Introduction and Guest Welcome

Hi, ladies. Welcome back to Mastering Your Menopause Transition Summit 2.0. I am your host Dr. Sharon Stills. I know I sound like a broken record because I'm like, every interview, I'm like, today we're in for a special treat, but today we really are in for a special treat.

A dear colleague, a dear friend. A sister. With me, she is. We always tease each other. We call each other the OG of bio regulatory medicine because we really are the original gangsters.

We were just talking about it that, you know, we've been doing this for like, gosh, like get us since since the early nineties talking about this kind of medicine.

And it was really important to me that Kelly Kennedy, the lymph queen, the foster queen, the bio regulatory queen, the everything queen, they just cool person queen, be here and talk.

Because you all know I'm so obsessed with the lymphatic system. You all know I'm obsessed with the fact you all know that that is a huge part of the work I do with my patients when they're coming for hormones and for menopausal issues.

And I think this conversation gets left out a lot in the menopause field. We talk about blood sugar, we talk about protein, we talk about exercise, we talk about sleep.

We talk about all these things which are super, super important. We're talking about them here at the summit, but we don't have that facial live conversation because that really comes from the roots of bio regulatory medicine, which is the one of the one of the fields that Kelly and I are at the forefront of.

And so she is you're going to love her like I do. She is a I'm surprised you're just sitting there quiet right now because she's a burst of energy. She's got try to recite, like to say.

She's funny as hell, she's smart as hell. And she's here with us today. And I'm sure. I'm sure. And she just thought I was funny as hell. It's one of my favorite things that people say about me, honestly, because.

I wasn't really I just I just channeled that.

Kelly Kennedy's Health Journey

I just came out. It wasn't planned. So. Well, welcome. And I'm sure a lot of listeners know you because you've hosted your own festival summit. And so for those that do they know what a treat there in far and for those that don't if you could just maybe tell us a little bit more about who you are.

You have a such a fascinating story. If you could just share that with everyone. Thank you. And, you know, I'm just excited you're doing the so it gives us an opportunity to hang out honestly and to educate.

And I know that's one of the things we've always connected about. And when I first met Sharon, she was such a wealth of information that I was like, Oh my God, I get to, like, be her friend.

I was so excited when we started to really become friends about, I don't know, 15 years ago or so now. But my story started a very long time ago when I grew up in a household where my father had cancer and he had cautions disease and I just didn't want to get it.

So I selfishly was like, oh, become a doctor and then I won't. I'll figure out how to not get cancer. And my first year

at Cornell, I was in a horrible car accident and was suffered some injuries that basically left me with long term pain and I was told to manage my pain.

So in managing pain, watching my 55 year old father die as a result of pneumonia, not from cancer, just from pneumonia. And he had chemo and radiation in the seventies and eighties.

So you can appreciate what that was like. And I just lifted my head up after he died and was like, I don't think medicine really has this figured out.

I think I'm going to continue to search. And I did. And I just I found by regulatory medicine about ten years later and I didn't really understand it, but I do know the reason I found it was because who's now my husband, I and when I first got introduced to this world of vital mystic healing, it was through him that I came to his office and I was in a lot of pain and he did some muscle testing, which I'm sure a lot of you are familiar with now.

And he did some energetic release and my pain went away and I was like, Wait a second, I'm on Vicodin. Flex are all marijuana. I was on all sorts of stuff to try to manage my pain.

And this guy did some emotional work. And now my pain has gone from a physical car accident from to compressed vertebrae, have a 12 inch scar on my head.

I was lacerated, my spleen, what the heck's going on? And when I went back to his office, because, listen, I was going to neurologists, all sorts of people.

Bottom line is, after all the specialists in all the states, this guy that did energetic healing was the one that helped me. And when I asked him how he did it, he goes, energy cool, huh?

And I was like, What? How do I keep it? How do I make sure the pain doesn't go away? And he come back and it was like, Oh, just be now, Sharon, Dr. Stills.

I mean her. No disrespect. She was one of my sisters. Dr. Sharon is like, Oh, yeah, I know, baby. Because one of the first classes I ever took with Dr.

Sharon was learning how to be, and I was like, Oh, I know I'm in the right place because these people know how to be. And it was at that first by regulatory medicine conference where I actually met Dr. Sharon Stills, whereI had already been searching this being.

And we saw the science of brain medicine and what being in the space of healing really meant. And I was like a kid in a candy store. I was like, there's quantitative assessments and we can we can, like, figure this out, what energy is and how to how to track it and how to make sure that it's actually what's in charge of healing.

