Introduction to Kelly Kennedy and Lymph

Hi. Welcome back to the conversation. Today we are talking all about lymph and I have with me the esteemed Kelly Kennedy. Hi, Kelly. Welcome. Thank you, Laura.

The esteemed Laura. Yes, well, you are. And I hold you in very high regard and high esteem. And I want our audience to know who you are as we jump into this important conversation.

Kelly, you specialize in bio regulatory medicine, and really you're one of my mentors in that field. It's a field that I learned about a couple of years ago, and ever since I learned it, I can't unlearn it.

So first and foremost, I want to thank you for being such a huge part of my learning as as I've, you know, embarked on this functional medicine journey myself.

But you also specialize in energy and body work. You're commonly referred to as the "lymph queen" And you teach how this what I would call overlooked body system, overlooked by Western medicine, overlooked by a lot of functional medicine, how it has a huge impact on whole-body health.

Now you have a clinic in Pennsylvania, The True Wellness Center You also have a podcast "FLOWE: Lymphatic Wisdom- Open Your Heart and Optimize Wellness" And you know, on a personal level, you treat my family as well.

So thank you so much for being here to contribute to our beloved audience here. I want them all to know what I learned from you and what my family benefits from you.

So thank you. Well, thank you, Laura. You are. You're a beautiful woman inside and out, as is your family and your ability to communicate and spread messages is impressive and impactful.

And I'm so honored to know you and to be a part of this, because, you know, that is something that I've learned from you of how to get better at that, because the messaging is only as important as the people getting the message.

And, you know, it's so important to teach people, as, you know, my my mission is to teach people how their body really works and create the bridge between this physical body and how it relates to the world around us and how we can work with it to optimize this beautiful experience of life and getting to know beautiful people and being able to spread magic and wellness instead of illness.

There is a goal. Yeah, that's a huge goal. And I love what you said. You want to teach people how their body really works. So there's a lot of myths about our body works.

And then there's our body really works. And so we're going to just jump right into this conversation. So what's the significance of the lymphatic system?

Because like I said, it's kind of a forgotten or misunderstood or just overlooked system. And how is it linked to inflammation and chronic disease? And we'll start there. Yeah, a little too.

I'll try to be succinct in my messaging because I just got off the phone with somebody and I was talking about the fact that did you know? And it was somebody who was pre-med and who had a four point of over 4.0 grade point average at a great school and runs her own biotech company.

And she's like, Well, yeah, I know that because I learned it from you. And that made my heart sink because we have three times more lymphatic fluid than we do blood.

And yet here's this valedictorian of high school went to college by Victorian, open, her own biotech company working in medicine and literally only learned about the lymph system from her.

For me and that needs to change because the lymph system, if we're three times more than the blood, there is more of a terrain, more of an environment of that.

And it's like looking at your house and going, well, you have furniture and then you have floor space, which you have more of while you definitely more floor space than you do furniture.

And that's what Western medicine, allopathic medicine, symptom driven solutions are based upon blood work and suppressing blood work. And I just never understood that because of how I was trained.

And what I learned really early on was looking at the environment in which those cells as living in is the most important thing in that environment is the lymph in the fascia.

So the fascia, I know you have the expert Deanna Hansen I don't have to say a thing about it because she is the best. We are so excited that she is on your summit as well.

So definitely listen that.

Why the Lymphatic System Matters

But the lymphatics is really the circulatory system that doesn't have a pump. So it helps us circulate not only our toxicants but our nutrients, our gases, our oxygen.

And there's the lymph vessels, but there's also lymph nodes. And most people don't know about lymph nodes until unfortunately, they've heard of somebody that has cancer or something like that.

And then I'll or they say, oh, my tonsils, my kid's tonsils are swollen. My neck has lymph nodes in it. Right. Well, we have lymph nodes throughout our whole body, from our head to our toes.

We have between 600 and a thousand of them. And that's incredible, right? First of all, that's quite the range, 600 to 1000. And we also have lymph glands, the thymus gland, the bone marrow.

That's the two areas of body that mature white blood cells. So might that have something to do with chronic illness, perhaps the white blood cells, you know, the fighter cells, the the cops, if you will, that make clean up the garbage.

The garbage taker orders that your white blood cells, they're matured in your two lymph against the thymus and the bone marrow. The spleen is your largest lymphatic organ, which terrifies your blood, which has a lot to do with your white blood cell maturity or your white blood cell activation.

Your pyres patches in your small intestines creates white blood cells. It's cardio lymphatic system. Your appendix stores, probiotics, prior lymphatic system.

