Introduction to Fascia and Cancer Support

Well, I'm so excited. I have my dear friend Deanna Hansen with me today, and we're going to get into something that is, I think is crucial for every cancer patient.

And we're going to dispel some myths. We're going to and we're going to kind of break open people up. So Deanna, thank you so much for being here. And we're going to I know we're going to show some cool techniques that people can use at home.

Oh, thank you doctor K for having me. I'm so excited to be here. This is such an important topic and having you to bounce things back and forth with. It's such a great approach to really discussing fascia and how we can open up the body and really support proper lymphatic drainage to detoxify.

So I think the best thing is if I just share, I've got some great photos and that just speaks volumes when we're talking about the fascist system. So I'm just going to go and share my screen right now.

And this is so important. I want the audience to recognize, you know, the way I view cancer is that cancer essentially creates all this fibrotic tissue and create these tumor microenvironment where that's inflammatory.

You have toxic build up, you have lack of oxygen, you have lack of nutrients getting into that tissue. So we can kind of break that open and then allow these new tends to go there.

We're going to reduce inflammation, reduce the toxic load. And then the healthy cells are going to flourish. And the cancer cells are not going to live in an environment that they want to live in.

So as I just want to kind of lay that foundation. So yeah, look, look at that. There you are. Here I am. So the before photo is me and my 20s. And that was when I was in athletic therapy training.

I live in Canada. Athletic therapy is like physiotherapy but focused on a lead athletes. I was doing the work. I was I was working out like crazy in the gym, running Tebow, lifting weights.

And the challenge for me was the harder that I was pushing my body, the more compressed, the more ballooned and the more toxic I became. I was constipated, I was just like I was ashamed of everything about myself.

And I also felt like a failure because I was working so hard to get results and I was getting results, just not in the right direction. The after photo of me, I'm 50 years old there.

I'm 57 now, but what was so impactful for me at that time was I really had no concept of a what the fascia was back then, or really about proper conscious diaphragmatic breathing, which really is the foundation of what I learned is so important for overall health.

Deanna Hansenu2019s Personal Fascia Journey

So I was having severe anxiety attacks, and it was this one attack in particular that really taught me how to move forward with this work. In that moment, I actually thought I was going to die.

I was so locked in fear in my breath. For some reason, I intuitively dove my hand into my belly, which I never touched before because that's where I carried so much of my shape.

There was a lot of shame there. So now I have pressure in this space, and the first thing that happened was I became calm. And then I started working with my hands intuitively in that area, and I felt it was marbled with what

felt like scar tissue, even though I hadn't had any injury or surgery in that area.

Suddenly I had all these moments like, no wonder when I'm working out like crazy, dripping wet was sweat. My belly would still feel cold. After the first couple of weeks of working, my low back pain was going away.

My neck pain was improving. Within two days my belly was looking smaller. But more importantly, I felt hopeful because I finally felt like I had some control over this body that never made any sense to me.

And that was really the beginning of my journey. And then I started working on my patients in a similar manner, and I started having some incredible benefits with them.

So that was 26 years ago, and now it's turned into this whole other understanding of fascia. And what we really want to do is understand the components of fascia and why they matter.

There's many components, but two major proteins collagen and elastin. And when these proteins are in balance, it supports proper cell alignment, which allows optimal space in and around the cell for ease of nutrients in, as well as the removal of toxins, debris and waste.

What happens though, if we don't have proper balance in the body and none of us do because we're under the force of gravity, we're dominant on one side, and we're not really conscious of how we use our bodies over our lifetime.

So what happens is these collagen proteins, they start to migrate to areas of need. So I just want to show down here in this before photo, if you can notice the front of her ankles, how thick they've become.

This creates a forward held alignment that basically so we don't tip over. We have a buildup of adhesions throughout the body and these adhesions. You can see the thickness here in her thighs.

