Why FLOW is the FOUNDATION to Living an Energetically Aligned Life Transcript

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Introduction to Kelly Kennedy and Flow

For. Welcome back, everybody, to the bioenergetics summit. I'm your host, Doctor Greg Eckel. And today I have a treat. We've got Kelly Kennedy, and we are talking about why flow is the foundation to living an energetically aligned life.

We give you a little of her background. She's a biological investigator and a medical intuitive. She does everything from somatic body work to ortho, molecular and homeopathic remedies, to the top line technology to assist the body into flow and allow the body to heal.

She helps people facilitate their healing while addressing any blockades along the way. Kelly. Welcome aboard. Thank you, doctor Greg Eckel I am so excited to be here with you and on this summit.

And so excited you guys are doing the summit because it's the wave of the future, so to speak. Excuse my pun. Actually, don't excuse my pun. It's actually the wave of the future, I totally will.

I, I love jokes like that, and I love when they're the truth, so. Thank you. So what? What is flow? Let's just start there. So thank you for asking that flow.

Because a lot of people talk about it and they're like, you're a flow practitioner. What is that dude. Is that like help my menstruation or something?

But flow stands. It's just a name I came up with that stands for fascia length Optimize Wellness. So what we have learned in science is that it's not just the germ, it's not Newtonian physics, right?

That it's about terrain and about the environment and more the quantum field and more about the spaces around the cells in the cells. But when I started learning that 20 years ago and I started to look at microscopes and looking at dark field and looking at regulation, testing like thermography and heart rate variability, it became very obvious that the lymphatics were really important, and that was holding it all together was the fascia and that scars on the physical body, on the skin will affect the energy of the body, which is essentially affecting the fascia.

So through the course of 20 years of work, I'm like essentially what you do is you open up the fascia so it stops strangling the lymph and the communication.

Then you get the lymph, which you have three times more of than blood. So you want to work on the cake or the chocolate chips in the cake. You want to work on the cake because there's way more cake than there are chocolate chips.

And so you work on the cake. And when you work on the fascia in the lymph, all of a sudden you're up. You optimize your wellness because you remove the blockades to healing, which are dental scars, subluxation, and deep emotional belief systems.

Once you address the blockades to healing, then the body, you just upregulate it.

What Flow Means and Why Fascia Matters

As I know Doctor Craig does all the time. You upregulate the system and you watch the healing occur. And, you know, I know a lot of clients give us credit, which I would say we've studied well.

We have good hearts, we have good intentions. But the reality is where facilitate matters of what the body does. And we are good at turning the body on and finding the locks and the keys to open it.

And that's what flow state is flow. And helping somebody get in the flow state is when the body is properly compensating for all the stressors spiritual, emotional, physical, as well as, environmental and all the things the seen and the unseen and the body's ability to properly compensate for it.

And that ability to properly compensate is called regulation, right? It's the bio regulatory system. And so I know that bio regulatory system can't work if there's no flow.

And when it works, you have nothing but flow. And flow is living on the magic carpet ride. Everything that comes in, you go. That's exactly how it should be.

And I might not understand it. Like both of us have had huge traumas in our life that at the time we were like, this is the worst thing that could possibly happen to me.

And on the other side of it, it was the greatest gift. That was my teacher. That helped me see how I could not only help myself, but help thousands and hundreds of thousands of others, achieve joy and wellness and live in a flow state.

Beautiful. Well, you give us that acronym again flow that stands for Fascia length. Optimize wellness. So your fascia holds the structure. That's what's under your skin that we actually start embryological as fascia is a tongue and fascia.

And then from the electric effects of the cells breaking apart and come back together mitosis. It actually creates the human what we call an embryo eventually in a baby.

Right. And then a full adult eventually that all starts as fascia. And people don't know what the fascia really is, which is kind of like, yeah, but people didn't know what lymph was.

A few years ago when we started talking about lymph and we were like, why don't you know about the lymph when you're talking about your immune system?

Everybody. Hello. The lymph is your immune system. So we need to talk about it. So I always like to work in the biggest part of the puzzle and get that done.

And then the other pieces kind of fall in place. And what I've learned in clinical practice is that when we opened up the fascia, got the lymph to flow.

So many of the things just fell in place that all the IVs and the injections and all the things that we had to do in the past didn't need to have to happen when we opened up the flow state and then the nutrition, they took, the grounding, they did the IVs, they did what took on, got into the system, were received better because there was a flow state.