Your tonsils are the gatekeepers, your lymphatic system, these are the glands. But then we have these nodes and it's at the level of the nodes that when the fluid in the body which absorbs all of the extracellular matrix that is in the extracellular matrix, rather it absorbs all the nutrients, all the pathogens, all the toxicants.

And this fluid is collected and pumped through these collector through these collector vessels. Then it goes into the lymph node. And the lymph node is like this little chamber that's really small, like two centimeters or smaller, and it's a little chamber.

The fluid guns in and in the chamber it goes, oh, what's in you fluid? Do you have pathogens and what are the pathogens? Are they allergens? Are they viruses?

Are they bacteria and based upon what they are or toxicants, then we are going to send out the right cops to go and get those, the white, white blood cells.

If it's more of an allergen, we're going to send a base of filth into eosinophil or, you know, different white blood cells for different burdens in the body.

And that happens at the lymph nodes. And then once the lymph nodes are stimulating that and moving into the cardiovascular system, we breathe out more of our toxins than we do anything else.

We PM out, we put them out, we sweat them out. But the body doesn't have a pump for this limit system. So it doesn't move unless we move. And what I'm here to tell you as well is that it gets junked up, it gets clogged up, it gets thick, it gets burdened because and we'll talk about the things that thicken it and burden it, but it's also because we it gets thick, it gets burned, but we don't move enough and we don't move in unusual ways.

We have repetitive motion versus moving our upper body or moving our arms and opening this area up, which is where 20% of our lymph is in our neck and 50% and is in our gut.

And so we're going. To we're going to get into talking about how to open it up today, too. And I think we can do some demos today. We have some time for that, which will be really, really amazing.

And everyone listening right now, I want you to know that in my programs, when people have obvious need for lymph support, I just send people to Kelly's YouTube channel.

That's big. Go watch or teach you how to do lymph, how to release lymph and do lymph massage because you are the best at it. So we're going to get into that today.

I had this crazy analogy like come up in my head when you said that the lymph is like the floor space and then you've got all this, there's, you know, what is there more of in your body, floorspace or furniture?

And I had this crazy thought, like western medicine is just looking at the furniture. If you if the furniture is synonymous with the organs, their only focus on the major organs and and honestly, they're swapping them out.

Oh, this furniture is old. Let's take it out and give you a new one. Right. Instead of solving. And we have like organ transplants, we have people just taking stuff out like, oh, you don't need that gallbladder anymore.

You don't need that appendix anymore. You don't need your tonsils anymore. You need your your, you know, uterus anymore. You don't need any. you don't need those 58 lymph nodes anymore that were next to the breast that had the tumor.

We're to take 50 of your lymph nodes in your neck, in the chest area of lymphedema, and you're going have to manage that the rest of your life. Yeah, there's a lot of like.

Yeah, I misguided. I'm sorry, but my brain was just like, like brewing this analogy when you started that. So now that we know how, I mean, what I've what you've just laid down for everyone is that lymph is literally everywhere in your body.

It's more prevalent than circulatory system. You've got more components to the lymph system than any other system in the body. Like when you think of the cardiovascular system, the, the, the, the pulmonary system, the urinary system, I mean, obviously we have lots and lots of arterials and vessels and lymph is huge in the body.

So we know every. Nerve vessel as well. You find lymph channels in the nerves. So it's literally no matter what symptom you have, there's a lymphatic involvement.

So basically if you aren't addressing lymph, you probably aren't addressing the full spectrum of what you can do to solve the problem. So now can you link kind of the castigate, what I would call the cascade of symptoms to chronic

illness?

So I'd like you to link that with lymphatic system. So people show up, say in my practice with low energy, brain fogginess, skin rashes, digestive symptoms, pain, and then they start collecting.

If that doesn't get resolved, they start collecting chronic conditions like thyroid dysregulation, adrenal problems, diabetes, you know, fibromyalgia, pain syndromes, you name it.

And then if that doesn't get addressed, they progress to further cascade of decline into chronic inflammatory disease like cancer, like heart disease, like Alzheimer's, like Parkinson's, like neurodegenerative disorders.

And so can you explain to us what is the role of the lymphatic system in that cascade? And I would say that decline from symptom to, you know, end stage.

That might be the best question I've ever been asked. So I'm so excited to answer. Yes, thank you. The cells in the organs are being signaled to then behave and function.

Where are they being signal from the environment that they're in? And if that environment in the lymphatic, which is that space between the cells, that is where the body collects the debris, that's where it collects the pathogens, the toxicants that it can't get out, that it can't drain out, that it can't detoxify out.

This started because my gut didn't work that great. Instead of pooping five or seven days a week, twice a day I started poop. And once a day. Then I started a couple of days a week.