You can see the bloat of the belly, the forward alignment of the shoulders through here which are blocking the major lymphatic flow. These adhesions will grip to everything in their pathway, including bone, with a force of up to 2,000 pounds per square inch, locking us in these negative alignments.

So my work fascia decompression is taking the body in the opposite direction to what time has done so that we can reestablish the breath, get the lymphatic system flowing, and bring our posture to correct alignment so that we can support optimal cell space.

We can see in the after photo the difference in the ankle, how much cleaner it is, how much more aligned her pelvis is. The tissue looks cleaner, the rib cage has lifted, she's released a lot of congestion in her head and neck.

And again in this after photo to see such a dramatic change in only 30 days. How her back looks. We've aligned her pelvis now and that's important. So we can really optimize proper diaphragmatic breathing.

And you can really see it on the side photo here. So most people will think this is excess fat, but really it's compression compression ballooning. And then the body becomes toxic because it's not removing the waist effectively and then delivering oxygen to the cells, which of course for people with cancer, that's one of the most important things we need to do is make sure that the environment is oxygenated.

Doctor K, is there anything you want to talk about here? No. So I mean, and this this is exactly the issue that happens in cancer is that, you know, what what what cancer likes to do is that it it likes to set up an environment.

It's very hyper coagulated. You know, it has all this fibrin and it becomes very fibrotic. And so and that allows them to kind of shield itself from the immune system and also create an environment that supports its own existence.

So if we allow that to continue and we don't open up that flow, then the lymph is not able to move the toxins out. And like I mentioned earlier, the nutrients that we need to feed that tissue is going to be it's not going to get to

where it needs to go.

And and now we are then the cells. And because it's not getting the nutrients, not getting the oxygen and toxins are building up in that tissue and, and cancers walling off areas for its own existence by creating a little bit neighborhoods in the ghetto.

So to say, you know, that this is Chinatown and this is, you know, Little Italy and and I, I don't know. Doesn't or here say, you know, so you have all these different they create their own community there.

How Fascia Decompression Improves Flow

So what we need to do is that we need to break that open and allow them the nutrients to get in there so that the cells don't have to shift into that Warburg effect, where it's utilizing fermentation or sugar versus the mitochondria burning energy the way it's supposed to.

So that's why this is so important to me. And this is what I would love every cancer patients to do. And so here's another example of what 30 days did.

And again, she was very forward in her alignment and twisted and locked in at the feet. And then again you can see the thickness in the quads. You can see the blood of the belly, the forward alignment, that internal rotation of the arms, which is basically making the organs that, well, they're under immense stress because here is the diaphragm muscle.

And when it's working properly it moves down with the inhale it lifts with the exhale. Yet because of trauma we reactively hold the breath which forces the upper chest breath.

But this keeps the body cold and sluggish in its systems. When this muscle is working properly, the heart, the lungs, the internal organs are getting a continual massage.

You can see the difference in the alignment of her abdomen here because she's turned on this muscle. And again, we actually they've proven in 2014 they did a TEDx talk talking about how 84% of weight loss comes through proper exhalation.

And that took me back to when I was in my 20s. And I'm working hard and I'm dieting, yet I'm getting bigger because I wasn't breathing. So that became such a fundamental understanding for me of what we need to do in order to create a healthier body.

But also six times the oxygen is delivered to the cells when breathing diaphragmatic, not because we're pulling in six times the air into the lungs, but we're pulling it to the base of the lungs, where the majority of the oxygen receptor sites lies.

So there's greater oxygen absorption through proper diaphragmatic breathing. And it's really about understanding our structure. So you can see again on the side photo how she's lifted, how she's more aligned.

I love bringing people's attention to the front of the foot. If we took the measurement from here to the tip of the toe, comparing it to the after photo, she has more foot on the ground.

She's brought her center of gravity back to her heels. This is aligning her pelvis, making sure that now the diaphragm has a container, then it can actually move properly in to support detoxification as well as oxygenation.

