Why Detox Fails Without Lymphatic Support Transcript

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Introduction to Root Cause Medicine and Lymph

The question we should always ask, and in root cause medicine we ask it all the time, why? Why has the body got swollen tonsils? What is the body not being able to get rid of that's stuck there?

Now the tonsils are also the gatekeeper for the blood-brain barrier, and everybody wants the brain to drain, but the brain will not drain until the neck drains, and the neck won't drain until the body drains.

This is Doctor Talks, real talk from real doctors on the issues that matter to you most. All right, so today I have Kelly Kennedy, who is the lymph expert.

She's been in this field for longer than I've been in practice. Oh, are you commenting on my gray hair, Javen? Oh, maybe, no. No, just your expertise is amazing.

Every time I talk to you, there's a new piece of technology you've brought in. You've connected the nervous system, emotional work. You've got devices.

I mean, everything lymph, you've mastered. So I'm excited to talk to you about it because every client you work with, when they're trying to detox, if their lymph doesn't work, detox doesn't work.

What made you so passionate about lymph? Thank you for asking me that question. What you just said is what made me passionate about lymph, that clients were coming to us from far and wide.

They had been to many other clinics just like you, and they couldn't get better. And they had tried the detox, they had done the protocols, they had done the IVs, they'd had their amalgams out, they had done all the things, but they were stuck and they were stuck.

Why Lymph Matters for Detox and Terrain Health

because I had learned terrain medicine and because I had learned live blood analysis and contact regulation thermography, I understood terrain. And the terrain was the bigger part of the body, which is the lymph and the fascia, because we have three times more lymph than blood.

And I started to look at everybody's CRTs that were coming in. I'm like, everybody's lymph is clogged, like looking at a quantitative assessment. And it wasn't there's a baseline and it should be below the baseline and then cool and every and I'm not exaggerating it was every single person's lymphatics were above the line and inflamed I'm like well that's every single person so I was like let me that's the sick population let me grab All of our staff that's been doing this for a long time and myself included, my husband, and then all of our team at the time, everybody's lymph was clogged.

And I said, well, it can't be everybody. I'm going to ask our clients, husbands and wives and people that are healthy, quote unquote healthy, and have them come in and do CRTs.

and everybody's lymph was clogged. I'm like, okay. Then I started to look into it. I'm like, okay, with all the different forever chemicals and the metals and all the things that we're up against and the sedentary lifestyle, when you understand lymph, if you don't move, the lymph doesn't move.

There's just such a onslaught on our lymphatic system. And then what I've learned as a massage therapist trained and licensed Even medical doctors don't get a lot of training on lymph.

You're a chiropractor. How much lymph training did you get? Very little. And plastic surgeons get a fair amount.

Physical therapists get a little bit.

And unless you have quote unquote lymphedema, people don't even think about your lymphatic system. But I was raised in a household with a father who had Hodgkin's disease.

He had lymphoma. He's had lymph nodes taken out. So I knew about lymph since I was a little kid, but I didn't know anything about it. I just knew these words, lymph.

And as I started to educate myself through bioregulatory medicine and understand the lymph, it looked like the lowest common denominator for me. I'm like, okay, if this is the place that the majority of the body is, is this space between the cells, and this is where all the toxicity builds up, and the fluid isn't where people are really having stagnancy, because that's the people with lymphedema.

It's the lymph nodes, which is like the doors. So people are dusting their homes trying to detox, but they've never opened their doors. And the lymph nodes are deep into the joints of our body, the areas that we bend.

We have 20% in our neck and about 50% in our gut. And we know where does health begin, right? Often in the gut or the sickness begins in the gut. Well, I look at it and go, yeah, cause 50% of the lymph is there.

So a lot of people, and I know we've talked about this with the funnel of health at the bottom of the funnels, the bowel. And for me, it's not, it's the lymphatic system.

