



## Lymphatics Your Body's Built-in Defence Mechanisms

Christine Schaffner, N.D. interviewing  
**Kelly Kennedy**



### **Christine Schaffner, N.D.**

Welcome, everyone, to the Mycotoxin and Chronic Illness Summit. I'm Dr. Christine Schaffner, and today my guest is Kelly Kennedy, and we're gonna be talking about cleaning up the extracellular matrix as well as the lymphatic system. Kelly is a Biological Investigator, Medical Intuitive. Kelly does everything, from somatic bodywork to orthomolecular and homeopathic remedies to top of the line technology, to assist the body into a flow and allow the body to heal. She helps people facilitate their healing while addressing any blockades along the way. I hope you enjoy my conversation today with Kelly Kennedy. Welcome, Kelly, it's always so fun to be with you.

### **Kelly Kennedy**

Oh, thank you, Christine, I always feel at home when I'm with you.

### **Christine Schaffner, N.D.**

Oh! Well, we can't have a summit, especially one about mycotoxins or recovering from a chronic illness, without really diving into the extracellular matrix or the lymphatics. And so, many people might have already heard you or I speak about this matter, but I just, you know, again, wherever anyone is coming into this conversation,



I'd love for you to just give us a quick overview of the lymphatic system and the extracellular matrix.

**Kelly Kennedy**

So, thank you. So, first of all, I'm so excited that we're talking about chronic illness and mycotoxins, and talking about lymphatics and extracellular matrix because, for me, unless you're draining, you can't detoxify, right? It always starts with drainage first, and what are we draining? We're draining the lymph, and what is the lymph? Well, it's that spaces between the cells, it's that empty, should be empty, space that allows things to flow through, go to the nodes, and then be circulated through the cardiovascular system, and then we pee, poop, sweat 'em out. So, it's our trash can, it's our trash dump, and there is three times, approximately, more lymphatic fluid in the body than there is blood. Every time I say it, and you're shaking your head, it's still like, that's amazing. Like, there's such, this huge sky, and everybody's just looking at the stars. That's what it feels like, right? There's a little bit of stars, but a huge sky.

The stars are the red blood cells, the sky is the lymphatics, and we see this in live blood analysis, very much so. When we look at live blood, we can see red blood cells, we can see white blood cells, but on a dark field microscope, we can see the space between the cells, which is where this extracellular matrix is, which is this beautiful network of collagen structuring the whole body and keeping the network together of not only communication, but of structure, that has this circulatory system of vessels and nodes, which are the lymph nodes and the lymph vessels, which only get pumped and start to move when we move. So, one chronic illness, a lot of people are like, I can't move, I'm so tired, I'm fatigued, I'm sore, I have pain, particularly when you're dealing with mycotoxins from chronic tick-borne or mold or whatever, and what you need to do is exactly the opposite. You need to start to move, like lift your arms up at minimum, get your wrists moving, move your ankles, and start to stimulate that movement of the toxins to start to come out, because the drainage of the body allows the toxins to come out of the tissues and the cells to be then flushed out through the system. I don't know why this analogy's just came to me, so let me just walk it through my brain for a second, 'cause it was kinda gross. I'm like, okay, so that's like a toilet, full of crap, that you never flush, and then crapping in it. Well,



what's gonna happen? It's gonna overflow and everything's gonna get smelly. I have no idea where that came from, but you know, it's Friday night and I'm -

**Christine Schaffner, N.D.**

It's a visceral image that everyone is gonna definitely have a deep understanding of. They don't want that to happen in their body.

**Kelly Kennedy**

That's why we need to flush the toxins, because it's not good, and then our natural drainage capacity will take it out. We pee it out, we poop it out, we sweat it out, we breathe it out, and I would contend that I would like science to prove me right, that I feel and my theory is that the uterus and the ovaries are part of the lymphatic system, and that bleeding as women is part of our drainage. So, everybody wants to kill mold and mycotoxins and get rid of 'em, and they wanna kill Lyme spirochetes or EBV spirochetes, but where are you killing it, where's it going, unless you know that that drainage is assured. And why does the lymph not move, is the question, right? Well, I move, I get up, I started moving, and my illness is what made me stop moving. Well, never does one thing cause one thing, number one. Number two, the things that clog the lymph is pretty much 22nd century living. It's like Wi-Fi.

**Christine Schaffner, N.D.**

Everything.