There weren't any blockades. The communication was prime. The circulation was prime. Because your lymph system is a part of your circulatory system, and the fascia is part of your communication of all your nervous system, as well as part of your your circulatory and your hydration.

It's really your hydration system. So if you're not getting the fascia and the lymph to work together, you're not getting your nutrients, you're not getting your water, you're not getting the high, the toxicants in the pathogens to be seen by the lymph nodes, which is our identifying the pathogens, intoxicants to then create a war, if you will, and like a word but a an attack system of white blood cells to go after the pathogens.

The toxicants or whatever it is. And all of it is about the emotions, because the fascia stores the emotions and the traumas in the fibers as as well as the lymphatics, allow us to let it go and step into who we really are.

And, you know, on an energetic level, the lymphatics are our toxic waste dump in a physical place. But in a bio energetic and the bio energetic summit on the bio energetic place, the lymph is all about letting go, letting go of our

emotions, letting go of our toxins, letting it go.

You know, a lot of what I do in our center is somatic bodywork, and it's about getting primal and allowing your body to express how you really feel. Because when trauma has happened to us, we often button our lips, take it on the chin, swallow it, digest it.

But on the inside, it's hurting us. It's painful, it's it's sad, it's anger. It's all these things. And we just swallow it because sometimes when it happens, it's too hard to really deal with.

But but it's creating illness. And then you find practitioners like ourselves that can help you facilitate the release of that trauma and that drama. So you're not carrying around like bags.

It's not that the memories are gone. It's just it's not creating a sympathetic charge that's firing all the time in your system, creating constant stress to the system and allows us to express it, let go of the baggage and everything can flow better.

And so if somebody has got, stagnant arm or, you know, range of motion or pain issues or some energetic, I don't feel good energy in the morning, it can be as simple as treating your scars and pumping your lymph and watching your flow turn on, and then all the other things you've been doing, all the remedies you're taking, all the things can work better.

I mean, can I talk about brands? What? What can I talk about? Health. Yeah, yeah we can I don't know I don't know what I'm allowed, but you know, ness health, which I know, Harry is part of this Macy firm, this health.

I've known about informational medicine for 20 years.

Scars, Lymphatics, and Bioenergetic Blockades

That's what really my husband, whose name is iron, really did on me when I first met him. Thank you, Greg, for getting my joke, because that's funny. Iron means energy.

And so when I came to him and I'd been to all these other medical doctors and practitioners for physical pain from a car accident, they all just wrote scripts and took pictures and different ways, and then wrote more scripts and sent me to support groups and told me to manage my pain.

And then I met iron and he, like, made me cry and tapped on my back and did some acupuncture like type theory. And I was like, what is going on? All I knew was 5 or 6 days later I was able to not take as much Vicodin.

I was able to start not taking as much flex at all, and I went back to his office and I'm like, what did you do? And he goes, energy. And I thought he was being funny because his name was iron.

And I was like, you're cute. You're taking credit for what you did. I get it, but what did you do? And he literally tapped me on the show and it goes energy.

Cool, And I was like, why is he so satisfied with that answer? I don't get it. What is he saying I'm not getting. And 25 years later, here we are and I'm back at the place of saying the people you don't need the injections, the IVs.

I mean, it can help you. It can certainly assist you. But what he said to me 25 years ago when he got me out of pain was, you're not well, you're just pain free.

You want to be well, you need to go be. And I said, what? Another word I didn't understand. Be what? Be a meditation. Be reading a book. Be what? What do you want me to be?

What do you want me to do? He's like, I don't want you to do anything. I want you to be. And I didn't not understand the concept. And 20 years of reading and going to the lectures and doing the seminars and doing the meditations

and doing all the things doing, you hear that doing all the things.

I still wasn't getting it. And then I had a technology that blew my mind, and then all the technologies that continue to blow my mind in the quantum physics field, because what I realize is that finally, technology has caught up with ancient wisdom and being able to allow us to feel energy in our bodies, to experience energy in our bodies, and to access the energy field that surrounds us, to allow us to heal and to realize that that is the greater part of us.

That is the bigger part of us, the more powerful part of us. And if I want to be so dumb, and I am saying that if I want to be so dumb as to continue to work in the physical world, trying to affect the greater part of me, then I can do that.

That's no different than trying to look at the chocolate chips, trying to make the cake taste better. Or you can look at the flour, the eggs and the sugar and all the things that go on to make the cake and not worry about the chocolate chips.