Because when you open up the lymphatic system, the bowels move. when you open up the lymphatic system, the stagnant blood in the woman who wasn't menstruating starts to move.

when you open up the lymphatic system, the person with the brain fog all of a sudden has oxygen circulating through their body. So it became the thing that I'm like, okay, if we open this up, then what?

And then when I opened it, all of a sudden they could detox. They could do another protocol. They could do a parasite cleanse. And things were coming out now because the doors were open.

So I'm like, all right, I'll just, I'll focus on this. I never looked at it. It was just a hole that I saw where the clients that were coming in and I love working on bodies.

I love working my hands. So I went out and learned lymph and fascia and all these things. And it became my specialty over the years. And I really looked at this industry even today.

Here we are at this conference and there's not one person at the largest longevity conference talking about lymphatic system. It honestly blooms my mind to go, wow, there's so much opportunity to teach people about the basic fundamental of life, which is the water of your body.

The body of water we should all be paying attention to is the one we live in. And that water has to be filtered like a fish tank, right? I grew up working at a pet store.

And if the fish tank was dirty, you would change the water. If the fish was sick, you might give it a little methylene blue if it had sick, which is really what it was.

How Lymph Movement Affects the Whole Body

But you also would change the water. You wouldn't let the water just be dirty and think the fish is going to be sick. But as a dad, do you not concern yourself over that environment that child lives in and all the things that he's exposed to to make sure that he doesn't have to clean those out of his body later?

Why are we the only ones that understand that? I'd love everybody to understand that. If we wanna really clean up our bodies, number one, stop putting the crap in your body, stop wearing clothes that are made from plastics and

forever chemicals, and start to mobilize your toxicants by simply self-care, we brush our teeth twice a day, we can mobilize our lymph twice a day, because unfortunately in the society we live in, in the soup we live in, we've created a situation where we've immobilized our lymphatics from sedentary lifestyle, tight-fitting clothes, Wi-Fi, blue lighting, as I said in these beautiful lights, but it is a stressful lymphatic system, right?

So its movement allows us, but it's not just working out, it's actually opening up these lymph nodes and having it done skillfully in the right sequence to make sure that as we open it, things aren't just mobilizing around, they're moving out and then through the almond tree organs.

I'll shut up now. But yeah, we're at a huge conference right now. There's I think 7,000 doctors here. Lymph is not nearly talked about enough. Maybe it's just not sexy enough to do.

It takes work. It's not something where you're going to throw a high dollar prescription or supplement at it. Although there's things that can help, it's something that takes a daily routine.

No different than eating well, exercising, but those things are thought to be like, oh, you're going to start looking better doing it. Whereas lymph is just so much more of a basic piece of the pilot.

If you don't do it, you end up toxic and backed up and achy and feeling sluggish, just nasty. I know when I'm at an event, I'm sitting for three days.

You're just like, oh, why does everything just not feel good? I mean, even when you're just sitting in that chair, your back's starting to ache, and you're like, oh, it's posture, but if you're sitting up, it shouldn't be posture.

You're just backing up. I see clients all the time, and I'm like, we gotta stop detox before you get on that plane, because your lymph will back up. When your lymph backs up, you'll end up with a detox reaction.

And giving tools out to do things, which I know you have a ton of tools, As you learn the strategies and tools, you just empower your body to operate at a higher level, no different than any of these other biohacks.

It's just this one hasn't caught on as much yet. I think yoga, one of the reasons that yoga is so good for people is because it works their lymphatic system.

I think it's one of the reasons people feel well when they do that, because they go upside down, they do different actions, but you're right. tools for lymph, although I do have a tool that looks a little sexy for your lymph, but that said, the tools for, well, I would say that working your lymph is the biggest anti-ager you got because it's moving out the trash, right?

And oxidation causes aging. So if you want to have the best antioxidant, You actually mobilize your lymph, you get water, and you stimulate your white blood cells and your immune function because lymph isn't just about the toxicity, it's also about the immune response.

Your tonsils are part of your lymph system, your appendix, your thymus gland, your bone marrow, your spleen, and your small intestines are all part of the lymphatic system.

where your white blood cells are created, where they're matured, and then at the lymph nodes is where the body identifies invaders and pathogens to say what they are, and it's all dependent upon the fluid getting into that lymph node, hence the door being open.

