These 3 Sinus Tricks Unlock Mold Detox FAST | Detox Nation Transcript

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Sinus Pathway To Brain

This thing on your face, your nose This thing on your face, your nose coming into your sinuses is your body's coming into your sinuses is your body's shortcut for toxicants unfortunately to shortcut for toxicants unfortunately to go into the brain like mold, irritate go into the brain like mold, irritate the nervous system and also distort your the nervous system and also distort your own immune responses and hijack your own immune responses and hijack your gut. So yeah, it matters a lot and it gut. So yeah, it matters a lot and it gets so misunderstood and overlooked gets so misunderstood and overlooked even by seasoned practitioners that even by seasoned practitioners that really care about helping you resolve really care about helping you resolve your mold stuff. So we want to make sure your mold stuff.

Our Experience

So we want to make sure that we're giving it its due. Remember that we're giving it its due. Remember that Michael and I are not coming at that Michael and I are not coming at this hypothetically. We went through our this hypothetically. We went through our own harrowing mold journeys. We actually own harrowing mold journeys. We actually both had multiple mold exposures before both had multiple mold exposures before we ever met. And when we moved in we ever met. And when we moved in together, unfortunately, we didn't together, unfortunately, we didn't realize this, but you know, the bedroom realize this, but you know, the bedroom was right over um a moldy basement and was right over um a moldy basement and there was mold coming in through certain there was mold coming in through certain water damage leaks in the house. We just water damage leaks in the house. We just didn't know to think about that. And the didn't know to think about that. And the confluence of that less putting the confluence of that less putting the Wi-Fi router under our bed. mold is Wi-Fi router under our bed.

Instant Nervous System Regulation Exercise

mold is going to impact you more directly and going to impact you more directly and for longer if there are other stressors for longer if there are other stressors to your body's own healing responses.

to your body's own healing responses. Some support is the name that Michael Some support is the name that Michael and I gave our basket of tools that we and I gave our basket of tools that we see really helping you to shift your see really helping you to shift your nervous system in real time even when nervous system in real time even when you're stressed. So, we're going to you're stressed. So, we're going to stimulate these acupressure points up stimulate these acupressure points up here on the forehead. We actually take here on the forehead. We actually take all these fingers and line them up in a all these fingers and line them up in a nice even line across the forehead about nice even line across the forehead about midway up. And if you're like um me, you midway up. And if you're like um me, you may have seen somebody in your life do may have seen somebody in your life do this. My dad did this a lot when he was this. My dad did this a lot when he was stressed out when I was little. I stressed out when I was little. I remember seeing him at the kitchen table remember seeing him at the kitchen table going like this and I would be like, going like this and I would be like, "Oh, dad's stressed. He's he's having a "Oh, dad's stressed. He's he's having a hard time." And I would just know hard time." And I would just know instantly. What I didn't realize was he instantly. What I didn't realize was he was instinctively trying to was instinctively trying to self-regulate and trying to restimulate self-regulate and trying to restimulate the prefrontal cortex, send blood flow the prefrontal cortex, send blood flow back to the front of the brain, better back to the front of the brain, better decision-m, less blood flow to the the decision-m, less blood flow to the the fear centers, more blood flow to the fear centers, more blood flow to the decision-making centers. Isn't that decision-making centers. Isn't that interesting? And we find studies show interesting? And we find studies show that this is actually a really great way that this is actually a really great way to self-regulate. So, all we have to do to self-regulate. So, all we have to do if you're like me, you might have a if you're like me, you might have a surface in front of you, you can rest surface in front of you, you can rest your elbows on it and rest your forehead your elbows on it and rest your forehead on it. It's really not complicated and on it. It's really not complicated and it's free. If not, you can still, you it's free. If not, you can still,

you know, let your elbows your four uh your know, let your elbows your four uh your arms rest against your chest and round arms rest against your chest and round over. If you don't have a surface in over. If you don't have a surface in front of you, notice how you are front of you, notice how you are naturally drawn to take a deeper breath.

naturally drawn to take a deeper breath. When you're in this position, you might When you're in this position, you might soften your belly, soften your eyes, soften your belly, soften your eyes, soften your jaw, soften your tongue.

soften your jaw, soften your tongue. Just go ahead and let your tongue float Just go ahead and let your tongue float up to the roof of your mouth like a up to the roof of your mouth like a magnet sucked back up to the top so that magnet sucked back up to the top so that you have a nice connection point there you have a nice connection point there that's going to support vagus nerve that's going to support vagus nerve regulation. It's going to support regulation. It's going to support parasympathetic dominance. It's going to parasympathetic dominance. It's going to support a deeper diaphragmatic breath.