And that began my journey of doing like contact regulation tomography as you do. And that's how I became the lymph queen, because, as you know, that's the only quantitative task that stops just the lymph.

And we had all these clients far and wide that weren't getting better. They couldn't detox. They couldn't, you know, they had deep illnesses, cancers.

And every one of them, their lymph was jacked up. So I started researching all the ways to help their lymph. I knew that was a big part of their terrain because I don't know if everybody listening knows this.

I know you do, obviously, but we have three times more lymphatic fluid than we do blood. And I remember when I looked at a dark field microscope that first time, and I remember when he put it up on the screen and I was like, There's space between the cells that we can see what there's lot more space and there are cells.

Why are we not looking at the space? And it just started to make all the sense in the world and having had a scar on my head and and fascia adhesions from the scar when we treated the scar and for the first time in my life, on my

second by regulatory medicine, clinical training, I think Sharon was there as well out in Santa Fe.

You probably remember it. I had my scar injected and I pretty much ran outside at that point and grounded. But when when we had my scar treated that night, I laid on my back for the first time in 13 years and went to sleep.

And I was like, What is this crazy medicine? This is amazing. They have quantitative assessments looking at the spaces between the cells. There's this lymphatic.

So as we work on the fascia, the lymph, we're really working in that terrain. We're look, we're look, we're working in that space that allows our body to have the electrical field, right?

The fascia is the body electric. It's where the energy, which is the electrical energy, the the minerals are actually pumped, circulated throughout the whole body.

What Bio-Regulatory Medicine Means

The fascia is what holds our whole body together. And so inside the fossa is the lymph and the lymph. Then you got bones floating and there were some organs that are all attached to the fascia.

And as we began to work with clients on their lymph, in their fascia, I started to see major shifts not only in their CRT like blood halves and all the other quantitative assessments, but in their whole general vital mystic being.

I saw these people start to shift in regards to, Wow, nowthat we're due in their fascia, they're actually doing the meditation because they feel the healing in their body when they do the meditation.

Oh wow. They're actually going to the yoga class and they're they're sitting outside on the ground in the recharging their whole body because they realize that that is the most impactful thing they can do beyond just taken some green pharmacy, if you will.

That's what I call it. A lot of the supplements that people take the or the moléculas, it's it's just entertaining your physical body. But really what heals us is inside of us.

And how do we access that? How do we test that? And this this world of Benoit literary medicine was like, I don't know. I felt like I'm a witch that had the magic that could show people, look, this is how you heal.

And when I look back at where I was at 22, 23, living a miserable life, living on painkillers, muscle relaxers, completely depressed, had ovarian cysts at 30, ovarian cysts burst.

And ten years after that car accident, managing my cycles with tetracycline from the time I was 16, at the time I had acne and asthma and now I'm about to turn 50.

My biggest concern in life is that I'm so fertile, I'm afraid I'm going to get pregnant. I don't want any more children. I love my child, but I am about to be 50 and don't really want to start over again with my 65 year old husband and I know that a side effect of health is fertility, and I know I'm healthier, stronger and more flexible today than I've ever been in my life.

And that just makes you fertile. And and I know this is a menopause summit, and I know some of you are like, why should you talk about fertility? Because I want you to understand that menopause is a you should be celebrating where you're at.

Like, I know doctor sales, I, I don't want to rush it, but I can tell you when I go through menopause, I'll be like, like I can stop worrying about get pregnant.

That's going to be good. But outside of that, I'm going to be like, finally, I've achieved this other level in my life where I can have wisdom and I can and enjoy my life on another level.

Because it's not just about my creation part of my life. It's about the next stage of my life where I get to dispense all that I've learned. But it shouldn't be about hot flashes and feeling like crap.

I mean, I know doctor sharing it. Did you have any symptoms through menopause? Except for, like I said, for years, your symptoms of. Of menstruation should be one.

You're bleeding, you're symptoms of menopause should be one. You stop the. And if you're here today and you're doing anything, you're feeling anything other than that, then we're here to tell you that more than likely, your toxic load is high, your drainage isn't assured.

And we're here to help you assure that drainage so your toxins can come out faster than they're coming in, allowing you to change the terrain so that your body can heal and go in regeneration versus degeneration, because that's it. The body only has two choices.