I don't poop when I get a couple of headaches. Well, my cycle is not good. This the first sign in your body is a signal from your body trying to tell you that there's something going on.

And what we have done in society and what we've been trained is to suppress it. So what the lymph is, it's all connected and it is circulating all the time and we've got to drain out our toxins.

That's the body's job. But because of really the modern day living, there's a lot of obstacles to allowing that to drain. We don't walk as much as we did when we were, you know, in more survival mode.

We don't we're not as active. We eat more food, we eat more processed food. And so that builds up toxicities in the body.

Lymph, Chronic Illness, and Symptom Cascades

And then you take stress into account and that shuts down the the parasympathetic nervous system and incites the sympathetic nervous system. And when you're in the fight or flight sympathetic nervous system mode, your lymph isn't draining because your body isn't handling that right then it's just trying to survive.

And in order to engage the parasympathetic, the rest, the healing, the digesting, we also engage that lymphatic system. So the body's in healing mode when it's draining and when it's draining or when it's in healing mode, it drains.

So both things are true. We know that and we know that when the body can drain out the toxicants, there's more space. When there's less burning in the body, there's less dis dissidence and misfiring to the cells that are missing, filling the cells that are then causing them to behave and properly.

Hormonal dysregulation. What's the biggest hormonal disruptor in the whole body metal? Where does metal live? In the body and the lymphatic system. And if it's not in the lymphatic system, then it's hiding in your fascia and it's creating blockades and storing it like the closets in your house or your fascia and your rooms are your limbs.

And if you don't, if you just buy stuff all the time and bring it into your house and you never clean it out, you're going

to be a hoarder and you're not gonna be able to walk through your house.

And the lymph system is that most people are hoarders in their bodies. They're holding on to their burdens from Did you know my mom was me when I was seven?

And did you know that I had a Diet Coke when I was 47 and oh my God, let go of the past and be present with yourself and take a breath and know whatever you did in the past is okay and be present right here.

And let's start pumping our lymph nodes and letting it out and breathe in and out because then we'll poop it out and sweat it out and peed out as well.

But we've got to first understand that this lymph system is holding on to our burden. Physical, emotional and mental. And that's what causes disease. The body's never been a mistake.

The body's always trying to compensate for what it's trying to deal with. And if it's storing the burdens it has to deal with burdens all the time, it lets go of the burdens.

There's nothing to. And now we've got regeneration and ease and, and expansion instead of degeneration. What are you laughing about. Well you're just cracking me up.

You do you have such good analogies and and you just purge fitly illustrated for me the whole reason that I even in putting this entire summit together with all these discussions and conversations is because I want people to realize you must solve at the root cause.

You must solve chronic and hidden infections, parasites, bacteria, fungus. You must solve toxins, metals, environmental toxins, mold, toxins. I mean, we're we're bringing people on talking about all these topics.

You must solve traumas and stress that you have to and you just literally linked every single one of those things to the went bad system. So that was amazing.

So there was a record I'm called The Limp Queen, and there's a reason I got involved with being in the limp, because as I started to study medicine, as we saw, just like you, the chronic clients, they've been everywhere.

They've been to ten other doctors, they've done all the protocols, they've tried all the things, and they are frustrated and they want to get better. And I couldn't detoxify them.

They would get worse when they detoxify. And I looked at their CRT, which is a quantitative assessment of the whole body, of all the meridians, and it's the only quantitative assessment I know for the lymph.

And it was not 50% of the people. It wasn't 90. It was 100% of the people, including me, who had no symptoms, had jacked up limbs. And I started to find all the ways to solve their own problems.

And all of a sudden, when I saw their lymph problems, their liver works better, their kidneys worked better, their sinuses drained better, they didn't have headaches, their cycles went got better.

I'm like, okay, well, I'm not an idiot. I don't need to know all those systems. If I just know this system, it'll solve all the other problems and I'll look really smart and that makes me happy.

Let's do what makes me happy about what you just said is when you solve all those things, it heads people off from the decline that I explained just a little bit earlier of symptom two conditions, two chronic diseases.

So the work that you're doing is I think of I think of our health on a continuum of a ladder. So you're at the peak when you're at the top of the ladder and then you start going down, rung by rung.

And when you get down in the middle of the ladder with autoimmunity and diabetes and thyroid dysregulation, and

you want to go back up the ladder to peak potential in your health lymphatic system, focus on your lymphatics.

So this has been extraordinary already. KELLY So thank you so much for joining us today for this talk and really, you know, really unpacking lymphatics for us and how that pertains to the root causes of chronic illness and to our audience.

I hope you found our conversation insightful and helpful. If you're a summit purchaser, stay right here, because we're about to dove even deeper into this discussion with Kelly.