support a deeper diaphragmatic breath. And of course, you already know that And of course, you already know that sinuses are use it or lose it. We want sinuses are use it or lose it. We want to encourage a nice nasal breath in and to encourage a nice nasal breath in and out. If you can notice that while you're out. If you can notice that while you're in this position, your body wants to in this position, your body wants to naturally slow down your breathing. And naturally slow down your breathing. And you may become aware that your breathing you may become aware that your breathing was rather on the shallow or the rapid was rather on the shallow or the rapid side. And maybe we've been spending too side. And maybe we've been spending too much time in a shallow rapid breathing much time in a shallow rapid breathing rhythm. That's normal or that's common, rhythm. That's normal or that's common, not normal when we don't feel well to not normal when we don't feel well to actually have this paradoxical breathing actually have this paradoxical breathing is what it's called. or we're not is what it's called. or we're not sending breath down, down, down, deeper sending breath down, down, down, deeper into the body the way we want to when into the body the way we want to when we're in a healing state. We we're in a healing state. We accidentally get caught in a stressed accidentally get caught in a stressed breathing which is too shallow, too high breathing which is too shallow, too high in the breathing cavity. So, while we in the breathing cavity. So, while we sit here together for just a couple more sit here together for just a couple more breaths, I want you to be really breaths, I want you to be really intentional. Stretch your diaphragm intentional. Stretch your diaphragm downward as you inhale and exhale downward as you inhale and exhale completely out to allow your diaphragm completely out to allow your diaphragm to come all the way back up. Draw your to come all the way back up. Draw your navl to the back of your spine. Right navl to the back of your spine. Right there. In. In. In. Exhale. Exhale.

there. In. In. In. Exhale. Exhale. Exhale. So the next breath feels nice Exhale. So the next breath feels nice and fresh. Inhaling all together. 1 2 3 and fresh. Inhaling all together. 1 2 3 4 5. Exhale. 1 2 4 5. Exhale. 1 2 3 4 5. Slower now. 1 2 3 3 4 5. Slower now. 1 2 3 4 5. Exhale. 1 2 4 5. Exhale. 1 2 3 4 5. Last one. Inhale. 1 2 3 4 5. Last one. Inhale. 1 2 5. Exhale. 1 2 3 5. Exhale. 1 2 3 5. And take all the time you need right 5. And take all the time you need right here to take inventory of your body.

here to take inventory of your body. Send a little fresh oxygen and love to Send a little fresh oxygen and love to the part of your body that's asking for the part of your body that's asking for it the most with the next inhale. And it the most with the next inhale. And just notice the shifts that have already just notice the shifts that have already happened with that first sa support. And happened with that first sa support.

Sinus Opening Technique

And now we'll go into our next soma support now we'll go into our next soma support stack together. Now we're going to go stack together. Now we're going to go into our sinus opening points. Remember into our sinus opening points. Remember how the sinuses are formed. Right? So how the sinuses are formed. Right? So this is just giving you this visual one this is just giving you this visual one more time. You actually have four pairs more time. You actually have four pairs of sinuses. Maxillary in the cheeks, of sinuses. Maxillary in the cheeks, sppheninoid up here in the corners of sppheninoid up here in the corners of the eyes, deep between the nose and the eyes, deep between the nose and eyes. ethmoid between the eyes a little eyes. ethmoid between the eyes a little higher up and the frontal which is up higher up and the frontal which is up and above the brows. We can encourage and

above the brows. We can encourage deeper sinus opening just very gently deeper sinus opening just very gently and yes there are core acupuncture and yes there are core acupuncture points that we're also stimulating in points that we're also stimulating in this process. Going to gently use two this process. Going to gently use two fingers find the corners of the nose of fingers find the corners of the nose of your mouth the nose of your mouth the your mouth the nose of your mouth the corners of your nose right here where if corners of your nose right here where if you smile that's would be where your you smile that's would be where your cheeks would lift. We're going to gently cheeks would lift. We're going to gently draw upward in little outward circles. I draw upward in little outward circles. I know it looks crazy, but so good for know it looks crazy, but so good for you. And invite your body to breathe you. And invite your body to breathe through the sinuses while you do this through the sinuses while you do this process. Don't push too hard. This is process. Don't push too hard. This is delicate tissue.

delicate tissue. Inviting a deeper breathing in. This Inviting a deeper breathing in. This gives you brings your attention gives you brings your attention neurologically all the way to this site neurologically all the way to this site that we stop paying attention to right that we stop paying attention to right when we need it the most, which is kind when we need it the most, which is kind of weird when you think about it. We're of weird when you think about it. We're going to move our fingers up midway up going to move our fingers up midway up the bridge. So, we're still using the bridge. So, we're still using pressure from this pointer finger and pressure from this pointer finger and then up here to lift the cheeks. Open then up here to lift the cheeks. Open upwards. Nice nasal breathing. Become upwards. Nice nasal breathing. Become aware of the shape of your breath.

aware of the shape of your breath. Notice what you notice. Gentle pressure Notice what you notice. Gentle pressure upwards and outwards. And then moving upwards and outwards. And then moving up, we're going to go into the corners up, we're going to go into the corners of the eyes. 10 gentle upward circles.

of the eyes. 10 gentle upward circles. And one of these points might hit And one of these points might hit stronger than another. You might feel stronger than another. You might feel more tenderness in a certain spot. Might more tenderness in a certain spot. Might feel really welcome or might feel like, feel really welcome or might feel like, "Ooh, I didn't know it was going to be "Ooh, I didn't know it was going to be that tender right there." And then we'll that tender right there." And then we'll end with some nice circles up at the top end with some nice circles up at the top here. Now, are we directly touching the here. Now, are we directly touching the sinus points up here? No, we're not.

sinus points up here? No, we're not. them. They're deeper in the tissues. But them. They're deeper in the tissues. But what we're doing is stimulating blood what we're doing is stimulating blood flow and neurons. We're telling the flow and neurons. We're telling the body, "Hey, all these delicate body, "Hey, all these delicate lymphatics in here, let's move these.

lymphatics in here, let's move these.