And then what it does is it increases your poop, your pee, your sweat, and your bleeding. You're right, that's not very sexy. However, as I say, it's better out than in, right?

And if we, I just had an injury this year, as you know, right? Two actually, I fell twice. Don't fall on ice, that'd be my first recommendation. But it also helps with injury recovery and with repair.

And one of the things they wanted to do, first of all, they said, you can only do surgery. It's the only way you're gonna get your range of motion back in your broken elbow.

And I said, no. And then they said, well, you have to do a cast. I don't like the idea of a cast because then I won't be able to mobilize the lymph and the fascia.

So how about we do a half cast? So that's what we negotiated with, because I advocated for myself with the orthopedic surgeon. So I said, put a cast here, and then I'm going to put just gauze around it so I can still access the lymph.

And he thought it was absolutely crazy, of course. 72 year old orthopedic surgeon. Lady, you broke your olecranon process off. You need a cast. You need screws.

You need plates. I said, no, that's my fascia. It knows what to do. I just need to mobilize my lymph. But because it was straight for eight weeks in that form and I was able to pump it and then I did a range of motion cast it was so stiff and didn't move for eight months it took a lot like find out a really big stake it took a long time for me to get that full range of motion back but it was doable and now I have full range of motion in less than a year and full pressure because the body heals if you know how to mobilize the length.

But it was stinky and it was gross as that started to open up. I had an arm puff instead of an arm pit, which we talk about a lot. And even now, even though I'm full range, I can still feel like there's a little puff over here.

And puffs, ladies, are not sexy. Who wants a puff anywhere on your body? Nobody. Getting rid of your puffs is how you do that, is mobilize your length.

puffs under the eyes, puffs in your upper thighs, puffs around your ankles. Those are all signs that your lymph is backing up and that's even less sexy.

I don't know why we're talking about sex. It's a hot topic. It is. That's true. We're gonna talk about sexy.

Emotions, Regulation, and Healing Through Lymph

It's not sexy to have a house full of trash, right? We all take the trash out. It's not fun. You try to get your kids to do it, they don't wanna do it, I don't wanna do it.

But if you don't do it, it starts to smell. That's very true. And if you don't take the lymph out, you start to smell. 100%. and you start getting BO, you start having puffs, which to translate, if you've ever looked at your collarbone, and if this is not dipped down, it's a puff.

That's right. And that means you're backed up. That's right. If you have an armpit that is poofed out all the time, there's a puff. Where else can you have signs, or what other signs of lymph backup are there?

So puffiness, we'll just talk about for a second, often in the inguinal area, in the pelvic region, as well as the back of the knees and the ankles. We kind of talked about that under the eyes.

Those are areas people get puffy. However, signs of lymph stagnancy are constipation, brain fog, weight issues, hormonal issues, digestive issues, allergies, rashes, some big ones in there, like all of them, some very big common problems that people run into on a day to day basis that there's no medical fix for a lot of those things.

Sure. You could take something to go to the bathroom, but a lot of itchiness and rashing, there's really no good fix. You can take an antihistamine, which then causes its own problems with dehydration and other issues.

So if a person listened to those things goes, that's me, that's me, that's me, that's me. Are there some common recommendations that you make? Absolutely.

So number one, lymph is a lot more, and I just want to be clear about this, because we've talked about lymph a few times, and I teach a lot about lymph, and I can share with your community the simple ways to move your lymph.

But lymph is so much more than just pumping your lymph nodes. It's about what are you holding onto that's no longer yours? So this is physical, mental, emotional, energetic and spiritual.

And the mental and the energetic and emotional are really the bigger pieces because when people start to mobilize their length, they start to feel things.

And that's not just itchiness or anger because I'm moving my mercury, but it's I feel emotions that I buried a long time ago start to come up. And it's how do we address that?