And we're going to do a demonstration on how to support yourself and release your own lymph and get it flowing. And we'll talk about simple strategies that you can do at home.

We'll even share some devices for you that are easy to help you. And if you are not a summit purchaser, click on this page to get access to a continuation of the conversation and many others and get the tools you need to reclaim your health.

If you're watching this continuation of my talk with Kelly, thank you for being a valuable member of our community and let's dove right back in. So, Kelly, now that we have really explained thoroughly how important lymph is, I think we connected all the dots there.

Let's tell people how to fix their lymph. I mean, let's jump into this. So the floor is yours. Do you want a demo? Do you want to like what do we want to do?

I think we start with the sequence, the order of things and how it drains. I think that's to understand that the lymph system is a pressure valve relief system.

So there's pressure. We open up a valve, it relieves the pressure and then the pressure behind it can move. It only goes in one direction. So you never have to worry about, Oh, did I backflow my lymph?

No, it's impossible. And I've heard people teach that. I'm like, I don't know what physiology you're studying, but okay, but you can have backed up lymph.

You can't back flow it, but it can be backed up. That is the testing. Understand. It can be kind of clogged like it's not moving right in that vein. It's gelatinous instead of watery and it gets thick because of stagnancy, because of sedentary lifestyles and all the things that we talk about.

So but what? You can't do it wrong. Awesome. But mostly I would say you're probably going to learn that the touch, the pump that we're going to incite with you is important.

But also the order in which it's done is very important because of how it is relieving the system from this pressure of the lymphatics. So the most important points are always going to be above our clavicles, right in this little scooped in area above our in our neck area is where they're both called turn eye.

One on the left is called the left thoracic termini, which just stands for your neck area essentially. And then the right is called your right clavicle duct.

The left one drains 75% of your body well, drains 25% of your body. So the left side is really important. Yeah. Larissa Smart. That's exactly right. I have a question.

I prefer to sleep on my left side. Is everything to do with this? Yeah, it is all related. Yes, we talk about that at some point, but yes. Okay. So the left side of the body drains 75%.

So the right side, so out of that first hand, the right side is going to drain the right side of my head, my right arm and my right breast. Okay. Okay. So it's going to drain all that area.

The left side is going to drain the left side of my head, my left arm, my left breast, and then my entire lower body right in the abdomen. Like right here's my belly button right above my belly button about two or three finger breaths right there.

There's a little sac. It's not called the lymph node. We don't know why it's not been given the quality. Quantifying is as a lymph well, but it must miss something.

But it's it's just an empty sac. And it's called the sister Anna. Kylie and the sister Anna. Kylie drains both legs and the abdomen up to this point, just below the sternum.

And that drains all the way up to this left thoracic. And that's your lower body drains. Okay. So there's two most important points are here. If there's three points, it's here in the sister.

So if I don't have any other lymph points that I have the time to move right now. But I have some symptom because we just learned that no matter what the symptoms stuck in the lymph to go to the lump first and then you have to be so smart, just work on your lymph and I just want you to pump and well, I'm going to try to do that properly in a minute.

How to Support Lymph Drainage

But you're going to pump the termini in, going to pump this to start up your going take a breath first and gauge that parasympathetic nervous system. Then you're just going to gently pump with five or six pumps.

And the pump is this motion. It's not, you know, if you're going to find an avocado or a peach or, you know, a soft fruit plan that you want to see if it was right, you're going to gently see if it's just firm enough and not soft enough.

That's exactly what you want to employ the pressure in your lymph node. It's a little pump and it's not a push down in my muscle. I'm not massaging it.

I'm just gently pumping it and I'm creating like the lymph moves in this wavelike pattern. It flows like water. So what you're trying to do is create a wave, create a ripple.

You're. You're working. Oh, I've never explained like that. It's really good. So you want to create a ripple effect, so you're creating like a flow. Well, wonder why I call it slow formula.

So you're going to create a flow and then it's one, two, three, four. But now some people are going to do, I pump this direction or do I pump this direction? Doesn't matter.

Pump that. Just pump. Okay, then the cistern out would be the next one. So we're going to go to our belly. My thinking here is avocado, Laura. Avocado, peach.

Like, don't hurt that thing just right. This is not massage. This is not deep tissue. This is the length lives. One eighth of a millimeter below our skin.

It's right there. It's right there. And you don't if you if you push it too hard to me in the muscle and then you're not stimulating the lymphatic flow.

So you're just want to create like a little like they used to say in butterfly kisses and 20 years ago when I started doing Lab, there was too much complex illness to do butterfly cases.

You needed to work the length because you had to work the fascia that's around the left a little bit because really that's why I got so involved faster because a lot of the lymph node release I teach is really a fashion move for the limbs.

