Unblocking Your Energy: Fascia Therapy For Mental Clarity & Emotional Balance Transcript

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Introduction to Hormones, Mental Health, and Fascia

Hello. Welcome back. I am your co-host, actor Sharon Stills for the Hormones and Mental Health Overcoming Anxiety depression ADHD summit. I am honored and excited to be here with you.

We've got a cool conversation coming up, so I you know, it was just such a great opportunity to co-host. I'm so excited to be a co-host of this summit, and I just really wanted to bring in all my cool people from my bio regulatory medicine and just really give you different lenses upon which to look at anxiety, depression, ADHD and you know what I've said before, but if this is the first talk you're catching with me, it's not to say that, you know, taking things are not important because they are.

But we want to be focusing on like holistically, globally, the whole gestalt of everything. And so what we're going to talk about here today with the lovely Diana Hanson, my fashion guru, is just really this beautiful piece that we don't think about, right?

Because when we are brought up in our society, we're always taught to look outside ourselves. Oh, I'm feeling depressed. What do I need to take? Oh, I don't want to take a pharmaceutical.

Go. You good? I'll go see Doctor Stills and she'll give me an herb. So good. Better. But let's talk about some real root causes and things you can be doing with your five HTP or your progesterone or your adrenal gland.

So DNA Hansen is a dear friend of mine. I have had the honor of having her put her hands on me. And let me tell you, this lady is magic, and I don't I don't give out the magic title to many people.

She has more than 20 years of hands on clinical experience. She has created block therapy, which is this unique fascia release protocol. And I'm sure we'll talk about the blocks because the blocks are important.

And she really just gets to the root of our fashion. If you don't know what our your fashion is, that's okay, because we're going to tell you we're going to tell you how your fascia and how releasing it can relate to you feeling better, to anxiety, leaving to depression, lifting to focus, coming back.

So that's what I've got to say. I'm going to welcome you. And I'm, I'm I'm like all out of my chair because I know the power. I know the power of what we're going to talk about today and how it could change women's lives, who are listening.

And we have really cool pictures. So a lot of times we don't do little, you know, sharing, but we have some cool pictures you are going to want to watch and see because seeing is believing.

And Deanna showed them to me before we came live. And I was like, oh my God, oh my God. So all right, welcome. I'll be quiet for a second. Let you say hello.

Thank you. That was so beautiful. I so appreciate being here with you.

What Fascia Is and Why It Matters

And I just love the way that you reference and frame everything. You are just so incredibly brilliant and I'm just honored to be here. Thank you so much.

Thank you, thank you. Okay, so we've got 30 minutes and a lot to cover. So we're going to move on from our little

love fest. So let's first of all just talk about what is the fascia in case there's people listening.

Because fashion's like making its way. It's definitely coming more into the forefront. But it's still got a little ways to go to get where it rightfully deserves to be in our health care system.

So if you could just say what the fascia is and what does it have to do? What is the hormone connection? Yes, absolutely. So, Sasha is the cell membrane of every cell connecting to every other cell.

So it's the communication system between the cells in the body. It's also primarily made of collagen and elastin. So it creates both the mobility and the stability for the body.

And when it is healthy and perfectly aligned, the the key is that there's optimal space in and around each and every cell. And the reason this is so important is because space allows for ease of flow of nutrients into the cell, as well as the ease of toxin and waste removal away from the cell.

When we don't have the, understanding of proper fascia alignment, the cells start to migrate under the forces of gravity and unconscious posture and breathing.

Over time, the collagen ends up building these false walls and false floors in the system which act like scar tissue blocking flow and a system that has blocked flow struggles.

And if we're talking about hormones, the glands if the glands don't have that room to do all of their amazing jobs, then the body is stressed and we feel it in every way, shape and form within the body.

So super, super quick thing about the fascia. And no, that's great because I think we're so cell orientated. And in European biological medicine, Turin based medicine that I practice it's it's yeah, the cell is important but it's where the cells are sitting and it's the fascia is where the cells are sitting.

So it's this extracellular matrix. And we keep going to the cell. Now the mitochondria is super cool and it is. But if you don't have healthy fats. So like you said it's where the communication happens.

So if the mitochondria is under functioning it's because the fascia is not sending a good communication. So super super important. So let's talk about you know our glands are organs that are associated with these, you know, imbalances and how we're feeling anxiety, depression, these things are so common.