And lymph is about movement. Emotions, we only move, emotions only move when we move. Same with the lymphatic system. So it's important, I teach a lot about expressing yourself.

I mean, we made like jokes. I'm very expressive, right? I can cry and I can swear in the same sentence because I don't hold anything back. I never do.

Because of what I've learned about the lymphatic system, what I've watched my father go through in cancer seven times, I grew up going, I'm not gonna live that life.

I'm not gonna live a life of cancer. And I don't know how to not get cancer, but I'm gonna figure it out. And I'm so grateful for a car accident that threw me into this world at when I was pre-medic Cornell.

I'm so grateful that I found vibrational energetic medicine because what I learned through that process is the way to heal cancer is to not get cancer.

How do you prevent cancer? You deal with your shit. And I mean all your shit. And if you aren't, if you're going to bury it, you're going to get sick at some point in the future when your rain barrel fills up, whatever that is for you.

But emotion is 90 percent of all life. And when when we work with the lymphatic system, we too become watery. And when we're more of a water element, we're very emotional.

We're very this way or that way, right? We flow like water. I teach energy flow because you wanna flow like water. What I've recently come to terms with is we also wanna flow in a structure, have a structured water.

I knew you'd appreciate that. Because it is important to express our emotions, but it's also, not appropriate sometimes to express that emotion to somebody because it could get you in trouble.

It could cause consequences that you don't necessarily want to take on. So it's a, but how can I express that emotion at a certain time away from this?

So yes, I want people to pump and dump is what I call it. Pump and dump your lymph nodes, right? And I also invite you to pump and dump your emotions when you do it.

Move it out, get it out. Like somebody just pissed you off. Maybe Javan's never pissed me off, but let's say Javan pisses me off and I'll be like, wow, I'm not going to maybe say that to him, but I'm going to pull aside.

I'm going to write a note. I'm going to talk to myself in a mirror. I'm going to do something to get it out because nobody can make me upset. My response to Jabin is a button that got pushed inside me of some old trauma drama, pathogen, toxicant that is being held in my lymph system.

And when you and I interact and that is being highlighted or that's being surfaced and I respond in a way I don't like, that's my shit, not yours. That's my lack of lymph movement, not yours.

So we had a situation a couple years ago, which we just talked about, where I was having an emotional moment and you were the first person I saw. And you and I didn't really have, we knew each other, but we weren't very tight.

And I saw you and I saw this look on your face and you're like, are you okay? And you really care because that's who you are. And I said, I need a hug.

And you hugged me and you held me. And that helped me release my limp so it didn't get stuck in my system. So I didn't have to talk about it a year from now.

I mean, I cleared it out pretty quickly over that time period and everything changed my life after that in so many ways. That was a big, big shit storm that hit me that day and I could have gotten stuck in it.

But instead, Because the universe provided, I had an opportunity to let somebody hug me, let me be held, let me feel my emotions, express how I felt, which is what I did with you.

I got my anger out of it. Within a couple of days, it was pretty much over with and I was moving on. And it was a huge thing in my life. So, lymph is about moving our toxins.

It is about our immune system. It's about our emotions so that we can let go of our stuff to step in to who we really are. Because lymph is about shining our light and allowing us to share with the world what our true nature is.

And it's not caught up with the filters that everybody puts on to us that we hold into our lymph system. Those are emotional filters, physical filters of toxicants and like we've talked about the forever chemicals and all the things.

But I'm talking more energetically as well. in looking at the body because life doesn't happen without water and minerals and sound. And length, we can't live without for one minute.

And that is the placement I would say that those three come together. Sound and light and life come together in the length of the body held together by the fascia.

Daily Lymph Care, Clothing, and Lifestyle Factors

holding the frequency of the heart that is pumping and oh not pumping but it's allowing that torrid field that frequency that flows through us ideally in coherence when we have brain heart coherence and that allows us to flow and regenerate and we are either in regeneration or we are in degeneration because the body isn't stagnant.

