This Is Why Toxins Stay Stuck (Fascia & Lymph Blockages) | Dr. Stephanie Canestraro Transcript

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What We Get Wrong About Lymphatics

about our fascia and our deep lymphatics about our fascia and our deep lymphatics or our lymphatic system. What are we or our lymphatic system. What are we still getting wrong even in this era of still getting wrong even in this era of like really studying and wanting to like really studying and wanting to honor how fascia works, how the honor how fascia works, how the lymphatics work? We talk a lot about lymphatics work? We talk a lot about lymphatics. And when we talk about lymphatics. And when we talk about lymphatics, we're first of all not lymphatics, we're first of all not talking about the fascia along with it talking about the fascia along with it most of the time. And even when you see most of the time.

Superficial Vs Deep Lymph Drainage

And even when you see the way people are addressing what they the way people are addressing what they think is lymphatics, it's like this think is lymphatics, it's like this gentle pumping motion, which drives me gentle pumping motion, which drives me absolutely crazy because when you're absolutely crazy because when you're sick with lime like we had or you have sick with lime like we had or you have mold toxicity, it's not just your skin mold toxicity, it's not just your skin that needs drained, that's what you're that needs drained, that's what you're draining when you do that very small draining when you do that very small pumping. Even the whole messaging, which pumping. Even the whole messaging, which is that our lymphatics don't have is that our lymphatics don't have muscular walls, they don't have valves, muscular walls, they don't have valves, that's only true for the very that's only true for the very superficial layer, the very top layer in superficial layer, the very top layer in our skin. So, we're talking about our our skin. So, we're talking about our skin fascia. Maybe vanity is very big skin fascia. Maybe vanity is very big right now. People don't want to be right now. People don't want to be puffy, all of that. That's great. But puffy, all of that. That's great. But when you're sick and you're in pain and when you're sick and you're in pain and you have organ issues and you know, you you have organ issues and you know, you talk a lot about the liver, your organs talk a lot about the liver, your organs need to drain. When your organs need to need to drain. When your organs need to drain and they're the deeper things, drain and they're the deeper things, that's under the layers of deep fascia.

that's under the layers of deep fascia. So, our fascia separates every organ. So, our fascia separates every organ. People use the analogy of an orange peel People use the analogy of an orange peel because it's the easiest thing to like because it's the easiest thing to like envision, right? So, if you picture envision, right? So, if you picture peeling back an orange and the first peeling back an orange and the first layer is your skin and then that white layer is your skin and then that white thick layer underneath is the fascia, thick layer underneath is the fascia, but then you peel apart each, those are but then you peel apart each, those are all intertwined in their own little all intertwined in their own little fascial layer, right? If you think about fascial layer, right? If you think about that and you just pumped an orange that and you just pumped an orange gently like and you're thinking of the gently like and you're thinking of the interconnection of all the other ones interconnection of all the other ones that are supposed to be sliding, like that are supposed to be sliding, like can you picture that that maybe wouldn't can you picture that that maybe wouldn't really affect it that much, right? So, really affect it that much, right? So, now we know that under our superficial now we know that under our superficial layer of fascia, there's our more layer of fascia, there's our more superficial drainage. There's our skin superficial drainage. There's our skin lymphatic drainage. Then underneath the lymphatic drainage.

Fascia Layers Around Organs

Then underneath the first layer of fascia is still called first layer of fascia is still called our superficial lymph, but that lymph our superficial lymph, but that lymph still has a muscular wall and a valve.

still has a muscular wall and a valve. And then under the deeper fascia is our And then under the deeper fascia is our deep lymphatics that are draining even deep lymphatics that are draining even deeper our organs, all of the tissue deeper our organs, all of the tissue that needs drained in our whole entire that needs drained in our whole entire body. So when you're in pain cuz your body. So when you're in pain cuz your organs are draining, you need to be organs are draining, you need to be affecting even the deep fascia. That's affecting even the deep fascia. That's why we teach a lot of teasing techniques why we teach a lot of teasing techniques where you're teasing the fascia because where you're teasing the fascia because that's the only way that you're going to that's the only way that you're going to manually affect the deeper lymphatic manually affect the deeper lymphatic tissue, right? And there has to be a tissue, right? And there has to be a little bit more pressure. Like yes, you little bit more pressure. Like yes, you might compress for a few seconds the might compress for a few seconds the more superficial lymph and even the more superficial lymph and even the lymph nodes are okay to compress lymph nodes are okay to compress temporarily, right? Obviously, you don't temporarily, right? Obviously, you don't want to push on them so hard that you want to push on them so hard that you compress them and damage them. But compress them and damage them. But again, we're trying to teach people again, we're trying to teach people self-care because when I was really sick self-care because when I was really sick and I'm in pain and I'm suffering and and I'm in pain and I'm suffering and I'm herxing, if I could release my left I'm herxing, if I could release my left side where most of my lymphatic drains, side where most of my lymphatic drains, 75% of our body drains into our 75% of our body drains into our lymphatic duct on the left hand side. If lymphatic duct on the left hand side.