The chocolate chips will take care of themselves. That's just like it sounds like to me when people go, I want to look at my blood work. Your blood work.

That's like the last thing that's going to change. What's going to change before that is your subtle body energies, your thermography, your your frequency in your body.

And we can assess that and test that through bioenergetics. And so right before I found this other technology called sound, a soul that I found in Europe, I was looking in this health and I was like, yeah, I don't I don't have time to take on another piece of equipment.

I'm going to Germany. I'll come back and and then I got so inundated with Sound of Soul and Covid hit and everything and ness health was still in the back of my mind.

I was like, I gotta figure out when this health is about, because my husband does all this energetic work and all this vibrational therapy, and he is the computer himself.

And I'm figuring there's a better way to do that than him being the amazing, intuitive person himself. And we want to duplicate, I want to help more people than just who I am and I can help.

So how can we get technology to help other people? So I finally meet Harry Macy and I go, okay, I love Harry. I need to know about this product. So I get a scan, I do my my drops and and I got cocky and didn't listen to the suggestion, which was 2 to 3 drops.

I took 2 to 3 droppers. Doctor Craig goes, and five days later I was on my knees calling Harry, going, okay, you're frickin thing works, I am sold. What do I need to do to stop what's happening right now?

Because it feels like my face is being ironed out, and it feels like what's happening on my left leg is so old and causing so much drama in my life, I need to calm it down.

And so I got on my health device and we calmed it down. And I became a believer because I've used it for it. Fix my computer. That's a whole nother story.

But it's helped my clients. It's helped. And I've only had it for maybe a month and a half to two months, but I really use it all the time. And what I what I said to Harry after that experience was that I now can explain informational medicine.

I I'm not a doctor, but I speak doctor. I feel like I take these very complex ideas and make them very simple for people to understand. And I've experienced most of them.

So I want people to understand why they're doing it. And the purpose is for the goal of getting healthier, younger,

and more vital because we have the answer to Benjamin Button like you want to be Benjamin Button.

Welcome. You look at my before picture. You look at his before picture. Way different than who we are. More energy, more vitality. I am 48 and I dance circles around most of the people that I've ever met in my life. All of them.

And my energy gets better each and every year. So I say to Harry, what informational medicine does? I can go in my physical body. I can take remedies.

I can use light therapy, I can instruct my cells, I can change my fascia. I have pulsed electromagnetic field on me as well in this bracelet. And I've got gems around me and I've got all this frequency.

It's really good. And I can I can internally take things and I can inject into my, nerve plexus and I can, I can do neural therapies and I can do body somatic work.

And it's really effective. Or I can give information to the field. In the field will send a signal to my physical body, and my physical body has to follow suit.

And I don't have to do anything. Just send the information in the field and let it. When I go at the pace that is designed to it, 2 to 3 drops instead of droppers at a time, then it's gentle, easy and tolerable to the body and it just gently unwinds the old patterns of frequency that are no longer supported to my system, allowing frequency and flow to occur.

That was that was a tremendous amount of information and download. So I want to back up here to the fascia. So you know that's okay. That was all awesome.

And we're going to I want to unpack each each segment. You use the fascia and lymphatics as the foundation of every case. So you talked about like people say oh I want to look at my bloodwork and say that's the last thing to change.

So in this flow right, we're getting that picture of the fascia holds in the bioenergetics. You can get things that stop the flow, the energy and information, which then stops the flow of energy and information into matter, and into the physical form.

So we have this energetic body as well. You have a lot of ways. So one, you focus there. So I want you to maybe expand on that topic. And then also the measurements that you use, because those are really interesting as well.

So the first thing I do when I am even talking to a client on the phone with a discovery call, is find out what black keys they have to healing. So dental foci and scars, scars on the physical body are affecting your fascia.

So the first thing I would do on a client sits on my table is address all the scars. I can't do a thing until I address your scars. We had a woman drive here today.

I don't know, three hours to get to us, treat her scar so I'd for an hour. See you by. So all we need to do for you today. Because she has all this dental stuff to do.

She's 74. She's not doing any of that until I know her system can tolerate it. And her heart rate variability showed that she wasn't ready for that. She didn't have enough of reserve on her heart rate variability and her sympathetic nervous system was blocked.

So we tested bioenergetics and muscle response testing, which is another bioenergetics test. We use heart rate variability. I did a live blood. I pricked her finger, looked at her blood under the microscope, and then I muscle tested her scars and sure enough, they showed up as an influence in her body.

