Introduction to Gut and Lymph Health

Welcome back. We're continuing our conversation on reversing chronic gut conditions. I'm your host, Sinclair Kennally. And today I am joined by my wonderful friend and colleague, Kelly Kennedy.

And I am so excited to have you guys benefit from her wisdom on this topic. I really wanted you to get to hear her thoughts and her take on the lymphatic system, the lymphatic system in the Gut.

How do that how does lymph interact with the gut and how does gut how to gut issues and chronic conditions actually contribute to lymph dysfunction and vice versa?

And how would you even know if that was happening to you? Now, of course, you have to learn this from Kelly, because she is unofficially known as the lymph queen in our world, in our functional medicine.

She's a luminary by regulatory medicine. She actually started her career as in allopathic medical training at Cornell University and quickly got called down a different path to be much more of a bio regulatory medicine pioneer.

And so I'm really excited to have you learn from her today. Welcome, Kelly. Thank you. Sinclair. I want you to do my my intro every single time I go anywhere.

That was amazing. Thank you. A lot of people say that and we. Can I just carry you in my packet? Yeah. Can I just record that? That was amazing. I sound, like, really excited to listen to me right now.

We're recording people here. So let's jump right into how are how is the gut itself? How how's the digestive tract actually connected to the lymphatic system?

And why does that matter to somebody who is struggling with chronic conditions? Thank you. It's one of my favorite questions, actually, Sinclair, because there is nothing that's not connected in the body and it's all connected through our circulatory system.

A lot of people think about our circulatory system as the cardiovascular system, but we have forgotten about this beautiful part of our system called the lymphatic system.

Or maybe we didn't even learn about it to have forgotten about it. But the lymphatic system is a circulatory system that doesn't have its own pump, but it literally travels from our head to our toes, and it connects to every single tissue in the body held together by the fascia, which is something else we can talk about at some other point.

But the fascia and the lymph and the gut, I don't know how you could ever separate them, because when when somebody walks into my center and they go, oh, I have chronic constant haishen or I have IBS or I have whatever, fill in the blank gut condition.

I instantly go, Great, we've got to work your lymphatic system. And they're like, What? What's my lymph system?

How the Lymphatic System Connects to the Gut

Well, because 50% of your lymph is in your gut, you have between 600 and a thousand lymph nodes anatomically throughout your whole body connected by vessels.

And then there's supposed organs of the lymphatic system. But I'd say they're an organ system that's related to the lymphatic system, because the lymph is really just about lymph nodes and lymph vessels and with 600 and a thousand lymph nodes throughout your whole body, that's a lot, right?

About 20% in our neck and about 50% are in our gut. And as I might be known unofficially as the lymph queen, I would say Sinclair is known unofficially as the liver queen.

And 50% of our lymph fluid is created in our liver and the liver somewhat involved in our digestion. Would we not agree? So I so I personally would say that we've got a focus on this terrain.

As we know, you also teach train medicine and really get people to understand the environment that their cells are living in. And if we're looking at that environment, the biggest environment in our body is our lymphatic system.

We have three times more lint fluid than we do blood. So everybody wants to look at perhaps what's going on, ig, ig and what are my, my, my toxicity, what's my allergy panel?

But what why does your body have allergies? Why does it have toxicity? Because you're not draining them out. And yes, you've got to get the bowels to move.

And in order to get the bowels to move, you've got to get the lymph to move. And they go hand in hand, if you will, that the as we start to stimulate the lymphatic system, we're naturally going to stimulate the bowels.

As we stimulate the bowels are going to naturally stimulate the lymphatic system because chicken or egg, they go together, they're not there's nothing in life that's really separate. It's all in in collaboration with one another.

And so the lymphatic system is our drainage, it's our filter. It's helping give spaces between the cells so that withers where there's no trash in that's in that space, you get the filters clean so that now when the cells need to be signaled, they're signaled properly because there's nothing influencing that signal that's in the trash of the lymphatics so that the body can then release, let go of extinguish that that no longer serves us.

Yeah, that's really beautifully said. So first, for example, if someone is not excreting, well and you know, you know who you are if you're listening to this right now, oh, I'm not a good reader. I have difficulty detoxing.