And maybe now's a good time to share your pictures. Yeah, I love to. And so fun too, because we have a bunch of different women that did different programs over different periods of time and to see the changes in their body and to understand if, for example, here's the adrenal gland in the before picture and then you see the changes, you can literally in what's happening to the space inside the body here.

So I'm sharing right now. All right. You can see this. Yes okay. Beautiful. And can you see my cursor as well. Yes okay. Perfect. Okay. So this was Connie.

And Connie did our 90 day program. And Connie had a lot of issues. Her shoulders were very, very painful and, an issue for a long time. But what I love here, and actually, when I get to her side picture, you're going to see it most significantly.

But if you can just translate. So now we've got this pancreas as the example. So like here would be the pancreas in the before picture. And she has so much collapse arcing of the ribcage into the abdominal space.

And this is also indicative of a breath not strong. And actually just because we're talking about this I'm going to turn it right to the side here. So again like think of the middle of her body.

If she doesn't have a strong breath, which we need our fascia to be aligned in order for that to happen, then there is breathing through the muscles of the upper chest.

So to be able to breathe diaphragm, first of all feeds the body. Six times the oxygen. So when we're talking about stress, about depression, a body that is limited in oxygen is going to have those symptoms.

And for me, this was the biggest and first thing that I ever encountered in my own body was major anxiety attacks. And that's how this whole system began for me.

And I became aware of the fact that I'm having these anxiety attacks because I'm not breathing and my cells are giving me information through me feeling anxious that they need some assistance from me.

Before-and-After Body Changes from Block Therapy

I was squishing them because just like Connie here, I was like really collapsed in my core. And so without having that breath, now I'm not sending heat blood oxygen to the cells.

Also, if we don't have proper diaphragmatic breathing, 84% of weight loss comes through the diaphragmatic breath. And so with Connie here, we asked her, don't change anything.

Don't change your diet. Don't change anything else. Don't change how you exercise. Just do the block therapy program to see what kind of changes that we could make in the entire body.

And I love she was actually our winner because she had such an extreme shift and change in her body. So now you can see there's a better stacking of the rib cage over the pelvis.

So this is going to impact all of the glands, all of the organs inside the body from here. I love how we can see the adrenals. So back here we've got the kidneys the adrenal glands because she's so collapsed forward.

These glands and organs are getting pushed to the back of the body. And because she's not breathing properly, she's not getting that internal massage that the diaphragm will do if proper breathing exists.

Where in this after picture, you can see how she's lifted her rib cage up and back. So now she doesn't have all of that stress and tension squishing down on the kidneys and the adrenal.

So now these glands can function with greater ease. Looking at the front of the throat here, the thyroid gland. So she's got this forward head pull because we don't have this nice strong diaphragm here.

And we're collapsing in this forward rotational way. The thyroid gland is getting strangled here. The thymus gland in through here. It's under major tension a major stress from that forward alignment of the rib cage.

So you can see in the after photo here she's got so much more space. And if we really learn to see the body from the perspective of space and where everything should be positioned, then again, we've got that ease of flow of nutrients in and waste removal away.

And then of course, now we've got, you know, at the base of the body, we've got the ovaries for women, testicles for men. Either way, it doesn't really matter if we're not standing properly and supporting our fascia from the foundation as the feet start to fall out of alignment, that impacts the alignment of the hips inside the pelvis, which will impact those glands negatively.

So all in all, if we don't have a body that is properly positioned for our cells and we don't have a breath that's nice and strong to heat the body and move the blood and oxygen into those cells as well as the waste away, then everything is disrupted.

Our nervous system is disrupted, our our digestion is disrupted. That's going to create problems in the brain. And even when we're breathing diaphragmatic, it changes the brain pattern to be one of a relaxed pattern as opposed to a stress pattern.

So I just love this before and after photo, but I think my favorite is seeing it from the side, because you really get that sense of what's happening in this overall body.

Here. Again, if we look in the throat, we've got the thyroid somewhere in here. Over here you can see there's just so much more calmness, more space. You can see that the back of the neck is lengthening, that in turn is also going to be affecting the adrenal glands and so on and so on.

Wow. Like I'm like I don't get speechless very often. I mean it's just so this is no change in diet. No. I mean look at the difference in her abdomen.

Yeah. That's and that's inflammation. You know, it's funny because that's not fat. It's inflammation and toxins that are impacting this whole course space.