So once I treated her scars, which I used, rapid release technology, which is a handheld device, like a, like a very

intense massager. And it just it breaks up the adhesion of this sympathetic nervous system fibers because that's what a scar is. And I'll explain that in a second.

So we broke up those fibers and then we retested on muscle tests. And now she was strong when holding that indicator of a scar which was previously weak, meaning that her neurological system wasn't able to hold a muscle test when it was connecting to two ends of her fascia together.

After we treated the scars, her body could hold the biological energy while attaching it to under scars because there was no communication prior and now there was.

So why are scars such a big issue? Because the fact the fascia is your frequency fabric. Gill headlee called it that when I interviewed them for the fascia summit and Gill Headley is, he has a PhD in divinity and ethics, but has been a dissecting fascia expert for 25.

Because he went into bodywork, he started doing, myofascial technique, Rolfing. He started Rolfing because as, ethics and divinity PhD, he wanted to understand life, and he knew he had to touch bodies to understand life.

So he started doing bodywork, and he realized it was all about the fascia.

Daily Habits for Better Flow

So then he started doing dissections and he said to me, oh, and they're the same. Studying fascia and divining ethics is the same. I was like, foaming at the mouth.

I'm like, oh, can we talk about that? That's exciting because it's true. The frequency fabric, which is what this is, is the the antenna to the bio field around us.

And if it's got kinks in it, if it's not working in an ideal setting, if it's not set up just so, then it can't receive the information from the bio field around us.

And so getting the fascia to be coherent and congruent throughout the whole body is key, because sympathetic nervous system is your fight flight and parasympathetic is your digest rest recover right so and sympathetic is also freeze fight flight freeze.

So that's I'm under stress and my body's in an panic mode. Right. And so whenever we get a scar on the physical body, whether it's from a stitch, a surgery, an accident, ripped a dog bite, the body's in trauma.

Could we all agree with that? And so when it's in trauma, it's being cut in the face is being cut, and then it adheres together. And when the fascia goes back together, you get a scar fixation a scar fixation is a collagen and coupling that just layers on top of each other.

And collagen is what the fish is made of. And in there, these sympathetic nervous system fibers are now trapped. So if you had, rubber band ball and you were to take one rubber band and rip really, really tight around one side, that would be at fascia adhesion, for instance.

And now to get that to all be in unison again, I got to unwind that and get it to go back into the whole rubber band ball. Not just so it's this one side off on the rubber band ball.

So if you look, we know that the body measures at about 25MHz. We have the ways to measure that. Now we know that it emits that energy field, emits out of our body anywhere from two and a half to six feet outside of the body, depending on how much you've tuned that in.

And an exercise, that energetic muscle of yours, Greg's, is about 1700 feet. I feel it all the way from Utah over here to Pennsylvania right now. And, or how many feet?

There's way more time on our feet. But regardless. So it's it's all at about 2.5ft outside of by, let's say on average. And imagine it was all bright blue.

Wherever you have a scar, I imagine bright red. And it's 250MHz, ten times more frequency coming out of that scar than the rest of your body. Once you address the scar, once you start breaking up that adhesion like we did with that woman today, we had her then go and do grounding.

We did it in the form of an iron cleanse. Footbath. You could do it in a mat. You do the physically on the ground, but that excess energy now has to go somewhere.

Don't forget where a magnetic field. And so that excess iron exchange that was caught up in that sympathetic nervous system, fiber has to go somewhere.

So by physically putting my hands or my feet physically on the ground or something, that's exchanging ions will allow that excess energy to dissipate.

And my energy field can then calm down and go back to blue 25MHz. Because a scar, your fascia is your frequency fabric, it is your electrical panel, so to speak.

And wherever you have a scar on the body is a detour of electrical information. And every time that scar is touched until it's healed, every time that scar is rubbed with clothing or anything else, it's like taking the master switch at your electrical panel in your house and turning it off and back on all day long.

That is exhausting. So if I can't do anything else for a client, doing scars is profound for people because it turns their energy field back on. It stops their energy from being turned off and on off and on, off and on, off and on. All day long.

You're going to sleep better. You're going to poop better. You're going to all your circadian rhythms are going to come back online because they've been offline, because your nervous system hasn't been, well, it hasn't been easy to communicate together.