I react poorly to, you know, attempts to do that or manage that on my part. I have a tendency towards constipation. How would they go about supporting themselves through awareness of the lymphatic system?

Like where would you direct them first? And do you marijuana shows any slides that would go with that? Yes. I would love to share my screen here for a moment.

So just to give you an idea of what we're looking at here, the again, we said that the lens has three times more liquid in it, fluid in the body than we have blood.

And it filters so much, it filters all the things in the body. Right. And then we excrete it out through our kidneys. We excrete it out through our bowels.

We excrete it out through, I would say also our blood, but we excrete most through our breath, actually, and through our sweat. So whether there are invaders, whether it's these are some other functions of the lymphatic system, it also maintains our blood, our fluid, of our of our body.

And it helps move the fat throughout the body and helps us digest that fat. And it removes the cellar debris. These are some other functions of the land.

But what I really want to get to is that this is a beautiful picture of the lymphatic system, looking at all the vessels, all the lymph nodes, and you can see the concentration in here in or around the gut area.

So as you had said, if you have constipation, so people ask me, how do I know I have lymph stagnancy? Well, one area, one way to know is anything that's pushing out of your skin.

If you have rashes, if you have acne, if you have any kind of skin eruptions, it's typically because the lymph is

backed up. The lymph lives just under the skin and it's a collector, a duck's blind and a capillaries that collect the fluid, then pump it through these vessels, then the vessels get it to the lymph nodes.

The lymph nodes go, hey, what are you are you an invader or are you a toxicant? Are you a a, whatever? And then it goes, okay, well, you're a, an allergy.

So I'm going to send out a basal fill because that's a type of white blood cell that's going to handle that. And so then it's going to distribute that and then we're going to excrete it out as it's further circulated through our among tree organs by our car to our cardiovascular system.

So then we're going again to it, put pipe it, sweat it and bleed it out, I would say, as well as breathe it out. So how do we know? Well, we have skin stuff. That's number one.

Number two, constipation, fatigue, insomnia. Because think about if your trash isn't taken out, how you feeling? Right. If you just let your trash can fill up over and over again, it gets heavier, it gets smellier, it gets grosser and it gets it's tiring to even try to lift it.

And that's what so many people feel in their bodies. They feel a heaviness. They feel a sluggishness. They can't sleep well, perhaps because their bodies, filters are thick.

Signs of Lymph Stagnation and Drainage Basics

Another physical symptom beyond just skin eruptions that I see with lymphatic stagnancy is often if I wore the proper attire for it. Today to show you is having armpits versus arm puffs and we can also be puffy up in the neck.

We can be puffy down in the finals, the back of the knees. These are areas where the lymph is more concentrated, the lymph is more concentrate it any area where we bend.

And so if any area of our bending parts of our body are swollen edema, remember the lymph handles, fluid, free fluid balance. Then we have lymph stagnancy.

And what I see in the armpit area, we have a lot of concentration of the of lymphatics in the armpits and the breast drain down here. I want to talk about the drainage in a second, how the sequence of drainage goes, because it's important to understand now that you're going to know about the lymphatic system, it's going to be important for you to learn the sequence in the order of which to properly open it and drain it right when I go to and I'll change the filter in my, I don't know, vacuum cleaner, I don't know.

I need to open it up before I just go pull it out. Right. There is a sequence I have to do. I was going to use a car analogy, but that was lost on me because I don't know how anything in a car works except for the key and to drive. It so. But we need to make sure our our filters are cleaned and there's a sequence to properly drain that so that we don't have we're not just moving around from one side or another.

It's actually leaving the body because of how the drainage works in the body, because of the pathways that you go through, the sequence in the flow of the body.

So these are some beautifully eloquent pictures that also just show you. It is a very complex network work of communication. Now we know that we have an enteric, we receive information in our gut, in our heart, in our brain.

Well. The lymph is part of that communication system. When we receive a gut instinct. Right. Look at how much filtration is happening in that gut with the lymph.

If your gut isn't filtered, how do you think you're receiving that information in your gut? You know, a lot of a lot of people have great intuition or we get gut instincts.

But that's going to be less clear if our filters aren't clear. So if we want to have clarity in our lives, then we've got to

move our lymphatics. Because what I've known to be true at our center, and I'm sure you find the same thing that a lot of gut issues relate to emotional issues, you know, what am I swallowing?