I'm at regenerate or I'm in degeneration. We don't arrive and go, Oh, I'm healthy. I mean, honestly, you can hear I'm a little congested. I've been a little cold for the last five days, four days probably the longest I've been sick in 20 years, and I took two days off.

Very unusual. I haven't done that in 20 years. I'm glad you did that. I mean, I haven't taken off for sickness. I have taken off for vacations. But I know how to get better fast because of this medicine.

That was one of the things Dr. Sharon and I were talking aboutbefore we hopped on. And there's so many ways to optimize our body and to assist and facilitate the body, both physically, mentally and emotionally, to allow it to go into the healing mode.

And we get to then watch the magic of the body heal and so we can live vibrant lives instead of waiting for something outside of us to fix us or something to happen that we can't deal with no matter what happens, I'm confident that I will be okay through all of it.

Okay. That was a long winded answer. Well, and you you've read up about 17 topics that I'm like, oh, we can have an interview on each of these. And so let's just cycle back because by but by regulatory medicine is a is a big, big topic.

And it's it's one of the things that's very different about how I work with my patients who are going through menopause because I'm infusing it with bio regulatory principles and with bio regulatory testing and with bio regulatory remedies.

So first, why don't you just give a good definition of like because some people listening going, well, I do functional medicine. So like, so what's the difference and what is bio regulatory medicine?

So I like analogies. So allopathic medicine, which is what we known in Western culture, is germ theory. And that's, oh, something outside of me is making me sick.

Lymphatic Health and Menopause

And so I've got to fix it by suppressing that symptom and taking it or doing a surgery. And hey, listen, I'm not saying that if I get in a car accident again or something, God forbid, should happen, please take me to the emergency room.

You're not the acupuncturist. We're great at trauma. It's the chronic necessity that we're not so great at because we're not. We don't have medical schools of healing.

We have medical schools of medicine. So let's not get frustrated at the medical doctors that are dispensing medicine and surgeries, because that's what they learned.

Dr. Sharon learned all sorts of other things, all sorts of other things beyond naturopath, nothing she learned by regulatory medicine, which is the sort of thing we're going to talk about as well as a long way.

So allopathic medicine is the old model, if you will, of like suppressive medicine. And then we're like, Oh, but let's get integrative and let's integrate some herbal formulas or some, some or some molecular in with your Lipitor.

We'll give you some red yeast. Rice as well. Right. And so we'll integrate them as well or we get more functional medicine, which is. Okay. And look at your labs and I'm not going to just look at the function.

I'm going to optimize and I'm going to make sure that you're also looking are you doing anything lifestyle wise? I'm going to also consider your lifestyle, which is great, but it's still compartmentalizing.

It's still not vital mystically. It's still looking at this as though it's a machine that my heart is a pump, my eyes are a camera, and, you know, my lungs are are a bag versus this is one working unit that all has to work together.

And if somebody needs help, if my shoulder needs help or then my hip might give it to me. So if I have a scar on my head, my body is going to compensate and adapt to give my body enough energy as much as it can with the condition that it's in.

And this is the concept of adaption, compensation or regulation, and bio regulation means life is regulating meaning we can account for what our body is up against both externally and internally, and allow our body to let go of what it no longer needs and hold on to what it does.

So I look at it as a progression when you have allopathic, integrative, functional, and then I look at my regulatory is the umbrella on the top that goes, I might need function, I might need a surgery, I might need an herb, but if I'm not looking at the foundation of how I'm living, that this is a vital ascetic organism that's working in one as one whole unit, and that needs three things oxygen, water and energy.

Then I'm missing it. And so I have created flow fascia, lymph, oxygen, water, energy flow with an E as really that's the therapy that we do in our office.

And it's a body centered therapy that allows the body to open the fascia, get the lymph flow, and then dump the emotions. And yeah, if you need some binders and you need some drainage remedies, you need some ortho molecular to boost and optimize along the way.

Great. But long term, you're going to live like Sharon and I do. I mean, I'm going to be 50 next year. Sharon, may you disclose your age, please? I'm I'm DeVol Nichols.

I'm 55 this year. And I will tell you that her energy and her vitality and her willingness to get up and go is right up there with how young is your grandchild?

Three. I have a little nine month old now. Two year old, your grandchild this holiday. So it's three. And she runs around with her. I mean, Sharon is like the Mary Poppins grandmother.

Like, it's phenomenal. And she's climbing hills and she's doing all these things because she's she's just like she did 20 years ago when I know are no different because there's really no difference in Sharon today than 20 years ago.