Lymphatic Drainage Support

Let's open them up." You can even finish Let's open them up." You can even finish with a bonus little um lymphatic with a bonus little um lymphatic massage. Hook your thumbs under the massage. Hook your thumbs under the chin, under the jawline. Gently work chin, under the jawline. Gently work your way out and down. You can palpate your way out and down. You can palpate down either side of the neck, hooking down either side of the neck, hooking under and down and ending with some nice under and down and ending with some nice opening points. of everything drained.

opening points. of everything drained. Just palpate on either side of your Just palpate on either side of your collar bones at the base of your neck collar bones at the base of your neck and then under the collar bones. You can and then under the collar bones. You can give yourself a little extra love just give yourself a little extra love just to support lymphatic drainage. Now down to support lymphatic drainage. Now down here, I actually encourage you to here, I actually encourage you to pulpate rather um you know with some pulpate rather um you know with some more pressure than you would up here in more pressure than you would up here in these delicate sinus tissues because we these delicate sinus tissues because we actually want to open up the fascia and actually want to open

up the fascia and get to the deeper length. This isn't get to the deeper length. This isn't just about delicately you know just about delicately you know encouraging surface lymph to move. We encouraging surface lymph to move. We actually want to open up these points actually want to open up these points because the fascia has lots of reasons because the fascia has lots of reasons to constrict in the chest in this day to constrict in the chest in this day and age because of the way we round and age because of the way we round over. You know, we're rounding over our over. You know, we're rounding over our tech, our phones, our laptops. You might tech, our phones, our laptops. You might be a side sleeper, too. We hunch and be a side sleeper, too. We hunch and contract. So, we want to open up the contract. So, we want to open up the breathing cavity. You know, for the breathing cavity. You know, for the sinuses, for the lymphatics, for the sinuses, for the lymphatics, for the lungs, work the diaphragm. We need to lungs, work the diaphragm.

Nervous System As Healing Driver

We need to have oxygen to help combat mold. What we have oxygen to help combat mold. What we just demonstrated in real time is what just demonstrated in real time is what we want to be doing on a daily basis for we want to be doing on a daily basis for ourselves as we work our mold recovery ourselves as we work our mold recovery journey. This is not hypothetical. This journey. This is not hypothetical. This is not lip service that we're just is not lip service that we're just giving to the nervous system. The point giving to the nervous system. The point is to enroll the nervous system as the is to enroll the nervous system as the CEO of your own healing. If it doesn't CEO of your own healing. If it doesn't feel safe, it's not going to encourage feel safe, it's not going to encourage you to detox and drain. And those are you to detox and drain. And those are really important mechanisms. It's not really important mechanisms. It's not going to let you to digest to absorb going to let you to digest to absorb your nutrients. It's going to your nutrients. It's going to downregulate repair as well. It's going downregulate repair as well. It's going to instead send resources to the systems to instead send resources to the systems of the body that help you stay alert and of the body that help you stay alert and arise to meet a temporary stressor. But arise to meet a temporary stressor. But mold is an ongoing stressor. If you're mold is an ongoing stressor. If you're living in it, certainly it's an ongoing living in it, certainly it's an ongoing poisoning. But even after you've left a poisoning.

Why Detox Slows Under Stress

But even after you've left a moldy environment, if you still have moldy environment, if you still have mold in your body, that is continuing to mold in your body, that is continuing to be an ongoing stressor. So, we have to be an ongoing stressor. So, we have to enroll the nervous system in our own enroll the nervous system in our own healing responses, in our detox journey, healing responses, in our detox journey, so that we're upregulating detox once so that we're upregulating detox once more. Because your nervous system's job more. Because your nervous system's job is to constantly ask, "Am I safe right is to constantly ask, "Am I safe right now?" And if the answer is no, because now?" And if the answer is no, because you have you're breathing in mold you have you're breathing in mold spores, you have miccotoxins running spores, you have miccotoxins running through your blood and in your brain and through your blood and in your brain and in your liver, and your liver is trying in your liver, and your liver is trying to get kick them out for you, then of to get kick them out for you, then of course your nervous system is going to course your nervous system is going to be getting signals from inside the body, be getting signals from inside the body, hey, we are not safe. And it's going to hey, we are not safe. And it's going to lead to slower detox, drainage, and lead to slower detox, drainage, and repair and more and more stress over repair and more and more stress over time. That's why the mold recovery time. That's why the mold recovery journey is so naturally like by journey is so naturally like by default journey is so naturally like by default