Nothing in life is stagnant. Everything flows either in one direction or the other. And we're here at this longevity community and I sit there and go, dude, what are they, what are they really doing?

Because if you make a choice with every thought you have, every step you take, every morsel you put in your mouth, every thing you drink, everything you expose yourself to, those are the decisions, those are the discernments that allow you to stay in health and regeneration, or your body goes in the backwards direction into degeneration, and that is a different moment of every second.

That's what regulation's about. That's what that whoop is on about you, right? Looking at your regulation, how does that go? The lymph is the key to regulation in so many ways.

Well, one thing you said is you're either going forward or you're going backwards. And that's definitely something I talk with people about all the time.

Unfortunately, in today's society, we are not in a place where you can just get well and then just stay with no work. It takes a daily effort, no different than anyone that goes to the gym.

If you go to the gym and you get really fit and really strong, it goes away if you stop. We'll just talk to every professional athlete. It's frustrating.

You're like, gosh, darn it. Like I, I got there and then life happened. And six months later, you're like, I gotta rebuild that. And health is the same, but we all just think, well, if I just lose the weight or if I just go to the gym and I get my, my body well, or if I, you know, switch out these things and I, and I just detox and I'm done.

And then I can go back to my life the way it always was. And that's just not the way it works. I wish it was at some level because it'd be easier, right?

But at the same time, it does get easier. I mean, when I started this 27 years ago, it was very hard. I mean, I was a broke college student and I was told I had to eat organic and I had to have clean water and clean air because the whole world was a disaster and I was broker than broke going, what?

I don't have money for any of that. But I did and I found ways. and I made it a priority in my life. It's always been a priority in my life. And now, like over the last four years, when the whole world shut down, when COVID hit and everything, I have not had one moment of stress about COVID or any kind of injuries.

Like even this, like it sucked when I broke my elbow. It definitely sucked. But never for one second did I think Or no, rather, I did not, for one second, didn't know that I could help my body heal this.

Not that I'm a healer, but my body heals. It heals itself and I just have to facilitate it. And because of all the tools that I've learned, primarily the lymphatic and the fascia piece, I know I could facilitate that length and allow the emotions to come out.

And I let a lot of emotions come out every moment of every day. And particularly when I was healing. You know, when I went through the process of like, I was giving up on wanting to take stuff in the midst of this.

I was just done. It was like two hours in the morning, two hours at night, working on myself, doing all my biohacking in addition to working in addition.

It got exhausting. We've all done it. We all get exhausted with it. But like you said, I would get stuck then and be like, well, you haven't done your stuff in three days.

That's why you're stuck. Go back to the mat and do your thing. And we all get to the point where We don't want to do it, but then if we don't, it becomes harder.

And that's what the lymph and the fascia have done for me by working them, even though most women who, if they fell at 50 years old post-menopausal and broke their elbow, would be like, oh, well, that's it.

You're done. You're not going to be able to use that elbow for the rest of your life. And I went, oh, this is just the beginning. I'm going to get the best body ever in my 50s.

I'm so excited about this. This is going to motivate me to get the best body in my 50s. because I wanna overcome this injury. And because of the tools that I have, I'm not saying it's easy, but it's simple.

Because I know what to do and my body responds very well and we have control and that gives us freedom. And that's what I not only invite and really my mission in life is, is to help people have freedom over their own health.

Have freedom over, you know, that no matter what symptom you have, you've got something in your back pocket and your front pocket. You're called your two hands and you can actually stimulate your own lymphatic nodes and you can release and take out the garbage.

We don't want to, but if we don't, it gets worse. And when we do, it actually gets easier and easier. Once you clean your house, isn't it easier to keep it clean?

Oh, for sure. That's the lymphatic system. But it is a bitch. The first few times you start to open up your lymph system and it's not hurts. It's just, it's actually the opposite of herx.

If you want to stop herxing, mobilize your lymph. But it is smelly and gross because the stuff is coming out and people are like, oh, this isn't right.

I've got sinus issues and I've got diarrhea and I've got sweaty, smelly sweat coming out of me. Well, yeah, that shit was in your body. You want it in or out?