So there's this compression and ballooning that happens as a result of not supporting our fascia system properly. So when we learn how to treat our body like a building, we've got a structural component to our body.

So if we have proper foundations and we have a strong breath, then we are able to regulate our body and move again the negative stuff out, including emotion.

So, you know, this kind of body can start from trauma. And I mean, we all have trauma, whether the big tease or the little tease. But the the thing about trauma and how it affects everything going forward is we reactively hold the breath to pain, fear and stress.

And if we don't shake that out like a deer who survives an attack will shake to move that negative energy out of the body. We as humans tend to freeze so if we're aging from that point going forward, then we are really limiting our ability to develop, especially if this happens to the child to develop properly and fully and completely, which is going to create problems with every one of our systems going forward.

Could you just quickly take us through how to do a correct diaphragmatic breath? Yes, I. Think that would be really beneficial. And the most important thing we want to focus on is the exhalation phase of the breath.

If you tell anybody to take a full breath, most people will take a nice full in breath, but they won't exhale fully and completely. So think of bringing in a whole new wardrobe into your closet.

If you don't move the clothes out of the closet and you just put a whole new wardrobe in, you have clutter. So when people aren't understanding how to move the breath out of the body first to create that space for the good, then we just get congested.

So, I love telling people, first of all, just to lie on their back, place your hands on your abdomen, and when you inhale, the belly should become nice and big.

And then when you exhale, you want to be squeezing the belly small. So you should feel the movement coming right from the belly through here. And it's most important that we exhale for a longer count than we inhale.

So I always say to people, exhale for a count of six, inhale for a count of four. And the reason that is so important is because it increases the carbon dioxide in the blood.

And the carbon dioxide is the currency for the oxygen. So for breathing, just like fully like trying to pull in a whole bunch of air into the body. But we're not focused on that exhale.

Then all the oxygen that we're pulling in doesn't get to jump from the hemoglobin into the cell. So it's kind of a waste. We really want to turn that focus around and breathe fully out and completely and through the nose.

I love James Nestor's book called breath. He goes into such a beautiful explanation of the whole process. So was that good? Did did he give that up? That's great.

Yeah, and I like I got to see him as at an event last year and he came and spoke and he was interviewed for a couple hours and it was just beautiful and phenomenal.

And I just always say, your breath is your best medicine. And I think you just really eloquently described why. And so we're not just talking about breathing for stress reduction.

We're talking about breathing for recalibrating your whole foundation. So what other what other picks you got here before I. Yeah. So this is another one of our members, she won one of our programs.

This was just over 30 days, and she had a lot of work to do. But I really wanted to share this because of what's going on in her leg here. We have caused sites to the pain and to the issues in the body.

So when we're looking at the fascia, we want to understand our foundation because they're so incredibly important for what's going on up the chain. So she, after 30 days, really did a great job at bringing her lower body into balance.

In fact, this was a 30 day lower body program we had her doing. Now I just want to share here, too. We didn't work the upper body at all. We didn't work in the rib cage, the neck.

And notice by changing the foundation here how much straighter she is in her rib cage without even going there, and that is the key about the fascia. Because we are interconnected from head to toe, we have to really look at what's going on in the whole body, and the limbs are the furthest from the diaphragm, the furthest from the engine.

So fascia will grip and adhere to bone with a 2,000 pound per square inch seal. It's a magnetic seal. And so if we're doing all this work in the core to try to address the glands or even our size and shape, but we don't address the limbs, the fascia patterning in the limbs is going to pull us right back into that negative compression, ballooning, twisted type of body.

So to see the changes in her I love this. Especially like looking up here in the neck. You can see again where her thyroid would be and her neck is all twisted.

Diaphragmatic Breathing for Stress and Hormone Support

So now we've got compression on one side, there will be ballooning on the other side. And to have brought this much symmetry into her body in that 90 days when she was so completely twisted, I just I love this and you can really get a sense from her back here as well.

What's happening again? If you imagine the adrenal. Actually 30 that you said 90 days. But this. Is Connie. Connie was 90 days. She is 30 days. So I do have a question. Yeah.

So in a 30 day program or a 90 day program, like for such amazing, profound changes, I'm thinking like, is this eight hours a day? Like how how much time are they putting in every day.