Oh, that was tough to digest. It's the funny things that we say that really are true because the reality is. This and they're constipated. It's like, Yeah, well, you're constipated emotionally too, probably.

And the lymph system is known to heal. There's a lot of emotional release that happens as we mobilize our lymphatics, and there's a lot of clarity when we move our lymphatics and there's space.

After we move our lymphatics. So if we and that's why there's clarity because we have space, right? And so as we start to help people drain their lymphatics by simple movements that everybody can do at home, I truly feel this should be a foundational step in everybody's daily ritual.

I don't love rituals, but you brush your teeth every day, right? One move your lips. I did not for many years, but yes. Well, well, when you're chronically ill and desperately can't get off your couch, Sinclair, I couldn't. Couldn't raise my hands up.

I enough have to do it. That's really what it was a paper. Towel for me as I was discussing. Yeah, well, thank God you got through that. And now you get to help many millions of others who are unfortunately in the same boat.

And in all seriousness, you know, there are certain things we do every day to care for our bodies. And in the world that we live in right now, I don't want there is no better time to be alive than right now.

That said, we've gotten a little unconscious in humanity and we've kind of created a toxic soup. And between the quality or lack thereof of food, of air, of the chemicals in the metals that we're exposed to, we are in on dated with toxicity, both seen that we know about from aluminum phosphate to FI.

I mean, everybody has the ability to watch this summit today, which is phenomenal through technology. Yet that said, if we don't start to use these wonderful things like technology with responsibility, they can actually harm our biofilms because we are all organisms, energy beings living on this planet that have to adapt to the environment we live in.

And we've got to receive information, let go of what we don't need. Well, a lot of the information we're getting is unforeseen, whether that's the stuff in the air we're breathing, the chemicals we're using on our skin, which I pray that you don't do that anymore.

After you watch Sinclair and I talk about all this, that you wouldn't put anything on your skin you want to put in your mouth because it's got to be it's got to go through a filter system known as your lymphatics.

And if you don't put it on your skin, if you want to put on your tongue, rather, don't it on your skin. That's Kelly's rule of thumb because it's got to be filtered through that lymphatic system.

And I'm happy to have a lymphatic system to filter. And by the way, if you don't have a lymphatic system, it's written in literature. This is not me. You die.

You cannot live for one minute without your lymphatic system. You can't live for 3 minutes without air. 3 to 5 days without water, 3 to 8 weeks without food, one minute without your lymphatic system.

If you don't have a filter, you're dead done. And the story you got to be able to filter. But the problem in the environment we live in is we are so inundated with the toxicity.

If we're not super conscious about what we're doing, we are constantly causing our bodies to have to filter. I'm a preventative queen. I like to like, hey, can we change our lifestyle?

Can we change the input so we're no longer having to use our lymphatic system for our filter? Can we make sure

our water is pure and structured and boujee, as I like to say, so that it's going to help heal me?

Or am I drinking tap water full of 7000 chemicals that I'm trying to hydrate with while my body is just looking at it as a toxicant? But now it's got to filter out.

And if my if I'm showering in that same water and I'm taking all the best supplements and I'm doing castor oil packs and I'm doing coffee enemas and I'm but I'm taking a toxic shower, but I'm like getting rid of the mold in my house.

But you're taking a toxic shower and tap water. We've kind of missed the boat, let alone all the other ways that we get toxic. And so back to my size for a moment, it's just super important for people to realize that this filter, which is so eloquent and beautiful and I know this is in the gut, but you can see you have these vessels and you have these nodes and we've got to learn how to pump these nodes so that it mobilizes through the vessels because you have superficial lymph fluid and you have deep left and throughout the whole body, you can access it in certain areas.

Lymph Drainage Sequence and Breathing

I'm going to jump over to this slide to show you that this is how the lymphatics actually drain. So 25% of our lymph drains right here, this is the area above the clavicle.

And then 75% of our lymph drains on the left side because watersheds, circulation, the heart's on the left. So the body, there's a lot of physiological reasons to this, but the reality is that the right side had the right ear on the right breast drains just above the right sorry.

The right clavicle and the left clavicle or the left collarbone is where the entire rest of the body drains. So the lower body drains up here to this cistern, a colleague, which is right above your bellybutton, both below where your rib cages and when we mobile dies by pumping this, stimulate it with even a hum that starts a vibration.