**Kelly Kennedy**

Sitting, you know, a sedentary lifestyle, and everybody's like, oh, I do my exercise classes, you know, three times a week. Okay, but that's not an active lifestyle, right? Like, active lifestyle three, 400 years ago was like, I had to go out and cut the wood and put it in the fire and go grab the vegetables and cut 'em up, and you know, I had to do all the farming, and then we had to clean. Like, it was a different lifestyle, and as we slowed down and got more sedentary, our lymph got a little backed up. Then we added the amount of vaccines and the schedules, which is a complication. We've got, you know, all the extra metals and chemicals in our lifestyle from the lotions we, some of us, use, hopefully not those listening, and if you do, please stop using



skincare. But the rule of the thumb should be, if I wouldn't put it on my tongue, I will not put it on my skin, because the lymph is just under the skin, and it's the filter. And I'm not saying that we should use our kidneys and our livers to detoxify the, you know, Bed Bath & Beyond body spray that I just used, but if I'm ingesting it, at least my liver and my kidneys can use it. If I spray it on my skin, it's going directly into that extracellular matrix. Now the lymph has to deal with it, and it's all these chemicals and fragrances and dyes and, oh, it just, it makes me think, like, thickness, because that's what it is, it's like congestion. And lymph fluid should be just that, it should be as thin as our beautiful, structured water, and when that does flow, when it's thin, it's easier to flow. As it gets thicker because of improper foods as well, and the biggest component is the emotional component, so stress, positive and negative, emotional stress, as well as physical stress, causes the lymphatics to get thicker with fibrinogen from cortisol and all these confounding issues that create this, instead of a water-like substance, thick, jelly-like substance. Well, it's literally from our toes to the top of our heads, right? We now know, through science, that we have lymphatics, which are brain lymph cells. I don't honestly know why we've separated out what we're calling different lymph cells, but okay, that's fine.

So, we have 'em from our head to our toes, and they have to drain everything, but we want the head to drain the most because if the brain, if the autonomic nervous system central and peripheral nervous system, aren't getting proper communication, then it can't send signals down to the organs to behave properly. So, you gotta drain the brain from the toxins, but the brain won't drain unless the tonsils drain, the tonsils won't drain unless the body drains, and the body drains by poop and pee and sweating, and again, I'm gonna contend breathing, and then breathing. So many people can just improve their movement by taking 10 deep breaths. So, we can all move. I don't care how chronically ill you are, you can at least take 10 deep breaths, and you can start to get the body to move through, and then, as that starts to pump through, as the jelly starts to come out of the body and we're putting good things into our body, creating more of a fluid state of that lymph as we're continuing to drain and all the things that we can talk about, we're also gonna change our lifestyle to not include chemicals and metals and improper lighting and, you know, all the things that cause that lymphatic to be gel-like so that when it dumps into the



cardiovascular system, well, how difficult is that to move around jelly versus liquid? And so, this causes, what I see on heart rate variability, what looks like a cardiovascular problem, that they don't have chronotropic and vascular recovery, which essentially means their heart can't pump the blood out and bring it back up. I got confused many years ago when I started really looking at heart rate variabilities and going from athletes to chronic illness clients, and all of them having a chronotropic problem in vascular recovery and the heart rate variability, and I'm like, but this person's moving. Like, they're an active, you know, triathlete or something, and why? And then I do one lymph session on 'em, manual or something like with a FLOWpresso, or something like that, and all of a sudden their cardiovascular dip changes in one session? So, I went, oh, that's because we thinned out the lymphatic fluid, we pushed it through the system, and now the system has less stress moving jelly, it's moving water, and that's easier on our blood pressure, that's easier on our cardiovascular system and our circulation. And again, we want the toxins to come out of the head, so we need not just lymph, we also need blood circulation. While we have three times more lymph than blood, it's all important. There's nothing that's, you know, not critical. So, did it answer your first question?

**Christine Schaffner, N.D.**

You did like the whole talk, it's beautiful. It was all wonderful. I would love to land on a few things. So, you know, you and I see chronically ill patients, a lot of patients with mycotoxins, a lot of people, a lot of patients, as you said, with Lyme and all of it, right? And in the modern illness, the modern terrain, I find that, you know, through our study of bioregulatory medicine, that, you know, we're trained to look at interference fields, and you mentioned the tonsils, you know, already, and I would say, I'm not joking, nine out of 10 of my patients have a tonsil interference field. And so, can you just walk us through, like, what a tonsil interference field is, how you address it, how you feel it blocks the flow of lymph, because I think it's a really important issue for the people that we're talking to.