No, actually, we get healthier because we get wiser and we see the picture bigger and we understand and these things come in. And so like to me, it's just getting healthier and healthier.

And we have, you know, in your flow with an E I love that emotions, you know, we as we grow and gain this wisdom and stop losing our blood to the earth and maintain so it makes us wiser, the wise crone in the native culture, we we really realize like, oh yeah, the emotions and letting go and processing and looking into generational trauma and what really, truly matters.

Absolutely. And then we live our lives in that way. So we when we are standing at the ocean, we'll talk to the ocean and let the ions come up and hit our body as we're grounding, recharging our bodies, getting all those ions and letting the water heal us and talking to it.

Or if you're on a mountain, you're receiving the oxygen, that's more healing because it's higher altitude and it's going to be pure and it's going be cleaned by all the trees.

But we're connected to the earth, and you're going to drink structured water and you're going to have your your weber light and daylight. And I just took mine off a minute ago.

And, you know, you're going to have your solar origins where the air and you're going to have your oils with you and you're going to support your body to shift.

I mean, you know, we've all had challenges throughout our life. We've had losses throughout our life. We've had different things that we've had to account for. And as long as we're allowing our bodies to express it, which is what I really focus on, is getting people to express what their bodies are holding on to so we can you're not going to forget the memory, but you're going to allow your body to express how you really feel so that you're no longer holding on to the burden it.

We lost a very good friend of ours, Heidi Sullivan, in January of 23 or 20, a little over three years ago. And because I can cry every time I bring up her name, I'm okay with that because that's how I feel.

I miss her and I. I love her. And I'm I'm so happy that she's no longer suffering as well. And I'm so happy that she has brought so many of us together in her legacy of the work she's done.

And I can honor that and and express that. And now I don't have to hold that as a burden of sadness all the time around me. Yeah. And speaking of energy, what I didn't do was plug in my computer.

So give me one minute like. Well, I'll just talk to you. I'll I'll. She takes a commercial break, so. Yeah, that, you know, I mean, the truth is ten out of ten human beings are going to die.

We're all eventually going to expire. It's part of life. And it's how do we dance with that? How do we understand there's still a relationship, even though it's it's not physical anymore?

And how do we how do we let go? How do we and it's not just, you know, vaguely saying it's okay. It's really being present with the emotions and letting them overtake you if need be, so that they can move through you and not stay stuck and stay stagnant and that's what when we see stagnant lymph and we see the facial adhesions, there's these emotions that are the underlying cause going on there that has to be released so that the body can get back into flow.

So that's what I was just going to say. The lymph is where we let go. Hold on. The fascia holds a lot of the traumas, but the lymph holds a lot of the information because water, it holds the information, the body and the lymph is the water part of the body.

And so the organs as well from Chinese medicine, we know that they're stored as neuropeptides in the organs as well. But the lymph is part of the circulatory system.

And those are just like toxicants should be circulated, but so many people's lymph is clogged. And so I really want to focus if we I'm sure you do too focus for them with menopause on lymphatics, because I am absolutely convinced I am waiting for science to back me up because I'm too busy clinically to prove it to myself.

But I have seen it for 20 years. Clinically, I'm really convinced the ovaries are part of the lymphatic system and I'm science. Could you come and prove me right, please?

Because first of all, if you take a cross-section and come on, it looks like a lymph node. If never there was

something that looked like a lymph node.

It's a bruise. But having had 30 ovarian cysts burst and then working my scar and never having another cyst burst in my life, that was number one. Wow.

How to Tell if Your Lymph Is Stagnant

And then the second thing is, as soon as I started really figuring out the right way to work my lymph through my CRT, I saw my life was still an issue, even though I had no symptoms at that point.

When I did a CRT, my lymph was so jacked up and my ovaries were really hot and I was like, Oh, I don't want any more cysts. So I started to find all these ways to work my lymph and my cycle regulated for the first time in my entire life.

I mean, I had horrible cycles my whole life, too much, too heavy to this. And all sudden I was like, Wow, this is like every 26 days, it's three days and it's gone.

What the hell is going on? I've never had this before. This is so weird. Thank you. Bye. Regulatory medicine. But as I started working with clients more and more, whether they were amenorrhea, they had been in menopause for three or four years.

We'd start working their length. Sure enough, they get a breakthrough bleeder. They might even get a whole period. Now, people and women in menopause might be like, What do you mean?