All of life is a vibration. The lymph, again, I said earlier, doesn't have a pump. It only moves when we move. It's as simple as a breath, a conscious deep breath, a shallow chest breath is not going to pump your nodes.

A good rib cage expansion and contraction is going to pump that system. Ana, I can raise and lower my shoulders like this that will pump these notes, but breathe in here tightly.

Sympathetically is not going to. So one we want to get in the parasympathetic because why don't we get in the parasympathetic? What happens? Digestion, number one rest and recovery.

So I've said for a long time, I'm not sure if when we move the lymph, we get in the parasympathetic or when we get in the parasympathetic, we move the lymph.

I don't I think they both happen simultaneously. I think when I think and know and feel that the healing system of the body is to filter out what we don't need and to utilize what we do.

And that immune system is known as living. If you're living, you have some kind of immunity because you have the ability to compensate for life because everybody's like, Where's the immune system?

It's the life part of you. It's the whole thing is your immune system. So I don't want people. Oh, I have no immunity. Yeah, you do. Because you're here, you're living.

So you you have immunity to something because you haven't died yet. So you're on the right track, keep going in the right direction. But what you said about the breath before we move on and I also want to let folks know that we have an interview with Dr.

Tobias Habeeb and Suchan Patel. Both talk about deep diaphragmatic breathing. So you're massaging your organs and you're moving the lymph and how different that is from paradoxical breathing, which is what we start doing under stress.

That's why it's called paradoxical, because we need air the most. Going to our digestion, going to throughout the body were only shallow breathing and raising our chest in our shoulders up and down.

We lose capacity in the diaphragm and the and the deeper lungs. So definitely go back and check those out and. That's going to go back to the way I know.

Right. They did such a great job, both of them. And they came at it from different angles. Look at that. So what I think is so interesting about this, because I had just I mean, part of why I'm so passionate about digestive conditions and reversing them is the gut is so frickin resilient and for so many of us that have serious issues throughout our lives, you know, these these issues can build for decades and last in a deep, chronic state for years, even though the gut makes it so, so quickly, so if you look at the conditions.

Right. That perpetuate the issues and you're literally showing us a map right now of why with every breath, you know, the gut might not be able to compensate appropriately and as related to the lymphatic system.

And what I like about this so much is that you really highlighted, okay, so 50% of the nodes, lymph nodes are in the gut. Right. And 20% are in the nineties. You say that, right? I say that right.

Okay. That's 70% in these two areas. That's insane. 70%. And then the other 30% are where you bed. Basically look at it that way. Right. And this is an area that gets highly congested.

I feel, because of how we live in modern society. We sit in chairs, we're not moving our arms, you know, we're not raising our arms much. We're not pumping this.

And then a lot of women wear wire bras, they use aluminum deodorants, they're shaving this and they're blocking the system. Well, if this is blocked up here, the lower system is never going to drain because it's a vacuum.

It's a pressure system. It has to first open up the exits. And then once you open these up, then the traffic from here. If you live in California, where I just left L. A.

a couple of days ago, y'all have some traffic out there. I thought we had some traffic out here in Philly and Manhattan. I give it to L. A. every day of the week.

But you have true all over the country, we have exits and we have roadways. Right. So you want to get off the exit. But if you have 50 cars lined upand people teach lymph drink, please go to my website and watch my how to manually pump and how to dry brush.

It's free. I want everybody know how to do this properly within your understanding now that you understand the sequence, because for some reason, most of the YouTube 99% of YouTube videos, with the exception of mine, teach to start at your feet.

And that is just against every rational, logical or physiological physics, thought and anatomy that I have ever come across in my 30 years of studying the human body.

You know, 35 years. I'm a little older than I remembered. So what can we go back when? 1/2. Is that so? One of the things that people. I find where I went there it is.

So so one of the things that people look at with if you look at this slide, it actually explains to you in such beautiful detail. If you have one side of the neck more congested than the other, you already know where you have more work to do, right?

Is the brain draining improperly or is the body draining in properly? And that's that's right. Everybody wants this head to drain, but the head will not drain until the neck drains.