Why Gentle Lymph Massage Fails

If you just knew that and worked deep on you just knew that and worked deep on that fascia in the chest and created that fascia in the chest and created space there, because again, another space there, because again, another misconception is that lymph doesn't know misconception is that lymph doesn't know where to flow. We got to push it to the where to flow. We got to push it to the right direction, right? Like I mean, right direction, right? Like I mean, come on. When you create more space, it come on. When you create more space, it almost creates like a vacuum and stuff almost creates like a vacuum and stuff and then your lymph can clear better.

and then your lymph can clear better. And even bigger was like no one touches And even bigger was like no one touches people's bellies. That's where all your people's bellies. That's where all your organs are. So, we got really into organs are. So, we got really into working on the fascia in the belly, like working on the fascia in the belly, like the deeper layers of fascia. Those are the deeper layers of fascia. Those are like these money spots if you release like these money spots if you release that like the stomach starts gurgling.

that like the stomach starts gurgling. People feel like this release of People feel like this release of pressure. And then like think about all pressure. And then like think about all of the upper GI stuff you're seeing of the upper GI stuff you're seeing right now where hiatal hernas or their right now where hiatal hernas or their valves not working. If you think of just valves not working. If you think of just behind those structures is one of the behind those structures is one of the biggest structures that clears your biggest structures that clears your whole body which is the sernna kylie. So whole body which is the sernna kylie. So that's this big huge lymph node that has that's this big huge lymph node that has to clear your whole body. Well imagine to clear your whole body.

Releasing Deep Fascia For Detox

Well imagine that's stuck and congested and it pushes that's stuck and congested and it pushes forward. There can be a structural issue forward. There can be a structural issue that's creating that right and even when that's creating that right and even when we try to detox we start moving more we try to detox we start moving more lymph or we have lots of infections and lymph or we have lots of infections and we create more lymph. So there's too we create more lymph. So there's too much pressure and there's not enough much pressure and there's not enough clearance and there's not enough space clearance and there's not enough space and then you're not actually able to get and then you're not actually able to get better because no matter if you push better because no matter if you push something and you take a lymph drainer something and you take a lymph drainer that helps it move, you don't have any that helps it move, you don't have any space. So we're creating space with space. So we're creating space with teasing and then we're using topicals teasing and then we're using topicals that help the smooth muscle move to help that help the smooth muscle move to help things open up, help the immune system things open up,

help the immune system even that is intertwined with our even that is intertwined with our fascia.

Breath And Lymphatic Stagnation

fascia. fascia. >> But you just said a mouthful about how >> But you just said a mouthful about how we're ignoring the abdomen and I agree we're ignoring the abdomen and I agree with you. We see everybody who comes to with you. We see everybody who comes to us as this paradoxical breathing, really us as this paradoxical breathing, really shallow breathing. So, they're not using shallow breathing. So, they're not using their diaphragm because they've been their diaphragm because they've been through prolonged periods of stress or through prolonged periods of stress or shocks or traumas. So, that their their shocks or traumas. So, that their their diaphragm is no longer stretching and diaphragm is no longer stretching and using its full range of motion the way using its full range of motion the way that it needs to in order to massage the that it needs to in order to massage the internal organs and keep things moving.

internal organs and keep things moving. So, right away, we know we've got some So, right away, we know we've got some serious stagnation to deal with and serious stagnation to deal with and retrain out of the body. And I've heard retrain out of the body. And I've heard you say that everything starts with the you say that everything starts with the breath and you really teach people how breath and you really teach people how to breathe. So I want to talk about that to breathe. So I want to talk about that today and then I want to go to the today and then I want to go to the abdominal piece.