And then I did also just want to share a couple of these 21 day before and afters with the face. Because again you can really see the buildup of these adhesions.

All of the lines, the thickening. This is impacting lymphatic flow as well. This also signifies a forward head posture. So the major lymphatic drainage sites under the collarbones are getting compressed in 21 days.

To see such a dramatic change in the flow in her eyes, how they're set in her head. She looks afraid in the before photo or in the after photo, you can tell that her parasympathetic nervous system has been activated.

She looks more peaceful and calm, and that's what we need for the rest and digest again 21 days when we have this forward collapse. She doesn't have proper breath.

She's breathing so largely through here. And again, there's all of this stress in the neck affecting everything up to the head as well as below. The heart and the lungs have been pushed to the back of the body, instead of being positioned in better alignment.

So they're under stress. They can't do their job as well. And this is just such a fantastic photo because it really, again, just shows how sluggish her lymphatics are before the work is done.

You can even see the shape of her head has changed to support her brain. So there's all these cool things that we can see in before and after photos. And then the last picture is the thermography image, where there's red and white, that's showing stagnancy.

And of course, this is right where the diaphragm is also in the armpits, where the the lymph nodes are in that space. And after only one month, to see a dramatic change like this is really exciting.

So I'm going to stop sharing my screen now. So those are just some visuals to give people a really good understanding of what we want to do with this work and how efficient it is.

So I'm going to take us through five positions using a rolled up towel so people can feel they can start to get their diaphragm activated, as well as lifting the ribcage to again promote that, that sense of lift and flow in the body.

So we're going to use a bath towel and I'm just going to show you how to roll it up properly. Here I am going to fold a bath towel into four. So you'll just take it.

You'll fold it in half and then fold it in half once again. And then we want to roll it up nice and dense. So the adhesions that travel through the body again grip to everything in their pathway including bone.

So we need something dense to move into the body with pressure in order to be able to get to those deeper adhesions that are impacting our overall alignment.

So we roll the towel up nice and tight. And what's nice about this, there's only two rules with this work. The first one is your breath is your guide.

As long as you're breathing in a relaxed way, you're feeding and healing the tissue. If we're doing something that's causing your breath to feel stressed, that's your system saying, I don't like this right now.

It's too intense for me. You can do this on a bed. The nice thing with the towel is you can also take out some of the height if you need. So I'm just going to put this around.

The other rule is we stay in position for a minimum of three minutes because we can't rush through melting. And this is a slow restorative practice connecting your breath.

The breath. When we turn it on, it heats the body from the inside out. Pressure over time in an area heats the body from the outside. The two together are beautiful at melting through the adhesions that have locked us in this negative alignment so we can create that lift, move out what no longer serves, including emotion, and then again reestablish proper alignment.

So just two things before we begin. If you're pregnant, the first position do on your back instead of lying on the towel. And then you'll just put a little bit of pressure with your hands and you go through the breathing exercise.

Similarly, if you have any herniation, you can attempt it on the belly, but if it doesn't feel appropriate again, just lying on your back and then any position that doesn't feel right for you, just watch, put that aside and we'll go into that at a later time.

Towel-Based Breathing and Rib Release Techniques

So to begin, all we're going to do is lie right on the towel, right at the belly button, and let's stay up on the elbows and also bring your shoulders back and down so you're not squishing up and around in the neck area.

And unless you can't breathe in and out through the nose. Now it's normal here to feel pain, pressure, even a pulse. As long as you can breathe in that relaxed way, that's fine.

And let's begin by focusing on the inhalation phase of the breath. This teaches you where the breath should be coming from. If you have been caught in a trauma pattern for years, decades, or even your whole life, that upper chest breath has been the dominant form of how you breathe.

So it can just take a little bit to really teach your body where that natural breath should be coming from. And if it feels right for you, you can even close your eyes.

So you're not having any having any visual distraction. We're not going to be moving here. I just really want you to feel and sense what's going on beneath the surface.