The neck won't drain until the whole body drains because this left clavicle area right here is going to drain this

entire lower body up to the sister into the system and then is going to drain it up to the clavicle and then the clavicle dump it down in the cardiovascular system.

So brain fog, all the things because of the great brain, gut connect, brain gut connection, that will not happen. Until. You get the body draining the lymphatics evidenced by I'm sleeping better, I'm pooping better, I'm bleeding more.

Circadian rhythm wise. I don't have pups, I have pits. All my pits go in. I don't have skin rashes. And I'm I feel whiter. I feel less emotional. I feel more space.

I'm not as overwhelms. Well, yeah, because first the body drained, then the brain drains because it is a vacuum. And the once what I was going to say is most people that teach dry brushing or even pumping, they start at the bottom and work it up.

But that's like pushing cars through, pushing the 50th car up to the first car versus starting at the first car, then moving the second car, then the third car.

The fourth car, the fifth car. So what we teach, what I teach is to pump these nodes first, then to pump the nodes that are here and then up in the tonsils and then up in the axillary the armpit area.

Then down to the Susana. Then we go to the iliac and the inguinal or the pelvic region, if you will. Then we go down to the legs because we've created a space base and now excess other fluid can move into that space.

And then as that space is alleviated, there's more space over here. Now, there's a vacuum that will draw more of that pressurized system that's full of pressure underneath up to the top.

So that's how the lymphatics actually works, is through a pressurized movement.

Supporting Healing Through Daily Lymph Practices

And if you can't move like, you know, Sinclair, we know, was very desperately, chronically on. Look how she's recovered. We all have the capacity to do this.

All you have to do is start with breathing deep breath. And I love that suction. I cannot I'm so excited you got not see him on this. Oh, my goodness.

To be able to teach you these deep breaths movement because that. Is the key. When you can breathe consciously and deeply, a lot of the lymphatics are going to start to move.

And then as we teach you to manually pump, you are going to be pushing your game so far ahead, you're going to be like, what took me so long to do such simple movements because I really want everybody to understand regaining your health is chronic as you've been dealing with.

It can be as simple as making small changes like this, but with a new knowledge and understanding of what you're accessing to shift the body, to create more space, to allow more light in the body and less dark.

And that's a whole nother realm of knowledge. Maybe they can come to coherence. Medicine is to at one point learn about that. So that's a whole nother delve of a world.

But learning how the body really works taught me about frequency, medicine, frequency, vibration and energy, and that everything is an energy and that our bodies lymphatic system is dependent upon our ability to move that energy physical, mental, emotional and spiritual.

And when we move that energy, we have more space. Just like when we moved furniture in our house, we tend to have more space. That's the same thing with our lymphatics.

This is so cool. So for for those of you that don't know what Coherence Medicine Institute as CMI is at the institute that Kelly Kennedy, Christine Shoffner and I, we all created this together, the three of us.

We each have our own practitioner mentorship and we just are so aware of the desperate need for practitioners to have tools to meet the health challenges of our time and how important it is to keep up with emerging data about that.

So it's basically the amalgamation of of our work and you can check that out. If that's if you're a practitioner that really needs an update of your tools and wants to explore what's working right now.

So I'm sorry, can I totally interrupt you? Just wanted to share that with folks about the left versus the right side. Please continue sharing your genius.

I'm really happy you brought that up because it's important because you know, your your client base well as well. And I do find that people I forget because I've known for so long that people do.

Why do I smile on one side and not the other? And for me, it's so obvious. I'm like, Well, because your back up is on your body versus up in your head, and it does split the head.

The left side of the head is drain from the left. But what I and what I do fine is that when it's the head that's clogged it, you do find the right clavicle is where the main issues are because we do have lymphatics up in our head.

So again, I said earlier, I'm going to stop showing for just a second, but for me it's all the lymphatic system I've been I've been working in the lymphatic system for for 18 years and and I test it quantitatively using contact radiation, thermography.

I do lab blood analysis, I do heart rate variability. I'm a scientist who was pre-med that got in a horrible car accident that had to find a way of getting better.

And when I found that way, the guy that got me help me facilitate my healing said it was energy and I was. Very confused and I. Continued to search with that energy was and found that there's ways, beautiful, elegant ways to really work with energy.