Mm hmm. Okay. You got to move the sash away, and Deanna can explain that. Okay, so you've got you work

these termini, then you go to the sternum, which, again, you go to your belly button, put your pink in your belly button, and then where you're 2 to 3 fingers lay is approximately where the system is.

Anatomy moves and changes, believe it or not, because organs and bones are suspended in your lymph, in your fascia. It's above belly button or below above, above belly button, below the startup.

Right, exactly. So somewhere in the gap and. Then pumping right there. Just gently like let's do it this way. You're going to go one. Two, three upward motion towards the diaphragm.

Work toward and I'm all about attention because where we put our attention, our energy goes where we send energy, blood flow circulation. So I'm going to attend as I pump that system, not that the fluid is going to go right up to that left thoracic.

Oh, you're like imagining it going there. Yep. And I'm just going up. That's where you're headed. That's where you are. Okay, good. Then I might go back and make sure they stay open and drained the next area.

And I have a whole manual. Like, I teach people how to do this on my website. I go through it in a master class. We have tools to do it, but I'm going to give you the five top areas which the next two or the next area that are the most important of all.

One points. In my manual class, I teach like 12 points. In my master class, I teach another 10 to 12 points to teach how to work on your liver and your spleen and all these things.

But I know that the tonsils are the gatekeepers to the lymphatics and everybody wants the brain to drain. Right. And I know people are thinking, but my tonsils have been removed.

Oh, good question. You have many types of tonsils, not just your app and ocular tonsils. You have 20% of your lymph is in your neck. You have a lot of cervical lymph nodes and the body's brilliant.

And we'll make workarounds. Not saying that you don't have a little bit of a deficit if you don't have your tonsils, but it would be like you live on a road and they put a detour up and they never take you down.

You can still get home. You just have to like go around the detour to get home so you can know the shortcut as you go through Grandma's backyard and you don't have to go to the detour.

So pumping your lymph node is going through grandma's backyard. You're if you don't have your tonsils, you're going to probably look at it because I feel like everybody should move their life every day.

This is part of our self-care. This is I got to brush my teeth every day. I got to take a shower every day and I got to pump. I left notes every day. If I don't have tonsils, I at least want to pump my lymph nodes twice.

Yeah, I've tried to live my life as my tonsils were removed when I was 21. After a couple of years of massive mold exposures. Looking back now, I understand everything that happened so clearly, but yeah, yeah.

So that was a bummer. But it's okay because you'll have these workarounds and I will say this I've had clients that grew back, adenoids that were taken out, group explains that were taken out.

I grew tissue where there was no wisdom teeth because I would. Grow some stuff back. That's where I'm putting my items in. I'm going to be pumping up.

Go and grow back. Grow back. Exactly. And pump right outside your tonsil tissue. Listen the body with I'm a scientist. That's exactly how the body works. Go for it. Okay.

So the lymphatic tissue outside the tonsils is just like outside your job, below your job, below your ear. And it's typically a little tender for people.

And now you're again attending as you pump that, you're going to pump it. So it goes in the direction to go down to the termini to where it drains out.

So I want to drain my tonsils and then all the cervical nodes will drain down to the termini of the term and I will drain into the cardiovascular system and I'll keep it out.

Pick it out so I'll bleed out. Sister, those are the five most important points. And I'm telling you, if it's a headache, if it's anger, if it's physical, emotional, mental, spiritual stress in the body, pump your lymph and see what's left.

Because the reason the body has symptoms is it has a toxicity attack, it doesn't have an anxiety attack, doesn't have it has a toxicity attack. And that toxicity either a pathogen or a toxicant, and we got to drain it out and we drain it out through our lens.

Then as we start draining, we got to support that liver because then the liver is going to have to catch all the shit that the lymph is, start the mouth, all the silk.

And also it's okay if you've had your gallbladder removed. There's life after gallbladder removal, like it's okay. Just like there's life after tonsil, remember? Yes.

Get some bleeds. Okay. So any other things you want to touch on kind of this manual work on the lymph because I know we have a that we want to. Just wanted to touch base about do but Kelli I don't have lymphatic stagnancy because I don't have lymphedema.

Listen, listen, Linda, if you are waiting for lymphatic stagnancy to turn and lymphedema, you're well down that curve. I call it the disease barrel or the the biological division of what you were just talking about.

You're way down. Let's not wait for that. And I'm telling you, if you are at all puffy in this area, fluid, if you're fluid in the neck, if you're fluid under your arms, if you have puffs versus armpits You can also be very fluid filled around the abdomen and in these inguinal areas and behind your knees, wherever we bend, is where we have the largest concentration of lymph nodes.