Like, which way is it? So it's going to be a short amount of time. It's going to come out. And then are you going to keep it clean because you've changed your environment and you're not putting it back in your body all the time?

Well, then it won't be stinky and sweaty anymore. It's fine. Not that you want sweat, but it won't be stinky sweat anymore because that's the goal of the body is to heal.

It's up against a lot right now as an organism in this world. but the lymph system is the key to unwind that and allow us, as we all educate ourselves about good water, good air, and that becomes the mainstream, then we all don't have to work so hard.

Because I think that's what we all want for our kids. I'm doing this so that my son doesn't have to think about the bottle of water that he grabs and which one he's gonna get.

That they're all a good choice. That he doesn't have to think about which thing to order at the restaurant because it's high quality food. everywhere.

And he doesn't have to think about the clothes that he's wearing and read the labels because we would never create something for another human that would be toxic and horrible for them.

Which is primarily what's being created today. So if we want to give some tangible do at homes right now, let's just go with the clothes. If you're a person not looking for a new piece of clothing, What are some things you would want on a label?

Great question. Natural fibers, 100% something. Cotton, silk, wool, natural fibers that are grown out of the ground. It's not easy and it makes your clothes very limited.

I will say in this day and age right now. But anything touching your skin should be cotton primarily for me. I can't do I like alpaca wood wool better than wool wood.

I mean, sheep's wool. But that's number one. And then, as you said, like, don't especially look at your underwear, your bras. A lot of the women and I'm one of them.

I love leggings. I actually have jeans on today, which is unusual. It was a bit of a challenge.

Tonsils, Appendix, and Why Organs Should Stay

But in the last couple of years, I found two brands that I like that are cotton leggings that hold their shape, because a lot of us love to wear those tight fitting clothes.

But for the lymphatic system, that's not good, the tight fitting. And then if addition, that tight fitting clothes is also creating chemical exposure up against your skin.

And then think about what are you, what are you washing those clothes in? Because that's going to be important because that's going to leach back into your skin.

The rule of thumb basically for me is if you want to put it in your mouth, don't put it on your skin. It's fair. That's fair, but it's just so interesting because a lot of people will look at their clothing and it's never talked about.

It's starting to become a little more popular. But then what is that simple, go look for this. And that's a good line.

Just look for natural things out of the ground, wool, cotton, silk, and that that's easy to look for.

And then as far as, as we've gone through Lemp, just some of the main things that are being done today in society that have become mainstream. removing your tonsils.

Why do they do that? What do tonsils do for you? So we have more than one set of tonsils, but we're really talking about the appendicular tonsils that are in the back of your throat.

And a lot of kids get them taken out in young age because they get swollen. So if you had a smoke in your house and your smoke detector started to go off because there was a fire brewing, would you take out the batteries from your smoke detector because it was annoying you?

No. That's what it looks like to me when people take out tonsils. There's a fire brewing. The body's showing you a symptom going, hey, I'm under attack under here.

So they take out the tonsils because sometimes they swell up so big they start to close the throat. And that's definitely a concern. I get that. But at the same time, The question we should always ask, and in root cause medicine we ask it all the time, why?

Why has the body got swollen tonsils? What is the body not being able to get rid of that's stuck there? Now the tonsils are also the gatekeeper for the blood brain barrier.

And everybody wants the brain to drain, but the brain will not drain until the neck drains and the neck won't drain until the body drains. So when your community is ready to learn this, they go to my website, they watch the manual lymph drainage or we'll send it to you so you have it.

You watch the sequence that it's done. And when you open the body up in that sequence, you're doing a lot of body therapy. You're doing a lot below the collarbone.

Everybody's like, but I want my head to drain. Yup. It's a vacuum. You need to open this. So this opens. So this opens. So a lot of people do a lot of face length and a lot of neck length, but nothing's going to move if you don't move it out here, which is 75% of the body.