I might get my period again. The side effect of health is fertility. The health you get. I see it over and over again as we work your lymphatic system, I tell everybody one is Your cycle is going to change in the next three months.

So just get ready. It's going to you're not going to know when you're off your lady necessarily. So know that you're more fertile because you're getting healthier and know that you're not going to track it because it's going to shift your cycle.

Because I believe the body detoxifies not just through blood. I mean, it does through blood. That was. There you go. My joke there. It was the end in the beginning.

But we we breathe out more toxins than we do anything else than we poop out. We sweat them out, we pee amount but I would contact we also bleed them out actually any ejaculation any way if the body expresses anything.

I've been blown my nose for four days. It's the way the body gets out. Toxins, right? So blood is the same way when women have cloudy, dark blood. That's a sign of toxicity. And that's often what I find.

When menopausal women start to work their lymphatics, what they get is not a real cycle. It's this old, cloudy, dark blood that's old toxicants coming out.

And so we want to help you move that lymphatics because that will allow you to shift not only the physical toxicants, but the emotional toxicants. Yes, I see that often too.

And yeah, just so so we're not saying you're going to move your lymph and you're going to turn into a cycling woman again. But that yes. That six times have a bleed or a breakthrough bleed that it is it's this old stagnant.

And so that that is I always tell my patients like, you know, that's okay, that's a good thing we want to release because yes, when you are a menstruating woman, that is another form of detoxification, as Kelly was talking about.

So let's talk about some of just the practical things that you can share, some tips, how you know, how do you know

your lymph is stagnant, although we know because we run CRT, which Kelly has mentioned, which is contact regulation, thermography, which is you've probably heard of thermography like a photo it takes of your breast.

But this is a machine from Germany that's measuring exact points. It's measuring through cutaneous neuro reflexes, organ function, and it's the only thing, which is why we've got sex.

It's the only tool out there that is diagnostic that measures your lives. And what do we see? Every patient that comes in. Every. Cent, not. Not 90%, not 99.

Has a jacked up lymph. And so so it is such a crucial part. So so but what are some signs the women listening they can look for? And then are there any things you can kind of show us to think about?

So here's some symptoms that you have stagnant lab headache, fatigue, constipation, moodiness, skin rashes, anything like that. Anxieties, those are like the top six.

I know anybody like that, ladies. So that's a sign you have. Lip. What causes the lump to be stagnant? Number one, sedentary lifestyle? No, actually, dehydration is number one.

Number two is sedentary lifestyle. So a lot of people do. Oh, but I drink all this water. Do you eat fruit? Do you eat vegetables? Because you get structured water in fruit and vegetables, you can structure your water.

I know both share and I are drinking structure water. I'm sure it's the buzziest of all waters that both of us are drinking because we know how important it is to have pure clean water so that it filters for us and it takes out whether what it needs or leaves what it needs and takes out what we don't need.

So number one is hydration. So make sure your water is bioavailable label. Make sure that your water is first of all, purified. Secondly, structured. Thirdly, recharge your mineralized and what am I missing?

Period structure and. Not stored in plastic. Yeah, not so. I mean, I'm literally using an old honey jar to drink. Got to be all you can find a glass bottle very easily.

She has a mason jar. One of my thing. Oh, yeah, exactly. All the bottles work. Great. You don't have to go buy anything. You have plenty of glass bottles at your house. You.

Can I wait till, like, juice is on sale at Trader Joe's? I just go buy it and then I dump it out and I rinsed bottle out in this running water bottle for a.

While until it breaks and I get one. Yes. So number one is hydrate and then two re mineralized. If you don't have all the minerals, we all have sea salt, take a little pinch of sea salt, put in your water and make it charge bioavailable chargeable water because your body needs those ions to make it available to to create the mineral exchange and intracellular.

Then we need to move. Our lymph doesn't move unless we move. So the cardiovascular system is known to have its upper is a pump which that's a whole nother story for another day.

But let's just assume that was true. Well, the lymph doesn't have its own pump and the lymph actually the two end points for your line for right here.

So the lymph has between 600 and a thousand nodes throughout the whole body. And then there is vessels that connect the notes. So just think of it like exits and highways.

Okay. So you have between 600 and a thousand exits and highways in the middle. Where are these exits? Well, they're anywhere, we bet. So at our neck, we have about 20% of our lymph nodes in our neck, about 50% in our in our guts.

And then we have like our elbows, our wrist, our knees, our ankles. A lot of people are familiar with this is particularly if you have kids, you're like, oh, my kid's tonsils are swollen or there's a lymph node, so let's go take the tonsils out.