abdominal piece. >> So again when I was talking about fascia >> So again when I was talking about fascia there's so many different levels but there's so many different levels but your diaphragm it's a muscle but there's your diaphragm it's a muscle but there's like such a thick layer of fascia that like such a thick layer of fascia that connects to it and connects the whole connects to it and connects the whole organ system the mezzanary and the um organ system the mezzanary and the um these are different fascial structures these are different fascial structures in our abdomen. But one of the biggest in our abdomen. But one of the biggest points where you can access is releasing points where you can access is releasing the actual diaphragm. So we teach people the actual diaphragm.

Diaphragm Release For Detox Flow

So we teach people how to hook under their diaphragm hold how to hook under their diaphragm hold and release until you feel like a gurgle and release until you feel like a gurgle or some sort of release. But even just or some sort of release. But even just the manual release part then people the manual release part then people start to breathe better right sometimes start to breathe better right sometimes it's like what comes first the chicken it's like what comes first the chicken or the egg did you stop breathing well or the egg did you stop breathing well because there wasn't enough space also because there wasn't enough space also right like you have all these infections right like you have all these infections your term that I say all the time is the your term that I say all the time is the solution to pollution is dilution now solution to pollution is dilution now you have all that pressure so first of you have all that pressure so first of all you can do some things to release it all you can do some things to release it and then things start to gurgle and move and then things start to gurgle and move and then you'll feel like your breath and then you'll feel like your breath opens and breathing is obviously one of opens and breathing is obviously one of the ways that we pump our lips I'm just the ways that we pump our lips I'm just doing a deep breath now into my belly doing a deep breath now into my belly because it's another reason why all of because it's another reason why all of the organs are shifting upwards. I the organs are shifting upwards. I personally had a hiatal hernia. Again, personally had a hiatal hernia. Again, just like you, a lot of our personal just like you, a lot of our personal story drives us into finding solutions story drives us into finding solutions and then sharing that with other people and then sharing that with other people in order to empower them. One of them in order to empower them. One of them was like pushing out my belly while was like pushing out my belly while doing a diaphragm breath. I have a doing a diaphragm breath. I have a sliding hiatal hernia and I could feel sliding hiatal hernia and I could feel it go downwards. And we use breath a lot it go downwards.

Fascia Structures In The Abdomen

And we use breath a lot too when we're treating people in the too when we're treating people in the abdomen, breathing into our hands to abdomen, breathing into our hands to help us release different areas that we help us release different areas that we can't reach without them breathing out can't reach without them breathing out to get deeper. We use breath in that to get deeper. We use breath in that way. But just obviously breathing way. But just obviously breathing through your diaphragm and not having through your diaphragm and not having just those shallow breaths is going to just those shallow breaths is going to help open up your entire system. Your help open up your entire system. Your neck is going to move better. Your neck is going to move better. Your posture is going to be better. You're posture is going to be better. You're going to get better blood flow going to get better blood flow everywhere. Your organs are going to be everywhere. Your organs are going to be in the right place. Your lymph can flow.

in the right place. Your lymph can flow. your liver can get the nice pumping it your liver can get the nice pumping it needs so it doesn't get stagnant as needs so it doesn't get stagnant as well. Breath is huge. Working on your well. Breath is huge. Working on your actual diaphragm is part of what we actual diaphragm is part of what we teach because of how powerful that area teach because of how powerful that area is and how thick that fascial layer is.

is and how thick that fascial layer is. So that's a very important piece as So that's a very important piece as well. From your perspective, somebody at well. From your perspective, somebody at home, what is the first step they should home, what is the first step they should do if they're struggling with chronic do if they're struggling with chronic symptoms? Fatigue, edema, sensitivity to symptoms? Fatigue, edema, sensitivity to their environment, sensitivity to foods.

their environment, sensitivity to foods. It's not headed in the right direction. It's not headed in the right direction.