So that's the one of the biggest things I see happening with length movements. That's improper. And then lymph dry brushing, people start at the feet versus up at the head and the neck.

And that's another thing that I teach is you start all drainage up at the head and then up at the neck and then work around the body and then the head.

And lymph isn't just about like, I'm going to go brush my teeth. Shh. Take a breath. Take a moment. Take a pause. And now pump, release, pump, release, pump, release.

It's a slow conscious way to access the great parasympathetic nervous system. When we move our lymph, we engage our healing mode, the parasympathetic.

When we get in the parasympathetic, we engage our lymphatic system. Conscious, aware breathing engages that system. And now we are more in the parasympathetic.

So as we move our lymph, we're actually domino affecting that, making it more powerful. And I highly recommend doing your, even your top five lymph points that I teach before you do your sauna, before you do your exercising, before you do anything.

Cause you want to drain out the barrel so that you can refill it. Because when you exercise, you're detoxifying your muscles and that's going to your lymphatic system.

When you go and do an infrared sauna, you're dumping off the cells into the extracellular space, the ground substance, the lymphatic area, and if it's full already, you're not going to get the effect from the infrared sauna.

So lymph should be the first thing you do. And then after you're done doing everything, do your lymph two to take out the trash again. So when do you want to not take out your trash?

All the time. And tonsils are the thing in the body going, hey, I got a lot of trash. And then they just take them out. And then where does the signal go?

And what I find is when they have the tonsils taking out, it shows up somewhere else in the body. Of course, why wouldn't it? So then the appendix typically has to come out soon thereafter.

Oh, that was backing up in the lymphatic system. And we've got to look at what's causing the lymph to back up, not just take out the organ that's swollen.

that makes a lot more sense to figure out a root cause, which is a huge piece of what we both talk about all the time. And I wanted you to touch on tonsils because it's mainstream, it's normal, it's happening every day to thousands of people, and it's not a solution.

So last topic, and you already hit on it, but I just want to go on there because it's also so mainstream. What's the appendix for? Oh, thank you so much for asking.

Nobody has ever asked me that question. First of all, the appendix, if you have a scar over your appendix, please get your scar treated and learn about scar therapy because it's a big deal and where it is in the intestines will make a big impact in your life.

But the appendix stores our probiotics. It actually has an action. Oh, we don't know what the appendix is for. When I went and take your gallbladder, we just took your appendix for you just in case you needed to down the road.

The appendix, is a storage unit and we know that it stores probiotics. But I mean, what do I know other than I know the body knows more than me. I have a feeling it knows more.

It does more than that. It's got to do more than that. But I don't know everything it does. But what I do know is that when particularly women have a lot of menstrual issues, their appendix gets very swollen.

The ovaries in the uterus and the prostate are not considered anything to do with the lymph system. But Kelly Kennedy does consider them part of the lymph system.

because when it's lower below the belly button there's so much congestion in that area and when you have a congested gut or a congested hormonal pathway I end up seeing the appendix starting to get clogged.

So it like pushes a lot of the toxicity there and I think it's just this area that's a little benign for the body, like the breast, that we might argue, hey, I want you to store my probiotics.

And yes, I like my breasts, but the body goes, well, I can kind of live without that as like the lowest, like the best case scenario. If I have to live without something, I could live without that.

So store all the toxins over there. It's like a safe bet for the body because you are supposed to get your probiotics from your food you eat. Well, there we go.

So we know that the tonsils need to stay. All the organs. The appendix need to stay. Nothing's in there just by random chance. I didn't get any spare organs.

Did you get spare organs? Nothing to know of. I didn't get spare organs. Well, Kelly, it's been a pleasure talking with you. Lymph is such an absolute importance.

I'm definitely gonna be getting your guides on how to empty the lymph and sharing those out because I can't tell you how many people need them. I mean, everyone.

We'll give you the loopholes of lymph too. That's like the top things that people miss about their lymph system. So we'll give that to your community as well.

Perfect. Well, thank you so much. Thank you, Jayvon. Thank you for what you do in the world. You're amazing. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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