And let's even shift your focus now to the exhalation phase of the breath. Allow your body weight and gravity to do the work. As the towel sinks nice and deeply into the core.

And let's also exhale for a count of six. Inhale for a count of four. This turns on the parasympathetic nervous system to prepare your body for the healing that's to come.

We'll spend about one more minute here. And for the next few breaths. After exhaling fully hold for as long as you can before engaging the inhalation.

The deeper we can allow the towel to sink into the core, the more we open up this space, activate the diaphragm, and also start to move out those toxins that have been stuck and trapped in this area.

We'll take three more breaths here. And when you're ready to come out of position, just place your hands under your shoulders, take a nice inhale and then slowly exhale up and off.

Now we're going to do two positions on the left side. Before we do, just take your left arm and go through a nice range of motion. Just notice the range that you have but also the quality of that range.

Is it grinding. Is it clicking. Just become aware and now do the same thing on the right side. And we're going to start on the left lower ribs here. This is such an important area because when we start falling into the core we end up getting stuck and locked in through here.

Now of course we have the aorta, the main artery, leaving the heart positioned right here. We've got the stomach organ. So when we bind down like this we are basically taking the structures and we're squeezing them and twisting them.

So now the heart has to work harder. The stomach organ is getting compressed and displaced. So the first position is the left lower ribs right below the left breast for the ladies for the gentleman. Just feel these ribs.

And we're going to just have our body lying on the towel very similar to that first position. So as you get in, you can just take that right leg out to the side and just allow your body to sink on to the towel.

And again, we'll stay up on the forearms here and just take a moment just to notice how it feels to have pressure on

these ribs. And let's connect now to that full exhale.

Feel the belly lifting up into the core space as though you're squeezing the belly small with the exhale and relaxing with the inhale. And I'm going to take you through some movement, but always respect your breath.

It never serves to force the body. So remember your breath is your guide here. So with every exhale let's see if we can just lower the rib cage a little bit closer to the floor.

And now place your right hand to the right side of the body. Add a little pressure. So now you're just going to roll to the outer portion of those lower ribs.

And you'll likely get to a point where you feel like there's a bit of a wall. So we're just going to stay there for a moment. And as you inhale see if you can sense the ribs expanding where the towel is.

So we first want to bring the breath in through the belly and then direct it right to where that towel is. Think of pumping up a tire. We're inflating this area that has been compressed and congested.

Now I'm going to take you a little deeper. So let's connect to that left glute so that we lock the left hip onto the floor. And then we're going to take the hands over to the left and gently twist to the left.

The twisting action allows us to open up those deeper layers to get to the adhesions that, again, are holding you so strongly out of alignment. You can even see if you can lower the rib cage a little more toward the floor.

And maybe we can even deepen the twist. We'll take three more slow exhales here. Again exhale for that count of six. Inhale for four. And then let's slowly bring that upper body back to that neutral alignment.

We'll take one more slow full exhale here. And when it's time to come up and out I want you to be really thoughtful so we don't just jump out of position.

Let's glace the hands under the shoulders. Nice full inhale. And then very slowly with the exhale bring your body off the towel and we'll come back to seated.

The next position that we're going to do is the left upper side ribs. So right at nipple height will be on our side. I just want to explain why this is so important.

When we fall out of alignment, we end up with internal rotation of the arms. And now the lymphatics in here become really blocked. And we also get locked in this forward head neck alignment which is impacting the lymphatic site right through here.

So we are simply going to lie right in that position. And you can rest your head in your hand to begin. And then just take your top hand to your belly so that we can make sure the breath is coming from that right place.

With the inhale, the belly becomes big. With the exhale, we squeeze the belly small. And this may be more than enough sensation for some of you, but if you want to go a little deeper, I'm going to take my left hand to the top of the mat, use my fingers to walk my arm away, and then I'm just going to lean in so my left outer breast is getting compressed.