People don't often get very fluid filled on their wrists, but the ankles, the elbows or the yeah, the elbows, the knees, the pelvis area, the abdomen where we have 50% of them, the neck, the under the arms and even the like.

But look, my little sweat pit, but if we have. This where you don't wear toxic deodorant, that stops sweating. That's why I had my red light sauna on me.

That was just, like, lighting me up. It's so hot. But these areas should not be puffy and fluid filled. That's lymphatic stagnancy. And as you start to move your lymph, you'll see it will look like you got a facelift.

Mm hmm. I've seen people with puffs behind their knees. Puffs, puffs in their armpits where their armpits just there should be a like. It should be like an inverted cup.

They're like, it's it's a fine claim. Yes. Shouldn't be filled in. So, yeah. It doesn't matter your size. You should always have a deep crevice in this in this area.

And this is the area of the body that I find gets the most stagnant. Yeah. Is this area up here? Yes. Do you want to prevent breast cancer? I want to prevent I want to prevent breast cancer.

How about do this twice a day and focus on that more than you focus on mammograms? Well said. Exactly. And everybody wants to brain drain is what I was going to say.

Everybody wants the brain to drain, but the brain won't drain because not only is it a pressure relief value system, but we work with gravity. And so the brain drain until the neck drains, the neck won't drain, told the majority of the body drains and the majority body won't drain until you drain out all of this work at 75%, then work on the neck,

then work on the head, and then the contracts will drain.

Then the central their peripheral nervous system can work way better because the autonomic nervous system is cleared out and can receive frequencies and send frequencies and amplify frequencies through the lymphatics and from the fashion, from the heart.

And then most of that, all of that goes throughout the rest of the body without complication, without dissonance, without interruptions, with coherence and health.

Mm hmm. This is so enlightening. I, i, i literally. I'm. I'm thinking I'm beating myself up for not doing lymph massage as much as I know I should. I mean, I know you. You work with my family.

I know I should be doing this. I'm like, Well, why aren't you doing this more often? So you see, you guys, even people like me, can fall off the wagon.

So we got to recommit and get back to it. Well, and I appreciate your candidness in your your willingness to share your own journey. But, you know, in all honesty, lymph is so undervalued as is fascia that I would be I would really if there's a reason I became the I want it to be every but I should be the only one talking about when I want everybody to be talking about life I want everybody to be talking about fascia because when we start to work in the flow fashion, Lindsay We want our energy.

We start to work with the flow state of the body. When we start to open that up, everything else gets easier and better because we're depending upon her or him.

Using the Flow Vibe and Self-Touch

They're nervous system to make that happen instead of our minds to figure it all out and it goes way better. And even me like, I mean, not that I don't I don't stop lymph, but I'm just saying like I get to the point where I'm like, is it really like five, six years into this, I was like, is it really just I feel like I just am a broken record.

It's your lint system at your lymph system, it's a website. Then we would move the length and things would improve. So you're like, Okay, yeah. So one system and then you go out to the world like, like is today's talk about the lymph system enough?

And I don't think I did because people are still talk about detox and detox is important, but your detox is only as good as your drainage and your drainage is in your lymphatic system.

And I'm not kidding you that people that go through medical school don't know anything about the lymphatic system. I'm a massage therapist by training one of my certifications, and I thought that was where I was going to get a lot of information off illnesses.

My daughter had been working on one system for 15 years when I went to massage school and it was four pages. That's a cardiovascular, 30 pages, skeletal system, 30 pages, endocrine system, 30 pages, lymph system, four pages.

I'm like, you can't live with out your lymph system for one minute. Why don't we have more than four pages devoted to it? And why does nobody know anything about it?

And it's where your immune system it's like if it's identifying what white blood cells should be launched out to your circulatory system and it's where your white blood cells are created and matured in its glands, its organs.

I think it might have something to do with the immune system. I'm just thinking I'm just this just a hunch. Maybe I'm being sarcastic. Yeah, me too. It's really important for us to be in touch, literally, with our bodies and to touch our bodies and to notice.

Oh, you know, like, how many of you are really doing your own self-breast exams? How many of you have touched your breast, touched your whiles, touched your ears or your body?

I make everybody touch their bodies. Do you know? Don't know something discouraging. The Western medicine system is now not recommending that women do self-breast exam anymore and they really like.

Towards the end of my conventional career, I don't work in conventional medicine anymore at all. But I can remember the recommendations for for the practitioner to be doing breast exam during the annual pap smear and physical that it was just like just rely on the mammogram.

We can't find anything with physical palpation or physical exam and most people can't find anything on their own. So we're doing away with that. Check yourself.