30 minutes a day? With a blocking class and then anywhere from a 3 to 5 minute alignment training class to just really tie in those foundations. So the first thing we always do is we, we have a class to release the adhesions or that holding pattern.

And then after that, then we give you an exercise to bring awareness into your foundations so that you can support what you've just released and support that breath, most importantly, up the chain.

So it's 30 40 minutes a day. It's and it's it's doable because this looks so like, you know, how could that be? And I know it is because I know you, but and that's not even that much.

So this is doable for anyone. It's not like you have to stop your life and be in training for eight hours a day. That's not at all. And you do it lying down.

So it's a it's a really you can do that. I love this side picture because think about the liver right here. And again we know that we store anger in the liver when the liver is not functioning.

And those fats are frozen and clogging the liver we're going to be depressed. So again, I love this because we didn't get into this space yet. You can see over here where her liver would be, how much less pressure and tension will be on that organ.

And because the diaphragm, which is like the base of the ribcage, when it's working properly, it's moving up and down in the core, giving a manual massage to all of the organs, including the heart and the lungs.

And that mechanical aspect adds heat. So when we've got fatty liver disease, we have frozen fat inside the liver. If we're not breathing properly, that will be one of the big reasons why that is.

So with this process very effectively, we can block the outer part of the body or do fascia decompression on the outer part of the body. Well, we're connecting with that diaphragmatic breath.

And then we get a heating from the outside and the inside, which is really effective at melting the adhesions and the scar tissue that are holding us in these negative alignments and blocking flow to all of the cells in the body.

Can you talk about scars for a moment and how address them? Because scars are such a powerful, problem, I'll say. And, you know, blocking nervous system regulation, blocking acupuncture meridians.

And I'm glad you brought up the acupuncture connection because there is a connection between our organs and our emotions liver being anger, lungs being, grief, depression, the stomach, spleen being worry, anxiety, the kidneys being fear.

And so we, like you said, we want to be thinking at the whole foundation. We really need to open up how we think about healing and what it is we need to do.

So yeah, it's over. Take on scars. So, I love this conversation because, so whether we have a scar from an injury or a surgery, ultimately we weren't given the right information a long time ago with what to do with with that kind of physical trauma we've all been told to ice and the challenge with the icing is the second law of thermodynamics is nature abhors a gradient.

So when there's a gap in the system, nature is going to fill that gap in. So if we have a tear in soft tissue or a fracture in a bone, that's a gap. The body knowing what to do sends blood and oxygen and whatever nutrients to rebuild the tissue that was just damaged.

Scars, Adhesions, and Fascia Decompression

And if we support the body properly, it gets rebuilt. However, because we've been trained to ice and to slow or stop inflammation in that window of time when the body needs that love and attention the most, all of the collagen from the surrounding tissue ends up dumping into that space.

And collagen without the elastin has no space. It becomes dense and inelastic. So now you've just created a barrier to blood flow. And also that waste removal.

Now adhesions are similar because again, it's the accumulation of collagen in areas of need. But it's more like a slow postural creation or migration of the collagen component of the fascia to where there's a need.

So as an example, if I'm walking 120 pound dog that's yanking on my body, my opposite side of the body is going to have to contract to stop myself from falling on my face.

So when we're talking posture over time, this is a really slow moving situation where the adhesions are being riddled throughout the entire posture. So again, the body overall will become cooler as a result of these adhesions

and this migration.

So with what we're doing with fascia decompression is we are putting energy and intention into these areas, whether it's a scar from injury or surgery or a thickening of adhesion through the process of fascia decompression.

And it really comes down to understanding the Fibonacci sequence, because everything in nature is built from this sequencing of numbers, the spiral pattern of everything in nature.

There's no straight lines in nature, so we need to follow that similar pattern in through the layers of fascia to be able to shear apart the fascia to get to that deeper adhesion, because it's at the root, at the bone where the issue is. So again, whether whether scar or adhesion that collagen will grip to bone with the 2,000 pound per square inch seal.

So to think of just sitting up and like, you know, if people are slouching, sit up straight, people can typically pull the body up straight, but try to maintain that that magnetic seal is what you're fighting, that 2,000 pound per square inch seal.

So with our process, we teach people how to melt the adhesions at the root of the problem at the bone. Combine that with proper diaphragmatic breathing.

Now you're pumping life into this newly created space. And then through understanding proper postural foundations, now you're owning that new space so that you can start moving forward in life the way your body was intended to be driven.