That's what I want to sense here for the ladies. Now I'm going to take my top leg to the floor, straighten my bottom leg, and I'm just going to lift my hip hop just to establish balance once again.

And then I'm going to take my left hand and walk it over to the left. To go even deeper. You can come first onto the fingertips of that hand. You can even lift that hand up.

But remember, your breath is your guide. And. Take the hand back to the floor and let's even walk it a little further to the left. We'll take three more breaths here.

And then we'll walk the hand back to the top of the mat. Gently roll back over to your side. And just for the last couple of breaths, let's just walk forward and backward.

Just sensing any change that may have come for you. And then lean into that top hand and slowly exhale up and out of position. And then let's just check in with that shoulder alignment.

So if you feel you have greater range of motion you also have a lighter area through here. So now your lymphatics are going to be flowing better as well.

Now we're going to do the same two things on the other side. Now on the right side we're going to be impacting the liver. So many people have fatty liver disease.

This beautiful organ gets clogged with the fats. Think of butter at room temperature compared to when we heat it and it's liquid. So if the the fats are clogging this liver can't support detoxification.

So same thing right below the right breast for the ladies. You can just feel this area here. And now we'll do the same thing. Gently place your right lower ribs on the towel, stay up on the elbows and then just allow your body to absorb the pressure.

With each exhale, you may be able to lower the rib cage a little closer to the floor. And then you can take that left hand to the left side of the body.

Add a little pressure roll to those outer ribs until you feel that wall where it becomes denser. And then with the inhale, let's see if we can sense the ribs expanding with the inhale.

We're putting the space back into the body that time has taken away. Now connect to that right glute to stabilize the hip to the floor. And then we'll walk the upper body over to the right so that we are twisting.

Foot and Hand Release Practices

And from here, if you can lower the rib cage a little more. And maybe you can even twist a little deeper. So take the upper body back to neutral. And remember, we're going to be very thoughtful about coming out of this position.

Hands under the shoulders. Nice full inhale. And then very slowly with the exhale lift yourself up and off. And then we'll go right into the right upper rib position.

So again nipple height. Support your head in your hand. Let's establish that proper breath. Belly becomes big with the inhale. We squeeze the belly smell with the exhale.

And if you choose to go a little deeper, take the right hand to the top of the mat. Use the fingers to walk the arm away and then start to lean in so you're compressing the right outer breast.

You can take your hand to the floor, same as the leg. Straighten that bottom leg and just lift up again just to find a good balance here. To go deeper, we can walk the arm over to the right, opening up that armpit.

Melting through these adhesions that have locked the shoulder blade in negative alignment. And to go deeper, we can come on to the fingertips or even lift up that right hand off the floor.

And take the hand back to the floor. Walk that right arm over to the right. Three more breaths here. And then walk the arm back. Roll over onto your side.

And just a couple more breaths. Just walk forward and backward, sensing any changes. And then when you're ready, lean into that top hand. Slowly exhale back up to seated.

And then let's just check in with that right arm. And notice if you've improved the range, which would be an indicator

that the adhesions that have locked the shoulder blades in that negative alignment have freed up to some degree.

So we can lift up more, we can access a better diaphragmatic breath. And we've opened up the lymphatics. So that's just a little sampling of what fascia decompression is all about with a towel.

I love that, I love that and that. See, these are the kind of things we can take, all the supplements we want. We can do the IVs that we want, but if we don't open up the body so that things can flow where it needs to go, and then toxic debris need can leave from the body, then we're not going to achieve what we're wanting to achieve.

And it's fascinating looking at those photos. You can see the before and after the before. Essentially you're dealing with a with an inflamed body. That's a lot of information when it's when tissue is not able to repair toxic debris, is there.

All that information is going to be there. And and cancer thrives on on inflammation. So anything we can do to establish healthy physiology, healthy transport of nutrients and oxygen, healthy transport of toxins, remove being removed.