And I think that's a huge disservice. I mean, let's disconnect people from their bodies even more and more. Let's disconnect. I'm like holding this. Let's disconnect practitioners from their body, from their patients bodies even more.

I mean, it's we could go down a rabbit hole, but let's talk about this thing. Grab it all. This is the rabbit hole that I'm so perfect timing because I was going to say the same thing.

Like, I get people to touch their bodies a lot in all sorts of ways. And I was going to ask you to show them the flow. Yes. This is this is not what it looks like.

This is true. It is a bio sonic vibe, the tool called the flow vibe that I left mine at the office. So Laura had hers, which is great. And I'm going to show you how to use it.

But those areas that we pumped is the same areas that we hold it. And a lot of people, because it feels like a massage tool they sent, they tend do this, don't do that, just hold it for 5 to 10 seconds, then move it 5 to 10 seconds, then 5 to 10 seconds and 5 to 10 seconds.

Okay. I'm going to demonstrate it now. So so we're holding it 5 to 10 seconds. Five. And it's and what I want to say is it's it's really flexible. So you can see it moves very easily so you can get it into the contour of your neck.

You can get it into the contour right above your clavicle here. What did you call that space again? It just the sub clavicle space. Yeah, actually, super clavicle space.

It's above clavicle. But it's just that little nook that when you do that with your shoulders. Yeah. Yep. Laura's demonstrating it. Always remember, if you have one side to start with, start on the left side, because that 75% of your load drains there.

Yeah. Good job. Laura. Okay, so I'm right. So I'm just. So what I'm doing is I'm just holding it. 5 seconds, hold it. 5 seconds, hold it 5 seconds. And then come up.

Hold it, 5 seconds, hold it and then go to the other side. Right? And then start with the clavicle and then move up to the neck. Right. The tonsil area and then down with when they by a slow vibe, there's actually a QR code that shows you how to drain the whole face.

Mm hmm. Then I want you to apply that same thing to my manual technique that we're going to give your audience of how to pump their their lymph nodes in both a PDF and a little video.

But you can apply the vibe wherever you apply your hands, and you can apply the vive anywhere you apply your hands. But the point is to truly touch your body.

And I couldn't agree more like getting people to palpate and feel their body. You know, you had mentioned earlier about looking at how that was before we got on record, but finding something was those before.

Started looking like I used to do physical exams looking for cancer, and I used to find a lot of melanoma, basal cell, squamous cells. But we were talking about a melanoma story.

Yeah. And the thing is, is how much are you looking at your skin? How much are you touching underneath so that you know when something becomes atypical?

Because what she said in her brilliance of her medical mind was like, it's atypical. It needs to be research, it needs to be looked at, it needs to be investigated, too.

And we're not here to freak out about things. We're just here to investigate things. We know the body. They can heal all the time, but we know we have to pay attention to our bodies and we've got to learn what these signals are.

When it gets a headache, when it gets a rash, when it gets something, it's telling us that it's overwhelmed and it can't juggle any more. And so we're going to move and stimulate those lymph nodes to give it that facilitation of moving out some of that burden.

And then the alleviation will bring up our energy, make us feel better, relieving, alleviate the scent. And we go, Oh my God, look how brilliant I am.

I have this great tool called My Hands, but you first have to touch your body, and then once you're familiar with touching your body, first of all, you're not going to feel things atypical anymore.

But you may start to you might go, wow, one breast is different than the other. Wow. And that's very that's very typical to have a typical thing side to side.

But then you'll see them start to balance out. As you start to balance out the drainage of the body to the point where literally I look in the mirror to this day and I'm almost 50 and I swear to goodness my body is better today than it was when I was 18.

With the exception of some of the tonality. I don't work nearly as much as I did when I was 18, but the shape, the size, the symmetry is way better today than it was when I was 18.

And it's because you work on your fascia, you work on your limp, you practice what you preach, you get the body work done. And and what I want everyone to know as we wrap up here, is that what Kelly is teaching you here today is a complement to any thing you are doing with your current protocols and practitioners.

In fact, layering this in will most likely expedite speed your recovery process and your results from what you're doing with your practitioner. The only time I would say that that's not true is that if you're doing chemo, that you don't want to circulate the chemo through your body faster.

And ideally people are going to start doing chemo. But we get it. Sometimes you have to do things to buy time, all that. Nothing is perfect and ideal.

Everything's perfect and ideal and you think about medications and so forth. So you don't want to take if you're taking medications, you don't want to, oh, I'm going to take my medication and I'm going to pop my lip because you're going to circulate it faster through the body.

So that's the only little caveat to it. Other than that, I'll 1,000% agree everybody should be doing their limits. There's no side effects to it other than it increases your circulation.