Please don't take your kids tonsils out. Tonsils are the gatekeepers, the lymphatic system and we want to know, you know, let's talk about the organs of the lymph tonsils appendix.

Oh, I thought we don't know what the appendix is for. Who didn't know what the appendix was for. It's a lymph system. It's a lymphatic organ that stores probiotics.

In case you didn't know, it's not an extra organ that God gave us that we can just easily take out. We have the sinus gland which matures a lot of our white blood cells, bone marrow which matures a lot of our white blood cells, the spleen that makes our white blood cells is our largest lymphatic organ in our small intestines, which has pious patches, which also makes white blood cells.

Simple Lymph Drainage Techniques

I'm sure the lymph system, though, has nothing to do with the immunity of our body. I'm sure of that, as the sarcastic New Yorker says. So when I look at the system like that, I go, okay, we have these major organs, we have lymph nodes, and then we have vesicles.

But if we don't move, there's nothing moving the lymph because it needs our movement. So putting our arms up and down like this will help open up our lymphatics.

Doing bicycles with our legs, moving our legs, sitting on a chair all day and doing this not great for our lives. Right. So we want to move. That's number one, how the lymph drains is that when we move, it dumps into the cardiovascular system.

And then this is where ends. As I said, these are the last exits. And then those exits dump into the cardiovascular. Then we breathe it out, poop it out, pee it out, sweat it out through all of our monetary organs.

But how does it get up here to start with and how do we drain it? Well, anybody that's ever been taught dry brushing, I would challenge you to go to my website and watch how I teach people to dry brush, because I don't know who these people are that taught dry brushing and what physics class they went to.

But the the life works on a on a pressure gradient. And so you've got to relieve pressure. So then, then the pressure behind can move into an empty space.

So I again come from upstate New York and have lived in the Philadelphia area for 20 years. So I think of exits and highways a lot. And the way I look at it is this if I have an exit and I have 50 cars lined up to get through the tollbooth, then I got to open the tollbooth and let what car go first.

The first car, then set car, then the third car. Then for people that teach dry brush brushing, go. No, go to the 50th car down at your feet and start to push your life up.

Let's that's going to create a pile up. So what I like to do is open up our lymphatics right here. And how do we do it? The lymph is just below the surface of the skin.

And what we want to do is we want to create a little bit of a pump. Just a pump. You can also do it with humming ready, creates a vibration, creates a stimulation of the lymphatics.

Or you can do this. Which Kelli makes us do at every conference. Since everybody's been sitting chair too long. You know, and you're just pumping those notes now, the way I teach, I cross my arms.

You take your two fingers and you just gently pump like you're going to see if an avocado is ripe. Right? You just

want to just touch it a little bit. And so you can just do that.

You pump maybe five little pumps right above the clavicle in that little area. Then you're going to go outside the tonsil area and you're going to pump that a little bit.

And this is going to start to drain the first two cars, so to speak. Then I'm going to come out here and I'm going to pump my apical nodes and I have a PDF and we can share that with your group so they can all know how to do this appropriately.

There's video three so that they can watch that because this is important for people to know how to move their lymphatics and then you can dry brush in the same order.

You want to open up the ends and then you go out to the 50th car and move it up because you've created a vacuum here. And the other area is, of course, the gut where 50% of our lymphatics are.

And so I'm going to say this one, because this is the area for the menopausal women that you really want to work because you have your inguinal and your iliac.

So first of all, the three most important points in the lymph are your termini. What are these are called? And then there's one in your belly area called this a sternum.

So if you take your pinky, put it in your bellybutton, lay your two fingers above it, just right there, and you just gently I got to do it this way. Pump it a little bit.

It's I'm not pushing hard. This isn't a muscle massage. This is a little stimulation of the lymphatics. And you're just going to take a breath in first and then just pop about five times and then you can get down into your iliac, which is a buff, where I bend and I can pump with the intention that it's going to go up here.

And I going explain that in a second and then I can go down to my inguinal now where I'm okay and I'm going to start here and I'm going to pump. I'm going to pump, I'm going to pump, I'm going to pump.

And then there's a very important point for the uterus between like if this was a a seam of my leg between my knee and my groin, about halfway, you can feel a lot of people quite sore right there and you just pump that four or five times.

That's a great point. It's a lymph node, but it's a great point for your uterus. And by just pumping those nodes and then going back up, pump in the cistern again, pumping this, I've stimulated lymph flow.