And always love what you say when you say shot here. Show the bone square pounds per square inch. That's that's a lot of force. And that's why like you're saying, you're almost needing that a little bit higher pressure in order to be able to kind of melt that away from, from the bones.

And for instance, you deal with prostate cancer, colorectal cancer, you want to clean up that toxic debris that's in the pelvic floor because we have the pelvic ball.

And we know that toxins tend to go with the gravity. So just accumulates there. So if we can open that up or we have breast cancer or lung cancer and we have stagnation.

And these areas especially kind of the flow right here from, from the breast, we can open that up and create an open that drainage. So these toxins don't accumulate.

And the breast tissue that's the battle is more than halfway one. And let's say you're dealing with glioblastoma or things I mean you saw that the face structure, the difference in the face structure, if we can open up that glimpse flow from the head, and obviously if it's stagnated here, nothing is going to be able to drain down.

So if we can open this up, you know, bring oxygen in here, then this can start to drain. And now we're creating a completely different environment in our head.

And so obviously we were talking about cancer. But for people that do not want to have cancer or preventative or want to function optimally, how much better are we going to do if we don't have a bunch of toxins in the head?

Are we going to think clear or going to be happier? Are we going to see sunshine more often? Yes we are. So all of these. There's a domino effect essentially, when we just allow things to drain and we can take all these emphatic drainage herb supplements we can do.

Asprilla, Arco Burdock, you know, all these different herbs that help chaparral poker route, whatever, and, you know, to help the drain. But if we don't have it open up with all these adhesions, then they're not going to be as effective.

So so thank you, Diana, for this. This this is phenomenal. Thank you. May I share two more things that people can start with right away. And I would love that I would love and that that's why I wanted to do this.

Because this I wanted people to leave with things. They can start immediately. And then obviously I want them to connect into your community as well so that they can.

And because I feel that any cancer patient is going to do so much better by utilizing benefiting from the work that

you do. So the two most important areas to release, of course, we need to change all of this stuff, but the core is basically manipulated by the limbs.

So the feet in the hands being the furthest from your engine. This is where we get locked into those patterns that drive us down to the ground. And that's why I was showing in the before photos the adhesions in the front of the ankle.

So one of the best things that we can do and we can start with, no matter what you're dealing with, is working between the toes, because the toes, they're supposed to be there to help us balance and be mobile.

But so many people don't really have a connection to their toes. So it's like they're walking on clubs and then the body ends up being braced all the way up the chain, holding in that congestion stagnation.

So you can use a finger, you can use a pencil or you can use a rope. And what we want to do is we want to put pressure between the webbing of each one of the toes.

Now, if you have the flexibility to reach, you can use your finger and you want to feel it. Just like how we were working here with pain, we want to move into pain on purpose as your breath allows.

And then we start melting the adhesions between the toes. And you want to work all the toes again to that point where you feel it. So again finger pencil.

If you can do three minutes per toe, that is fantastic. But even one minute is going to start to make a difference. And then if you can't reach because of mobility issues, using a cord or a rope, all you do is you place it between the toe, and then you can just have a little bit of a tug and so simple to do.

Now one other thing. If you only had like three minutes, what you could do is when you look at the feet, you want to be able to spread the toes. You want all the toes to be nice and strong.

So if you end up having toes that don't spread where the other ones do, those toes are basically not working on your behalf. They've actually proven toes strength and longevity are directly connected.

So that's one thing you can start with. And I have videos all over my YouTube channel about working between the webbing between the toes. Similarly with the hands, anatomical position is palms forward.

But again, because of this collapsing structure and internal rotation, people are walking around with their palms facing the back of their body, and then we get locked in at the hands here.

So working between the webbing of the fingers, we can do both hands at one time. Here, have your hands around belly button height and just spread the thumb and index finger to begin and push with equal pressure.