And I think that alone, as you were talking about it, that I'm thinking about, what was her name, I think, and Cuddy, who did that TEDx talk about the superwoman posture or Superman.

Yeah, right. And so just standing up straight changes how you feel. And so this is like the, the underlying of why because of the fascist being affected.

So who is this on our screen. Because it almost looks like they're sisters. It almost doesn't look like the same person I know. And I was shocked. So this was our 21 day head, neck and face challenge.

And so in only 21 days, this is what happened. And I just love the symmetry, the life, the plumpness, even the shape of the skull. So think of the brain here.

Like we can see this collapsing skull causing this hooded eyelid over here. And then we've got all the sagging of the face, the jowls. In 21 days from doing this work, she was able to change the shape of her skull.

So now she has more room inside her head for her brain. She's opened her lymphatic so we can start pulling away all of the trapped debris inside the head.

And she has even really brought beautiful symmetry and lift to her eyes. So that's I mean, this this is just such a favorite for me to see because it's so impactful.

I'm just curious because just lately, a few, colleagues that I know have done the actual surgery to lift the hooded eyelids, I think it's called a belief for us to me.

Or maybe I just I don't know yet, but do you actually find that you can do facial work and because that seems to be on a Sunday, it's coming up. And now you just brought it up where like, you could potentially avoid surgery and do it through the facial work and you're shaking your head.

Yeah. So yeah. And so like look, look at her face before. So she's got a, a tilt in her head as we all do because we're dominant on one side. So the goal is, is balance and symmetry.

But none of us are starting from this place. So you start to see like if you tilt your head to the left, just notice. Notice

if you're always tilted to the left, how your eyes are going to track.

So let's see now that right eye is starting to get that hood. Because if I'm tilted this way now, my eye is not going to be moving into the outer spaces of the orbit.

So just like a shoulder, if I'm not working my shoulder and all of the ranges, I'm going to end up with weakness. And when it comes to the eye, if we're not looking into the corners of the eye now, those muscles are getting weak.

And then you get this holding. So having a surgery isn't going to change the reason for it. It might temporarily, you know, take some of that away. But we're still dealing with the same issue that caused it in the first place.

So it's really about again, that's that that three part piece where we want to melt the adhesions. Then we want to pump life through the breath into that newly created space, and then we want to own that space.

So I don't want to just do the work around the face. I also want to understand we shouldn't be frowning. As soon as we start frowning, we're literally pulling the face down.

I try my best to bring a not a like big grin as my normal expression, but I am very aware of not allowing the corners of my mouth to get pulled down toward the ground, because that is going to create aging.

And it's what we do all the time that matters most and adds up to the situations that we have in our body. Do you have any other pictures? I. This was, another one of our members who, after the 30 day lower body program.

And I just wanted to really highlight because there's so much of this going on and that's really going to be coming from the alignment of the feet, the calves in the feet, and how they get pulled and twisted away.

We get all of this compression and ballooning in the belly.

Face, Neck, and Posture Repatterning

And then because of that interior, tilt of the pelvis that's also pulling the ribcage forward and down, causing an immense amount of compression, both from the foundation as well as from the top.

So then we end up with all this inflammation and through here and again, a gut that's full of inflammation means the body is not working efficiently because we're just full of toxins and waste.

So in 30 days to have her come to this point and there's still work to be done. But I mean, that's a pretty big change. Again, considering there hasn't been a change in diet or other exercise.

It was just from blocking in 30 days. So in your blocking community, which I know is quite large, do you hear a lot of oh, my depression lifted, oh my anxiety's gone.

Oh, I'm more focused. I'm just curious what type of feedback you get. We get so much beautiful feedback and it really is lovely. I just want to share just because as much as this is a little off topic, one of our members just shared, she's 71 years old and she hasn't been able to run for 20 years because she has M. S.

and she caught herself running the other day, and then she shared this beautiful post in our community. So like all these random things, when we don't have concept of how to support the fascia, it affects every aspect of our life.

And one of the biggest things I teach people is the toes. We really want to work between the toes and to create that strength in the toes, because they've actually, I saw a wonderful, video of a doctor being, interviewed, and they've correlated longevity and toe strength, so that's huge to understand that and so many people that have low back pain, you know, you might go to the therapist or whatever and get your back address.