How do I now all of a sudden I had to pee. I pooped more, sweated more, I slept better. I went into the parasympathetic mode. Now, right now I'm giving a lot of education, so I'm not really the person of attack mode.

But what I would recommend before you do this, no movement is do. What Sharon does so well is pause. Take a breath, get into the parasympathetic mode first, and then work with your body.

This is not a rush. We're allowing our bodies 2 to 3 minutes. It's all it should take. 2 to 3 times a day. If you want. Once a day, you're on a plane, you just pump in your nodes, create a lot of conversation on a plane case you're wondering and you're allowing your body to drain.

And when your body drains, there's more space and there's more space. You feel calmer when you're calm or your progesterone is your dominant hormone. Instead of estrogen, you feel spazzy and you have a balance.

Of course it's a balance. But allowing your body to get into the parasympathetic and draining the lymph will allow your body to be in the healing mode, to be in the healing mode, and to take that pause that allows us to allow the wisdom to come in, to allow the light to come in, to allow the universe to give us the answers that are right here hanging out for us.

And how do we get them? We open up our fascia. The fascia is the frequency fabric that really is the antenna of the bio field of all around us. We're all organisms that have a bio field that connect to everybody else's bio field.

And the more straight my antenna is, bigger my satellite dishes, the more information I get. I got put into parasympathetic just watching you and as a connected.

Kind of connectivity. And you know that is. This is. Such an amazing gift to give to yourself. It's free. It could be your morning moving meditation. You know.

You don't have to sit on a cushion always. It it can just you know, I love to just be in that and feeling it and feeling my limbs and having the intention and seeing it open.

And it's a it's a huge medicinal gift you can give yourself. You know, I'm obsessed with my hashtag. Not all medicine comes in a pill bottle and. You know, that's good.

You know, even a vitamin bottle. And this is medicine you have to open up because something and we're just about to unfortunately wind down because our time is up.

Otherwise this would be like a nine hour over six feet. Hold on. We're going to go get a few days and Cafferty will be back talking. About a TV one day that we can have.

Just chat. I do want to mention about our pets. Yes, yes, yes, yes, yes. So one of the biggest areas that I see as congested on people is the armpit area.

Self-Care, Healing, and Resources

And for many reasons, I think from Y five, from deodorants, from bras. But it's more than that because I have a ten year old kid and I watch his friends come into my house and I'm like, Can I just look at your armpits?

And every one of them has puff snot pits and it doesn't matter their weight. It's not about their weight. It's it's about the fact that their lymph is so stagnant that it's starting to push out.

Right? It's starting to get clogged. So a quick way to test is you can look at your armpit and if it's a pit, if it goes concave, then your left maybe not that bad.

But if it's more like that, when you put your arm up, well, then that's an arm puff. And here's another area that people think, oh, I have fatness there.

No, you have you have lymphatic stagnancy. The another place people find it is actually in that groin area, particularly. They're like, Oh, I really like puffy, right?

They're fluid filled. That's your lymph stagnancy or behind the knees is another area that a lot of people feel it or at the ankles. These are all areas that are simple to address by movement and pumping.

And we have a lot more education about that. But here's what I ask every one of you to do. Do it for a week, see how you feel. Let me know. Let Dr. Sharon know.

Because what we know is that life is change. And without change, you're not going to change. And so when you get a response from doing something like that and being with yourself, first of all, look what you're doing.

You're hugging yourself, you're loving yourself. You're taking a moment to be here and just consciously breathe and pump and give the body an opportunity to slow down and pump its notes.

And most people fine as they do this. Oh, I was calmer. I lost a little bit of weight. Oh, I pooped a little bit easier. I had a client today who's a medical doctor say to me, Oh, I noticed as I started doing all the lymph flow for and I'm

using the vibe that I'm using on the kids we're pooping like like it's our job.

It's so good. It's like pantheons. Well, it kind of is our job. Like, often get it out. But you know, I see so many people say, oh, the bowels, the bowels, the bowels are the first place to start.

And I couldn't disagree more. It is the lymphatics. If you have a symptom, pump your lymph and see what happens. You have a histamine reaction, pump your lymph, you have a cold, pump your lymph.

Whatever symptom it is, it's because the body has built up a toxicity and it can't let go of it. So assist it, facilitate it, and see that you don't feel better, and then engage your body more and more and do that and teach other people to do it.