And again, if you can hold for three minutes, amazing. Then you do the same thing between the index and middle finger, then the third and the fourth finger.

This one always gets me the most. And then between the fourth and the fifth, and once you finish the lightness, it's like you've just let go of weight and the lightness that comes into your arms.

To allow this lifting and bringing the rib cage into better alignment is amazing. So if you make this a daily practice, that is going to help release the anchors that have locked you in so that we can start really making deep, profound changes through your entire structure.

Yeah, that's that's that's incredible. And that's that's the thing.

Why Opening the Body Matters for Cancer Recovery

It's, you know, cancer is is about it's a survival mechanism, essentially. And the less safe we feel in the world, the more we're going to be in that that sympathetic stress state, you know, which is going to suppress immune system and also suppress it's going to make us more inflamed.

So if we can feel safe in the world by by having a solid foundation as you're walking, that in itself is going to then send signal to the brain, which will then also send signal to the rest of the body that I'm okay.

Yeah, I'm going to be okay, and I can handle whatever is going on. So this is just because you mentioned prostate and this is a beautiful thing you can do.

You can sit on the floor. You can also sit on a chair with this rolled up towel. It is amazing. After three minutes how your sit bones migrate. How then you feel this fluidity in the pelvic floor.

And again that's the goal. We don't want adhesions to create density and twisting. We want to bring everything to be properly aligned and opened and spacious.

So such a simple thing to do with profound benefits in how you feel, how you move, if you tie in the feet, do this, the fingers and even just the belly position every day like you are again starting to change the trajectory of how your body has been patterned in time to start taking the time out of the tissue and put the space back.

And people are always so concerned when you talk to you on colleges, you know, or even massage therapists, you know, they're so afraid to sometimes touch you because they're saying, I'm afraid that it's going to spread the cancer and that's going to go out everywhere in reality is that cancer is a systemic disease.

It is already systemically all over your body, and your immune system is fighting it throughout your body. And it beautifully has rotted together in one location and walled it off instead of it being, you know, excessively or all over.

So if you can then change and the issue where you then have the tumor accumulation is that you have it's a very toxic area, like I mentioned before. So if we can shift that environment not and don't be afraid in regards to, you know, that I'm going to let cancer cells go all over the place.

It's it's already the immune system needs access to that tissue. And, and we need nutrients because it's not just cancer cells in that area. It's healthy cells as well.

And we want to fortify them as much as possible to shift that environment. So the best we can do is open up those adhesions, you know, so muse system can get in there.

We can change that environment so that tissue can heal. Because the more we close that up, the more it's like you're kind of have some toxic matters just kind of festering and gets older and older and worse and worse and kind of gradually grows.

So you got to shift that trajectory. And by doing these kind of things where we're able to do that along, obviously with eating right, you know, and thinking right, and all these other components.

But this is to me is such a core component to open up the flow throughout the body. Because, again, I see cancer as a fibrotic, dense tissue, and we need to open that up.

And when we do that, we're then allowed we're able to shift that into healthy tissue instead. So yeah, that thank you. Thank you so much Deanna. And and how can people I thank you have a little special as well for the audience and how can people connect with you.

Yeah. So if they want to download the free gift, it's basically a nine part series using a rolled up towel. Again, just to give you more of a sense of this work through the whole body.

And then if down the road, you're so inclined to dive into the actual block therapy practice. We use our tools that

are made of wood because bone and wood are similar in density.

So we get deeper with the actual tools and we literally work head to toe. There's so much content in our starter program, but block therapy.com is my website and I have a YouTube channel as well, block therapy that has tons and tons of free information, free video, really talking about again how to support your structure overall so that we can move out what no longer serves and bring in the great stuff that we want in this lifetime.

I love that. Well, yeah, thank you. Thank you for your mission and in creating more fluidity in the world. Thank you. Thank you so much, doctor K. It's been an absolute pleasure to be here with you in your community.

Always love it. Thanks.