stuffs all the stuff in the closet. And the scars are one of the biggest, deepest closets with pathogens. The toxicants, the emotional component. It's all the stuff your body's hiding.

That's where it's hiding. So get ready to take those binders and electrolytes and and really process the emotions by releasing it from the adhesion and kicking and screaming and I mean, party with us.

We're a great bunch. A group of gals that just love to dig down, get the trauma released. And while the body to somatic express how the body felt when the body was being cut.

That's why that gentleman, God bless his soul, was willing to be vulnerable enough with me that we had spent enough time together on the phone and had enough of a connection.

Thank God that he was willing to be vulnerable enough to feel safe enough to allow the five year old little boy in there to express how he felt being cut out open and beautiful healing capacity.

I watched on his heart rate variability just increase his variability. His electrical voltage, because I measure it, went from 400 to 1000.

Practical Scar Care and Lymph Support

Right? That's the electrical panel now running 1000V versus 400V. You think maybe his joint pain is going to get better? You think his digestion is going to get better? Yes.

Because now his body can relax. Now his body can heal now, all those protocols that he's doing and all the things are going to be more effective because the body's in receiving mode.

Beautiful, beautiful. I mean I think, you know if you take nothing from this and I hope you'll take everything from this, but if you take nothing else other than the scars are impacting other areas of your body, you can have a scar on your arm that is impacting headaches or hormonal issues or digestive issues.

And so if you just start to think of the body as one big field, one big connected organism, it expands the way you think of how you heal. And it's why we don't just talk about hormones.

summit even though, you know, I'm the queen of bio identical hormones and love hormones. But we want to put hormones. When you hear me saying we want to put hormones into a healthy train, because then the healing, like Kelly is talking about the voltage exploding, the healing expands, your consciousness expands.

So putting hormones into a terrain that is flowing, that is open, that has a regulated nervous system. And we talk a lot, but that we've been talking about the nervous system for a billion years.

But it's kind of in vogue now, right? Everyone's talking about nervous system healing, and that's awesome. But you've got to heal the physical aspects.

The blocks and the bodies are one of the biggest things. So now everyone needs to go like get a mirror, get a friend. What's on the back, you know, take inventory of your scars.

And like Kelly saying you can start on your own and then find someone you can work with who can do, you know, vibration color injections and, you know.

Cupping. Cupping works really well to neural therapy. There's lots of different tools and just start to think about how you feel and what your body needs to support it in a in a different way.

And then you've entered the world to buy a regulatory medicine. So welcome back is dealing with your interference fields is the key to buy regulatory medicine that I just don't want people to miss the scar piece when everybody's handling the dental piece finally, which I'm glad like it's become vogue like you said, like we've been talking about for 20 years.

And finally it's Vogue. Everybody talk about dentistry now. Yay! Okay. Yeah. And scars. I would love that to be the next like everybody knows. To treat your scars. Everybody knows through your scars.

And then watch how everything you do just goes better and faster and easier. Because you're working on a system that's turned on instead of that's clunky and not really working great.

You know? Right. Well, any last words of wisdom before we wrap up? I just want everybody to remember that you are a healing frequency and you're a force of nature.

there's nothing outside of you that you need to heal. Nothing. It all comes from within you, and you have the ability to engage it. You have the ability to expand it.

You are the medicine. You are the magic.

Closing Reflections on Healing and Vitality

Don't forget that ever and feel it. If you don't feel it, then seek one of us out so that you can experience this wisdom so you can, and train to it so you can grow it.

That's how we evolve. That's how we heal. You are the medicine. Amen to that. All right, ladies, there's not much to say after that, but I think we should all just go meditate on that.

There's, you know, it's it's all within and just connecting with, let it out and let it flow. So I love you so much. Thank you. Okay. I'm here. And for for bringing scars into the conversation.

yes. I hope in ten years when I'm hosting the 13th annual Menopause Summit, we're like, oh, yeah, we don't got to talk about scars. It's all over Instagram. It's all over.

Yeah, it's all the latest rage. Everyone's treating their scars because it is true about dentistry. I mean, there's still a way to go, but like so many people, more people talk about dentistry and when we were talking about it 20 years ago, we were like this one little lone voice.

So yeah. But yeah. So everyone listening like, you know, spread the word, share this talk with someone you love or care about. Start getting curious about your scars and your loved ones scars and start looking at that as part of your healing, the healing journey. And, because, you know, this is this is your sacred second act, and we want it to be so glorious for you.

And I want you to just have. All of your magic and all of your healing capabilities and your power and your health

just, you know, really blossoming and blooming and so it doesn't matter if you were healthy when you were 30 or you weren't healthy when you were 30, and now you're 50 or 60 and you think, well, I'm getting older.

The best has happened. That is nurturing. When you start to embrace these things, you can have health in your 50s, your 60s, your 70s and beyond that you never even experienced or knew was possible when you were in your teens, in your 20s. So don't let anything stop you.

Magic is always happening, and this is about aging gracefully and just rocking. This time in your life. So I know you got it, and I know you're going to do it.

And I love you all. I love you, Kelly. I love you all for being here, for having the conversations with us, for listening, for growing, for learning. You guys inspire me every day.

So thank you for being here and being a part of the summit.