So now it can once the scar has been remediated and you have to retreat your scar. Because I have a 12 inch scar on my head from a car accident, I had one silver filling my mouth for five years.

I got my silver filling out and it was gone. It did tox my body out for the five years it was in, and I was in my mom's belly for nine months, and she has a mouthful of amalgam.

So I absorbed all hers and her mom's and her mom's mom's and her mom's mom's. So I got all their mercury to while I was in utero. But then I got out and I had one filling for five years.

That's it. And I had to get it out of my tissues. But then it was gone, and now it continues. Unless I go outside and breathe. Because I'm in Pennsylvania with the third highest level of airborne Mercury in the country.

Yay, Pennsylvania! I'm okay, but my scar is still going to be on my head 20 years from now. My scar is going to be on my head, and I've treated this scar 15, 20, 30 times, I don't know, in an invasive way, in noninvasive ways and all sorts of ways.

I keep treating it, and every year it's becoming less and less of an influence, evident by how I feel after and evident by. It's harder to find. I used to have a huge keloid on the top of my head.

For those of you are aware at Governing vessel 20, Acupuncture point was where my keloid was, which is the most important acupuncture point for you to pick up the positive ions from the etheric.

You know, just a little like my joke is God had to crack my head open in order for me to get the message of the fact that there's energy above us and so below.

And so we ground with our feet, putting the bottom of our feet right where our big toe is at K1, grounding it on the on the ground, putting our arms up in the air, allowing governing vessel 20 to receive the positive ions from the sun.

And we ground after we get our scars down and all that excess energy can recalibrate. And now everything's blue. And how long until that scar needs to be treated again?

The first year you get a scar. I would treat it ten times with a needle and a medical doctor or a natural path in their state that can do it. Where there if this is your if this is your scar, they're taking a needle and they're lacing the scar like this.

It's not like this. It's like this. And it's using prochain, which is highly beneficial for the mitochondria, for up regulating oxygen and many other benefits.

If somebody is using scar oral therapy and using dextrose called prolonged therapy, that is not what I'm talking about. You will not get the same results.

And that is my disclaimer modifier. You want the results we get, you do what we do and you'll get what you got. What we got. If you alter what we do, you will not get what we got.

I guarantee you you will get better if you follow our tracks of what we were telling you to do. Because the body has. I don't want to say laws, but it has programs.

It works in a certain way. Science and quantum field and energy works in a certain way. When you know how to play with that, it's easy to play with it.

When you don't, you do. You definitely feel confused and you're working against yourself and you're throwing darts on a dartboard and you're wondering if it's going to work.

I don't wonder if this is going to work. He doesn't wonder if this is going to work. You walk into either one of our offices. We know this is going to work.

This is how you do it, because we're going to address the blockades to healing first with scars. Then we're going to move your lymphatics. We're going to pump the toxic waste dump that gets jammed up because of Wi-Fi, stagnant living metals, chemicals, scars on the physical body, emotional states of mind, and stress that stop.

Not to mention all the radiation that stop the lymphatics from flowing. So we really work on those two things, and we watch the body heal the rest of it yesterday.

Do we have to take supplements? Sometimes for a little bit. But the goal is all we need to do to supplement is some minerals. Until Doctor Zach Bush and a bunch of others figure out the soil problem and really solve it, and we're going to still have to work our lymph until we stop with the radiation issues and we start to live like organisms again.

But right now we are throwing toxins at humans faster than some of us can get them out. And we need everybody to work their fashion, their land to make sure those toxins are getting out faster than they're throwing them at us.

Otherwise, you're going to end up with a nervous system disorder and end up at Doctor Greg Michael's office trying to clean up fast. That is true. So that is, that's a great lead in to my next question.

And you gave us one on the grounding. So one addressing the scars.

Pumping the Lymph and Closing Thoughts

What are some daily living hacks that we can incorporate in to assist the flow of the body move differently? Don't be repetitive in your moves and change.

I have people who say, oh yeah, I do the same smoothie every day. I do the same yoga poses every day. I go to the same class every day. You're creating fascia adhesions and you're creating necessities in the body.

The body gets used to stuff really fast and will make workarounds. Like, you know, I was a, trainer for a little while in college, and I was a collegiate rower. And, you know, we didn't work the upper body.

Every day. We work the upper body one day lower body. You have to work and rest. Working and rest, because you got to tear it down for it to rebuild. And that same philosophy is with what we do.