First Steps For Chronic Symptoms

They may not be dealing with a diagnosis They may not be dealing with a diagnosis yet, but this is not ending well for yet, but this is not ending well for them. Where should they start to support them. Where should they start to support their fascia and their lymph?

their fascia and their lymph? >> I want people to work on their lymph and >> I want people to work on their lymph and their fascia, but I'm a big proponent of their fascia, but I'm a big proponent of binders as well. Even when we loosen a binders as well. Even when we loosen a lot of your fascia, you release a lot of lot of your fascia, you release a lot of toxins because your body is smart. It toxins because your body is smart. It doesn't keep these bugs like it tries to doesn't keep these bugs like it tries to kick them out of your bloodstream.

kick them out of your bloodstream. That's why a lot of people with chronic That's why a lot of people with chronic illness and they're doing blood tests illness and they're doing blood tests and it's like, oh, like I don't have an and it's like, oh, like I don't have an infection. you know, our body kicks them infection. you know, our body kicks them out into the interstitial space into the out into the interstitial space into the fascia and that's where we kind of get fascia and that's where we kind of get these terrain starts being I don't want these terrain starts being I don't want to say dirty, but giving off a frequency to say dirty, but giving off a frequency of help clear me out like some systemic of help clear me out like some systemic kind of inflammation. We have now this kind of inflammation. We have now this dirty fascia and then now we're going to dirty fascia and then now we're going to tease it. So, we're going to release tease it. So, we're going to release some toxins. We even see it in people's some toxins. We even see it in people's live blood cells if they get fascial live blood cells if they get fascial work or if you get fascial work or go in work or if you get fascial work or go in a sauna, anything that moves stuff a sauna, anything that moves stuff around, things are dumped back into around, things are dumped back into circulation. finding a binder, even if circulation. finding a binder, even if it's a stronger like plant antioxidant it's a stronger like plant antioxidant binder, it doesn't matter. I just need binder, it doesn't matter.

Why Binders Matter In Detox

I just need people to know that they can handle people to know that they can handle something that helps them if something something that helps them if something flares them or makes them hurts if they flares them or makes

them hurts if they know that term, which I'm sure they do know that term, which I'm sure they do if they're listening to this and have if they're listening to this and have been through their own issues. But the been through their own issues. But the place to start, like I said, is already place to start, like I said, is already always around the left collar bone, the always around the left collar bone, the left trap area, neck clearing. You want left trap area, neck clearing. You want to clear that area first because that's to clear that area first because that's where it has to dump back into where it has to dump back into circulation. And then it's cleared out circulation. And then it's cleared out either through our intestines or through either through our intestines or through our kidneys. Our lymph has to our kidneys. Our lymph has to recirculate through our heart. And I recirculate through our heart. And I have a good example of that too which I have a good example of that too which I want to share because it gave me an aha want to share because it gave me an aha moment and it's when I had like severe moment and it's when I had like severe lymphatic stagnation. So much so that I lymphatic stagnation. So much so that I had a much larger left breast than my had a much larger left breast than my right breast. Like I'm talking like a right breast. Like I'm talking like a double D on one side and like a regular double D on one side and like a regular size on the right. I was doing some work size on the right. I was doing some work on my chest and I also got some neural on my chest and I also got some neural therapy which is when one of the things therapy which is when one of the things that can help lymph move which is an that can help lymph move which is an injection. Once that started moving, I injection. Once that started moving, I started getting multiple heart pelps one started getting multiple heart pelps one after the other after the other as the after the other after the other as the toxins like kind of recirculated through toxins like kind of recirculated through followed by a deflated left breast and a followed by a deflated left breast and a feeling of calm. That congestion and all feeling of calm.

Clearing The Left Lymph Drainage

That congestion and all that waste that had nowhere to go, so it that waste that had nowhere to go, so it overflows into my breast. My arm always overflows into my breast. My arm always felt kind of swollen as I opened up that felt kind of swollen as I opened up that collar bone area with the neurotherapy collar bone area with the neurotherapy and with just teasing all of the fascia and with just teasing all of the fascia up, down, side to side. Same with on my up, down, side to side. Same with on my trap and just opening the space around trap and just opening the space around where it all drains into opened up where it all drains into opened up enough that I literally like a balloon enough that I literally like a balloon deflated and that was my lymphatics kind deflated and that was my lymphatics kind of like recirculating and draining out of like recirculating and draining out and it gave me immense relief and was and it gave me immense relief and was one of those aha moments for me. So like one of those aha moments for me. So like because 75% of your lymphatics drains because 75% of your lymphatics drains right into your left side, that's right into your left side, that's