And it's a it is can be tangible as well and that we can test in all these ways. But that the energy of the body, the lymphatic system, the energy of all the body's energy and the lymphatic system, you have to understand the terrain.

And in order to understand the terrain, you have to know the lymphatic system. So, yes, I am a scientist and I want you to understand that there is a true science to this energy and that it's very simple when you work within the the science of the physiology and how you can move that energy.

So you can feel the flow of the body. So flow formula is what my body of work is after 26 years in this industry of figuring out the blockades to healing and how to help people be receiving of this energy, because we all know there is great biohacking equipment out there and and great things to do.

But if you're not in receiving mode, if you're not in the parasympathetic, if you're in this sympathetic, paradoxical breathing as Sinclair just talked about, you're in fight flight freeze, which I'm going to guess the majority of people that have chronic gut conditions are absolutely in the fight flight freeze.

So I invite you first to take a breath and allow you to depend upon this innate wisdom within, because we do we have an immune system. We have a self-regulating immune system.

It's called life. And it is designed to help us thrive and optimize and coming from desperately, chronically in pain for three years, having had a father that was chronic, early, ill with Hodgkin's for my entire life until he died when I was 20 and he was 55, brought me into this world of gone.

I got to figure this out. I don't want to be sick. And it threw me life threw me into a car accident that threw me into a a version of my life that I had to find the way.

And I had to find how that energy works when that's what happened. And bringing that science together. With such. Simple ways to to treat this beautiful, beautiful, physical body that we've been given to enhance our healing capacity.

Honestly, it's made me a little frustrated, I'll be honest, when these terms come up of autoimmune or I have no immunity because it is against everything that I've ever learned.

We do not we don't have an autoimmune system. We have a self-healing system. Autoimmune is a misunderstanding of what's happening in your body. Your body's showing up for you every single day.

It is protecting you from what you're not ready or don't have the pathways to let go of. And what the lymph system in opening your gut can do is allow you to let go of the things that truly you that don't long, don't serve you any longer.

So you have the space and your body can heal itself when your autonomic nervous system is no longer blocked from all the toxicity cars that are trapped in it so it can show up for you and help you go regeneration rather than degeneration.

But degeneration is showing up for you. It's still showing up for you. But we it wants to thrive. It just can't in the environment that it is. So change the environment that it's end by opening up the lymphatic, watch the gut open because 50% of your lymph is in your gut.

As you stimulate your lymph nodes by simply pumping the little bit of pressure in certain areas and a particular sequence that, again, I teach on my website for free, a PDF there as well.

And we gave you some information as well more about the lymph system that is going to allow you. To. Open up your drainage. When you open up your drainage, you have space and when you have space, the nervous system can take over and go, Oh, I can work better for you.

Now and help you regenerate, rather than trying to get you to pay attention to me, to let you know I'm underwater here, I'm drowning. And so I'm going to throw symptoms at you to let you know that I'm drowning.

That's all that is. I really appreciate you saying this as a of course, as a practitioner, but also just simply as somebody who got told I would never be.

Well, based on, you know, this autoimmune diagnosis that I got and that progress is measured in years, not months. And the best I could hope for was to, you know, somewhat compensate for it.

And what we know about the body today, I mean, the data is there. The body is always having a logical response. It never makes a mistake. It's absolutely brilliant.

And healing is available to you. In fact, if you weren't healing right now, you'd be dead. So what we're really talking about is fine tuning the rate of healing and supporting the body to move through blocks to healing.

But you're absolutely capable of it. You know, it doesn't matter what decade you're in. And and I would even venture to say for people with chronic conditions, especially, it doesn't matter how advanced it is because the body can perfectly compensate if it is supported to do so.

And it'sso it's something that support your lymph.

Flow, Self-Healing, and Closing Takeaways

It's it's as simple as coming in and bouncing and allowing your body to vibrate in different ways or or pumping your nodes or jumping on a rebound or bouncing, not jumping, bouncing on a rebound or using a vibration bed or a platform and, you know, drinking structured water, talking to yourself and kind words.

You know, there's a lot of simple, simple, actionable, practical steps. It doesn't have to be complicated. It doesn't have to be about taking handfuls of supplements and doing 13 therapies a day.