I don't take the same minerals all the time. Like I just said, I love minerals, which minerals do I like? I don't know, seven of them. There's seven different minerals that I'll take depending upon what day it is.

I mean, they're all alkaline. They're all full of 84 minerals and trace minerals are all ionic. I'm not taking colloidal minerals and thinking that's going to work, but I'm not 10 to 1 particular amount.

There's different water. Which is your favorite? Why? We were talking about water. Before I start, all of them, the amount of money that I spend on water, y'all would freak out.

You guys spend money on alcohol. I don't drink, but I spend some money on water and water purification. Filtration, hydrolyzed restructuring, water devices and, you know, both at home and office.

And when I travel, it's the most important thing to me is water, because I can breathe air and I can get good oxygen because I can breathe through my nose, create nitrous oxide, and have good, healthy air.

I can talk to my water, I can make it beautiful water. I can structure it no matter where I am. I don't need any devices to do it because I have a heart and a mind, and I can control both of those, and they can create frequency that I can give to my water.

So one of my best hacks is talk to your water. Thank you water for healing me. I appreciate everything you do to keep me hydrated, to keep me in the flow state, and to alleviate my pain in my illness and really know it.

Don't just say it, no it. Because intention is the key to whether it will work or not. Placebo is real. Placebo only works better though if you believe it.

It doesn't mean it doesn't work. It just means it works better if you believe it. It works faster because emotion makes all the quantum physics stuff move faster.

Emotions make movement, and movement is how we move emotions and movement is how we move differently with our fascia. So before you get out of bed, you're laying in bed.

Move your hands, move your wrist, hear the popping in the crack, then move your shoulders. Get your body moving. What I don't want is people bent, bent, bent, bent.

Alarm went off. Sympathetic overload. To start with. Let me check my phone. What's happening on Facebook, Mike? That matters. How about you get up in the morning because the sun rose and you felt the sun rise, and you breathe fresh air because you have your window open, not an air conditioning.

And then you start to move your body and say, good morning, body. Oh, it's awesome. You slept last night. You rested, you healed. Now we're going to start to move you and we're going to start to move every joint in every way, in all sorts of ways.

And I'm not going to get up and do the same pose. Now, there are certain poses that I love. I won't call them yoga, but movement that some people might look at me go, oh, is is that a yoga pose?

Maybe. Certainly not a yoga instructor, but I do certain things that I know really help open my hips. But as soon as I

find something new or I'm better, I change that and I go back to old things whenever I can remember them.

I take new classes all the time to learn new things. Change is the key. The definition of life is change in motion. You want more life, have more change and have more motion.

You want to die, stop changing and stop. Move. That's how this works I love it. That is very clear. Thank you for that. Are there at the end of the interview, I'd love to share.

And you just gave us a lot of actionable items there. Is there anything else that you would like to share with our listeners and viewers of the Bioenergetics summit pumping their lamps?

So when Covid hit, we only ever taught practitioners how to actually manually stimulate their lymph nodes. It became very obvious to us that it was time to teach this to everybody, because they were and they know about our immune system.

So we made it available for free on our website. It's a simple, like a simplified version. It's certainly not what you would get in clinic, but it's something you can do on yourself, your children, your spouse and everybody that you love.

And it's very easy. There's a PDF, they have to just go to our website, to get an email, you know, sign up for an email list and then you'll get a PDF.

I recommend, print the PDF out and then watch the video. It should only take you about 5 or 8 minutes, but do that 5 or 8 times. Really really. Like get that into your memories of your cells.

Mark up the paper a bunch while you're watching the video, and then you'll always have the PDF in front of you to to spark you as to what the next sequence is or what the next move is, but get really good at that.

And pumping our lymph should only take about five minutes once or twice a day. And that's opening up your toxic waste. And that is one of the most important things we can do for our bodies.

It's simple. You can do it in the car. You can do it at work. You can do it at the red light. You do it for you. Get up. So if we talk to our water ground and pump our lymph and move differently while on the right track.

Kelly Kennedy, thank you so much for the wisdom, the enthusiasm, the energy and actually the techniques to employ. My pleasure. Doctor Greg Echo, thank you for giving me this opportunity to speak to everybody.

I am very blessed with some great colleagues and friends and I just try to keep up with you all. But I am appreciative of everybody listening. And please, if this resonates with you, not only do this, but share this.

Get this information out there. Let people know they have the capacity to heal. It's all in here. The best physician who ever needed you have inside. You just need to learn how to turn her or him on for.