Because there's not enough people that know about the lymphatic system and how to properly assistant and facilitate it. And I know as, Sharon, that so much of what goes on for people, if they just drain their lips and open their fascia, a lot of it would go away.

MM Yeah. And you know, you talk about a lot of women in this age are worried about their weight and the belly and it's like move the lymph, move the lymph, move the lymph.

I So that's why it was so important for me to have you on. And, you know, we have to finish up, but there's so many other pieces and just back to like something you said in the beginning about like the space between the cells and you just reminded me of it again because you said, you know, don't start with the gut.

And, you know, obviously I couldn't agree more. And it's like I was like health begins and ends. It gets decided in the space where the cells, you know, simmer in their soup, in that soup.

And that's why this is so important, the extracellular matrix where the lymph and the fascia, it is crucial shell and a very different way of thinking Kelly and I to go learn in Switzerland and Germany to really you know, understand this and what are you going to say?

It just made me think of her as Dr. Bruce Lipton's work. Right. And if they don't know biology beliefs, if you don't have to even read the whole book.

But he's got a great you too, where he summarizes his book in about 2 hours. And Dr. Bruce Lipton discovered this in the seventies. We might be OGs from the nineties telling people to drink water and all the things and take care of the stand momma.

But he's the OG that still is excited today as he was in the seventies when he discovered as he was looking as a cell biologist. Wait, what? Signaling the cell. Wait, wait.

Something signaling cell. Wait, where's the signal coming from? From the space around the cells. And so there's a whole bunch of information there. I also want to mention that there's other lymph tools and I just, you know, want to make ladies laugh, too, because I have made everybody laugh.

Yeah. I mean, if this can free up your limbs, don't we think that it's appropriate that it looks like this? And it is a vibration tool? We call it the Flo vibe.

And if you don't want to pump your life, you can just hold it and it'll pump your lint for you. You hold it 5 seconds at a time, every place. Also a great conversation piece.

Anywhere you want to pull it out of your purse. I had a kid on a plane the other day putting it in their mouth for teething. Worked quite well, really love the vibration.

But there's so many gays sonic sliders, another one. There's so many great ways to assist your body in your lymphatics and it doesn't have to be that difficult.

It just has to be done. And frequently time. Yeah, it's just like the brushing of the teeth. We do that twice a day. We, you know, we got tired. Just imagine if we started teaching that our, our younger generation, you know, like I teach my granddaughters.

But, you know, we of course, we brush our teeth twice a day. Well, it should be. Of course, we move our lips twice a day. Like that's where we are. Yeah, that's.

Where we want to want to change the filter. We don't want to be the strange one screaming about the limp. We want it to be commonplace. So thank you. This is you know, this is really powerful and important and menopause, you know, and part of why.

So here's a little secret, but part of why I, I mean, there's many reasons, but one of the reasons I really wanted to host the menopause and make menopause a focus was because I knew that a lot of times we as women are just going along and we're busy and we're taking care of everyone and working and we're stressed and we don't really think about ourselves.

And when menopause happens often, because we're so out of balance, we have these horrible symptoms that we have to stop. We have to stop and we have to think about ourselves.

And I thought, well, this is a glorious reason for me to help patients and then remind them about all the other parts of their body that need be paid attention to, including the lymphatic system.

And so that's kind of how I because Kelly knows, I, you know, my general practice is a lot of oncology patients and autoimmune and rare illnesses and all sorts of things.

And yes, it is a big women's health practice, always has been. But that's why I really chose that to focus on because I love you ladies. I love us women.

We are a force to be reckoned with. We are we are moving into this powerful part of our lives. And what Kelly just showed you how to do is like a radical act of self-care, self-love and self-healing.

And that's what menopause is about. It's about reclaiming your self. It's about saying, you know what, I go first. And that's not selfish. That's self-care. So thank you, thank you.

Thank you for being here and educating as you always do. And what is that website? If women want to go look and more. So thetruewellnesscenter.com is our website and might have a podcast as wellcalled The Beats like Sharon does.

And I also have an Instagram which is True Wellness Global and Kelly Wellness Girl both. So I'm all over the place at YouTube just trying to get the word out about Flo and helping people achieve their goals of living an abundant, prosperous, easy flow life that's full of love.

Well, go find her. And I want you to before you flow to the next interview, I want you to take a moment and really love yourself and practice what she just showed you, because that is one of the best gifts you'll give to yourself today and every day.

So I. Love you. Love you too.