You'll put more, you'll pay more, you'll sweat more. You'll probably bleed more consistently. If you're in menopause, you may have a bleed, and that's typical.

So don't be surprised about that. And as you start moving your limbs, this is the one side effect to all health. When you get healthier, as you move your length, your body's going to regulate more.

You'd be healthier, you'd be able to compensate, bearing asleep better. You notice all sorts of things are improving.

Resources, Immersion Care, and Closing

The side effects of an organism being healthy is fertility because its job is procreation. So Kelly Kenny is here to tell you that I have my own child and I'm very happy about that.

I'm not responsible if you get pregnant because all of a sudden your cycle went off because you started to move your length and you didn't know what an ovulation was, and all of a sudden, oops, you have a pregnancy.

Because it happened a lot in those first couple of years and I couldn't figure out what was going on. I was like, all these people and I'm pregnant and I know they could get pregnant.

And it was because we were moving their lymphatic system. People that were a massive amount of risk in their early thirties started moving their lives, started getting their had another baby.

People in menopause didn't get their full cycles back, but ten years hadn't had a cycle and our son had two or three cycles were moving their lymph, which is why I am convinced that the prostate as well as the ovaries are part of our lymphatic system.

So we got to move our lymph and it will improve your sex life completely. Whether or not use the vibe, it really will, I promise you, because it light into your burden and it allows you space.

And as women we need more space in our life. The men are always ready to go. Let's be honest, we need more space to be ready to go. And a lot of that is because we're burdened with all of our and all of our things.

And when we get into the parasympathetic, when we allow our bodies to drain our lymph, all the sudden we're ready to have we have space in our bodies.

And then we can be connected to another person in that connection to another person actually heals. I don't know how it turned into a sex conversation, Laura, but well.

I don't know. It's fine. It's what needed to happen and somebody needed to hear it. Who's listening right now? So, Kelly, this has been a wonderful talk.

Thank you for pouring out all of your wisdom, for sharing, for demonstrating and for giving our audience. So definitely look for Kelly's guide. Can you tell our audience where to find you?

Because you do work with people in a physical location, you have online offerings. People can get the flow vibe from you and a masterclass on how to use it.

I mean, you've got all kinds of resources, so where do we find you? So thank you. So they can go to our website, I'm sorry, The True Wellness Center. thetruewellnesscenter.com is the website Instagram is True Wellness Global and a lot of that stuff is available in our LinkedIn tree as well as on our website on the Learn tab.

And then I have the podcast, the FLOWE So we are in Pennsylvania, outside of Philadelphia. If anybody is looking for some deep body work and to truly, not painful, just truly experience the energy inside your body in a visceral way and deal with your emotions.

That's what we do and we're looking forward to loving on each one of you as we as we do it. Including at the time of the filming of this video. We are going to be in Pennsylvania seeing you in about two months, and I'm pretty excited about that.

So I can't wait to get in your hands. And it's like a full immersive experience. So when somebody comes to you, I mean, it's multiple days of body work, multiple hours a day of real, and that's how you really get people results

because you do so much work.

It's not just, Oh, we're just going to give you an hour link massage and you're done. You don't travel all the way to Kelly tip for an hour worth of work.

You you get immersed. In a combo pack. And because I don't give a lot of lunch breaks either because I only have you for four days and an immersion and I got it.

Yeah. You're in there from nine to at least five or noon to eight on Thursdays. And it is one thing after another. We call it Sleep interrupts your wellness.

You just go from one room to the other, getting more and more parasympathetic and dumping more and more of your emotions and more and more of your burden.

And you feel lighter and lighter and transformed, truly. I mean, we've been doing this long enough, and I feel confident to say that we can help somebody transform in four days time significantly, not that it's all done, but that they're different.

And when they leave their own body different and they're draining better. And now, as you said, all the other protocols, all the other things they employ are working better because they're on a system, working in a system, rather, that's turned on in the parasympathetic mode so it can heal.

Now, I can't wait. Follow up to this interview. Thank you for today and thank you all for sticking with us and being a part of her summit and sharing the summit, because I agree that what Laura has done and what she always does, that she's that it putting the right piece of the puzzle together so that it makes it easy for you to navigate where to go next.

And she's got such a beautiful tribe and community of people and. I just I know so many of the people that are speaking on this, and I'm so happy for you all to be able to experience all their wisdom and all their guidance for you to help you through your own case.

We do have an amazing lineup of people to support and our tribes, our our audiences, our communities and our friends overlap. And so thank Kelly for coming in and supporting this and thank you for the laughs and thank you for the wisdom in all of it.

And until next time, everyone take good care. Bye now.