But we got to get those toes strong because if the toes are connecting to the ground, that's going to keep us in this

proper alignment compared to getting pulled forward and twisted because we don't have the toes now doing the job that they're supposed to be doing.

So what could be list? I love your toe stuff. So the listeners, could you take them through quickly what they could do? They could start right now, as soon as this talk is over, what they could be doing for their toes.

Absolutely. So if you even just take your finger or a pencil, actually, should I stop sharing? So this is just me. So yeah, that will that's that's you.

That's that's me. Yeah. This is me in my 20s. I'm 55 now. So yeah. It's true. Definition of aging backwards. Well yeah. It's it's scary to even look at this picture.

It's like wow I yeah I remember how I felt in that body and my anxiety was through the roof. I was depressed, I, I was not living a healthy, good life at all.

And it wasn't for lack of working out. I worked out like a fiend here. And the harder I work, the bigger the more compressed and more congested my body became and then the worse I felt overall and in general.

So, just a quick little thing there to share. So you were 20 something there? Yeah, I was probably around 23 or 4 here. And now you are 55. Yeah, that's it's like you're like, you've like your inner child and now you're like it's like all aligned.

It's just the energy to look at. This picture is so cool to me as well. And it's again, like, just like the calves, like all of this thickness in through here.

These are these holding patterns that hold us in this negative space all the way up the body. So again, to be able to release that first and then own a new alignment is, it's a beautiful process.

So the toe work and this anybody should start this immediately because it will make such a difference. So whether you take your finger or a pencil and you put it between each toe and you want to press down to the point where you feel it and you want to try to stay, if you can, for up to three minutes.

As you focus on that full exhale. And then that's going to start to re pattern the toes. Because if you think about the feet here, the toes are like these tendrils that should be gripping into the floor providing us again that lift of the foot.

So we have a spring in our step as well as directing where our body should be going. But when we start to fall out of alignment, the toes twist and then they actually look shorter over time because some of those adhesions start getting in the way through here, which impact blood flow and also the strength of the toes.

So to release each toe for again three minutes. And then at the end of it, once you've done both feet, stand with your feet underneath your hips, knees slightly bent, and grip the toes for ten breaths.

So we release the old patterning. Then we pump up the tires. And it's amazing the feedback that we have gotten from the people that do this. I also teach people to do it between the fingers fingers.

It doesn't take as long because we can do two at once. So three minutes where I'm putting between my index and thumb, three minutes between second and third, three minutes between third and fourth and fourth and fifth.

That changes the patterning of the hands. And as soon as you release that, you'll feel a lift in your whole ribcage, because the hands pull that rib cage and twist it forward and down, which impacts your breath, your thyroid, your neck, everything.

It's in your head. It's it's fascinating. All right. Two questions. Okay. So three minutes between each toe. So that's 30 minutes. So that's that's 2420 four minutes. Yeah.

Not fast. That's a TV. Yeah. That's. And do you recommend doing this. Is this like something forever.

Toe, Finger, and Tongue Alignment Exercises

Like maybe every day for 30 days and a couple like how do you how do you prescribe that. Yeah that's a great question. And so like anything in the beginning, if you can do it on a regular daily basis to start so that we can really undo what time has done and make the habit of standing and walking correctly better as well as breathing as your body becomes more accustomed.

We don't have to do it as much because we we are now using the body better when we're walking properly. We're not constantly getting pulled into those negative patterns.

So when you do this work overall with your whole body, you'll find that the breath, you don't have to focus on the breath as much because the breath is already become strong.

We're born to breathe diagrammatically, but because of pain, fear, and stress, we've learned how to reactively breathe through the muscles of the upper chest.

But that's not how we're supposed to be breathing. And that's the nice thing. When you tap into the fascia, it's really teaching you how to use your body the way God intended us to use our bodies.

And so it's really the simplest thing to do. It's just we've forgotten even the tongue. The tongue muscle is super important because the thyroid is right underneath the tongue muscle.

And if we're not using it correctly in its alignment, it becomes a weight and a hindrance pulling that head forward. Just like that one picture of the woman's face where we could see the front of her throat was all compressed and congested.

So strengthening the tongue is a key piece as well for the overall alignment of the body. And how do we do that real quick, the tongue. So real quick.

So first of all, about a pinky nail distance from the teeth in the roof of the mouth, there's a ridge. Your tongue perfectly docks into that ridge, and the surface of the tongue should be supporting the roof of the mouth.