It can be as simple as waking up with gratitude, drinking beautiful water, having appreciation for grounding, starting to mobilize our lymphatics, taking slower, more conscious, deep breathing and watching a little bit of space get created.

As I teach people to open up their lymphatics, what I find, the responses I get are, Oh my gosh, I haven't had my head drain like this in years and oh, I lost a bra size and oh, I don't know what's happened.

My clothes are fitting better. Oh, my cellulite is going away. Oh, my allergies don't bother me anymore. Oh, I'm pooping three times a day. Oh, my, my cycle regulated.

I will say this. For women. That are in menopause, it's very common as you move your limbs to get a bleed. I didn't we didn't bring your period back. Don't worry.

It's just a matter of, you know, that's an area that's proven to me that it's a drainage capacity. And so it's usually old dark blood. It's usually a little cloudy and it's usually just a little breakthrough.

It's kind of like a breakthrough bleed if you're pregnant. It's just I look at that as a way for the body to drain out toxins. So it it's it can be so simple yet so excessively profound.

And so I invite you all to take the next 30 days and just practice. It should not take you more than 3 minutes a day, two times a day to stimulate your lymph nodes.

You can use it with your hands. You've got tools like this that you can use. Oh. That looks very precarious, but it's really it's a vibration and a bio sonic or the lymphatics that you can place at certain areas, just that I teach as well.

So if you want to get more, you know, you can start at level one, go to level two. You have vibration platforms by vibration breads, you have flow presyo, which is another piece of equipment that some like I know Sinclair and Michael have, but other clinics have where you can up level it even more but start as simple as breath and pump in your nodes for 30 days twice a day and then please let me know.

Emailing me. I love hearing from you all. I love knowing how it's changed your life because my goal is to help everybody know how their body works so they're not dependent upon somebody else to tell them what to do.

We have innate intelligence within us. I certify you all as doctors of healing. I am a non doctor certified you all is a doctor of healing. You have the doctor of healing right inside.

You also have a doctor, a pharmacy right inside. You just have to access it. And one of the best ways to communion with that body every day is taking your hands and starting to pump your lymph nodes and appreciate your filters and starting to get your filters to move.

And it's it's like magic. What happens when you start moving your filters? Listen, this is not a gut. I've honestly, I'm on this chronic gut and I apologize.

I've never had a gut issue in my life. So one thing I haven't had, I don't have a box for, but I had 30 ovarian cysts burst in ten years and I started moving my lymph and I never had a regular cycle.

My whole life until I start moving my limbs. And all of a sudden my cycle went normal and I never had ovarian cysts. First of my life like it regulates my hormones, it regulates my I don't have allergies anymore.

There's lots of reasons behind that, I'm sure, because of all the things that I've done. But I flow. I started to talk about that earlier. Flow is a combination of all the work that I've learned to put it into one program and go, What is it?

It's a flow formula. It's open up your fascist, your antenna to the coherent field around. Yeah. That's got all the access to all the codes of all life and perfect harmony.

Then open up your lymphatic system, get oxygen everywhere in the body, water throughout the whole body. Because we are about two thirds water by weight, we're 99% molecularly water, but two thirds known as water and and material form and then get energy from your body, from living your life.

And if you need to have emotions that could also stand for emotions and minerals, I would say all in that energy. So but flow formula is about how to actually live your life.

To flow through life. Yeah, I think this is amazing. This is and one of the things that I really appreciate about you saying right now is that these are simple action steps that people can take to day to support themselves.

I love the way you're giving away this information with the self massage techniques and the breathing techniques need to layer these in and they need to be a part of everybody's protocol no matter what you're doing with your practitioner, because it's only going to support your body returning to independence.

And I can tell you guys from experience that I've been with Kelly at a lot of different conferences and I'll have to like go to her hotel room at 7, 6a.m., 5 a.m., she opens the door.

Music is, you know, wafting out. That's very there's really high vibration. And she's working her lymph. Oh, good morning. Good morning. She's doing her a little vibe.

So, yeah, she does. She walks her talk and need to say thank you so much and I really appreciate this beautiful insight for everybody. This is really been phenomenal. Absolutely.

Thank you. And thank you all for listening. And I pray that you join the Vibe movement and you step in to your own sovereignty and start to take over control by these simple, actionable steps.

And I look forward to hearing from you all about how it's going now. But thank you.