Kind of like if you're holding an almond up to the roof of the mouth. Most people, if they're not paying attention, their tongue will draw too far forward and twist one way or the other.

So pulling that tongue back and down and making that the focused alignment is the best thing to do, but we also can strengthen it first. So holding it out, just like holding it out straight out and breathing for ten breaths.

And then you can take it over to one side or another and you'll feel all of the adhesions and the fatigue that happens in through this space. But that's good because as you keep strengthening the tongue, it gets easier to help support the weight of the head.

It's not just for chewing and talking. It also has this very important function. And if properly aligned, then we don't lose the space between the cervical vertebrae.

So how many people like you can just sit forward and and just do this and turn your neck left, right. You can feel you might even hear grinding. And then once you position your tongue properly and you can tuck the chin slightly while you do this, the difference in the range of motion and the quality of the movement is amazing.

Yeah, I don't you don't hear the crackling when you have your eye. I'm trying to look now. I'm trying to like power question because we're going to wrap it up.

But anything to say about the uvula? I'm just curious because sometimes when I'm examining patients like, we'll

see it off to one side. And it should be hanging straight down, right?

But that's just an indicator of the fact that we're we're twisted out of alignment. And the lymphatic system. Can you just marry the lymph with the fascia.

Because I think I've been working with the lymph and fascia for 23 years since I started practicing. And I think the lymph also is starting. You know, I see so much more about the lymph nowadays.

So can you just talk about the relationship between the lymph and the fascia real quick? Yeah. And I always relate that to being like the traffic. So the fashion would be the road, the lymph would be the vehicles.

If you've got a crappy road with a really good car, that car isn't going to do very well if you've got a great road, but a really crappy car and it's freezing outside and all those things, you're going to have a very different flow.

So we want the traffic to flow with ease in the body, and that's that marriage of the fascia and the lymph, and it's all done through the breath. The breath is like turning on the car.

So if we don't have that breath nice and strong, you're not going to have a lot of movement of the fluids or the energy even in the body. And we will become stagnant and congested.

And then we've just got, you know, lymph in areas we don't want it building up with toxins. Beautiful. So obviously she's a wealth of knowledge. Where can the ladies learn more?

My website is block therapy.com. Great. And you have all sorts of. You also have a pretty big, Facebook group. What I do over 16,000 members in their block therapy community.

And you just have to ask to be admitted and you will be, brought in. And I've got two of my amazing therapists that are manning the group and such an incredibly supportive community.

I love that because if you ask questions, you're going to have many answering that have gone through the process and seeing the benefits of whatever it may be.

Awesome. Awesome. Well, I, I just think your work is so important and I hope that you all go check her out. Go join the community and start to think about your face.

As you know, like I was saying before, instead of reaching for what's outside, what you can do from the inside out and excuse me, they don't have to like, it's not like, oh, well, I'll just do fascia, and I don't need to take good nutrients or, you know, it's everything, right?

Lymph, Fascia, and Where to Learn More

It's it's a whole global will. I just want this piece to really be included because we tend to just focus on what am I eating and what am I taking. And we we think about how we're moving, right?

Like exercise and moving our body. But if we if we step it back and get to the foundation first, then we're going to get so much more benefit out of that exercise.

And I think you said it right. You showed that picture when you were 20 and you were an exercise fiend, and it just wasn't serving you. And as much as getting your fascia and we didn't have time.

But is there a place where they can go because your story, like how you got into this, do is there is it on your website like it. Is under our about section? Yes.

I can go read her story because we are out of time. But she, you know, went through it and discovered this on her own. And her story is really cool. So just like she is so I, I'm every time I talk to you, I get reminded of something I

learned, something I, I, I want you.

If she's missing, it's because I've kidnaped her and I've put in my new clinic in Scottsdale that we're going to be opening because I want you I want to work side by side with you.

So I'm going to clone you or lure you down from the chilly Canadian sky. Might not. Be that hard to lure me down so I could be like. A winter Scottsdale girl.

So anyway, thank you. Thank you so much for for all that you do. And thank you everyone for for listening and for opening up your mind and, you know, join the fashion movement.

It will only do you good. It will only do you good. I want to see your pictures right. You'd be like, I saw her at the Hormone Mental Health Summit, and now I'm like a poster fashion girl.

So thank you for being here. I thank you learning and growing and we have more conversations coming your way.