**Kelly Kennedy**

That's a really good point 'cause so many people have had their tonsils taken out, so let me just start with saying the body makes assists and corrections, and take this



next section and don't get depressed, know there's workarounds for everything we do. If we have had our tonsils out, it's just a little bit of, okay, I gotta work a little harder throughout my life because that's a little bit of a handicap, okay, that's all it is. And, you know, through some of the work that we know through the metaphysical, I don't know, maybe you can grow your tonsils back, just keep thinking about it. The tonsils are the gatekeepers to the lymphatic system. So, quickly, let's review the anatomy for the layperson about the organs that are related to the lymph, 'cause we talked about vessels and nodes, and the nodes, any person has between 600 and a thousand. And so, if you look at this, you know, I picked this for a reason as my background because the stems are kind of like the vessels, and these little flowers are like the nodes, and you have them throughout your whole body, and 600 to a thousand, that's a fair amount, right? And then the organs that are associated with the lymph are the tonsils, the thymus glands, the appendix, the bone marrow, the spleen, I'm forgetting one, spleen, tonsils, thymus, bone marrow, I don't know.

**Christine Schaffner, N.D.**

There are Peyer's patches.

**Kelly Kennedy**

Oh, the Rebas, that's what it was. Rebas, that's funny. Peyer's patches, it's so funny. The small intestine.

**Christine Schaffner, N.D.**

I hear you, I hear you, yeah.

**Kelly Kennedy**

Thank you, thank you for speaking my Friday night language. So, the tonsils are known as the gatekeeper because, you know, in regulatory medicine, we have learned from the concepts of keeping the head warmer, one degree warmer than the rest of the body, that the tonsils are the key to allowing the drainage to come out because cold is old toxins. And from a perspective of gravity, if you will, you know, everything goes into the head, meaning we eat, we breathe, we bring everything in through the head, and then it has to be filtered down through the body, and it leaves



below the chin, right? It leaves through our sweat, it leaves through our urine, again, you all heard it, poop, blah, blah, blah. Okay, so it leaves here. In order for everything to get out of the head, you've got to drain this out first, but it won't drain unless the tonsils drain, and the tonsils sit, well, you have a lot of tonsils, but we're talking about really just the appendicular tonsils that are hanging in the back of your throat, and they help your body decide what's going through and coming out of blood-brain barrier and what's gonna be circulated out through the termini, which are the endpoints of the lymphatics. So, if the tonsils are causing interference, meaning they're slow and they're not working great, or they're gone, or they're constantly infected, it's showing us that our lymph nodes, 'cause those are your lymph nodes, have an infection, and that's why they're swollen, they're doing their job. You know, when the chronic infections or the fat lipid, you know, the fats, the lipids throughout the body are traveling through the lymphatics, okay, we need fats for our brain, but mycotoxins are lipophilic, meaning they like fat, okay? And so, they wanna go towards the brain, and they're gonna be traveling through the lymph system, and they can get clogged because there's so much going on in a node, and that's often what happens at the tonsils.

And then you get this huge swelling, and people are like, oh, we gotta take it out, and I'm like, that's like you've got a smoke detector going off at your house to let you know there's a fire burning and you took the batteries outta the smoke detector. You think the fire's gone? The fire's not gone. You just took out the signal. And the tonsils, because they're on the first line of defense as we add everything in, along with our parotid gland, which I also contend as part of the lymphatic system, but that's a whole nother subject, they are layering in that node what the body's exposed to, both internally and externally. And to go back to the node, when the fluid gets to the node, it's looking at all that fluid and going, is this a nutrient, is this a positive lipid that we need for the body, is this a toxicant, is this a pathogen? And dependent upon what it identifies, it will then produce the proper white blood cell to address that component, because that's the body's job, is to have an immune response against the challenges it's up against, but when the body gets overwhelmed, the tonsils kinda get overworked, and they get swollen, and then, how do we address it? Well, I'm sure Dr. Christine and I address a little different 'cause she's got an amazing



license and is a brilliant doctor and can inject those tonsils, believe it or not, which is my favorite thing to have done to tonsils, but you need a certain license to do that. So, at our center, we don't have a license to inject tonsils, and you're not going and injecting your tonsils with, like, a drug, you're using a local anesthetic, and ideally homeopathics, and you're giving information to those tonsils, ideally at the nerve bundle, and allowing that information to travel the system through the nerve plexus, okay? But we use light because we know vibration and light energy is how the cells communicate, so we'll take those same remedies, with light, and shine them into the tonsils. We also use this amazing cream, you may have heard of it, called Lymphflo cream. But I honestly love it, like, I'm not saying that 'cause Christine is one of my BFFs, I'm saying that because I struggled with lymph for a long time, giving people things that would work, and I got dependent upon some topical, one topical ointment, which was good, but I felt people plateaued after a couple of months with it. Like, it was good, but it wasn't strong. It was like, you know, like teenager, but it wasn't quite full-on adult. And enter Dr. Christine's Lymphflo cream, and I was like, ah, thank God, this is like. Then I was like, a little dab will do, just start small because it's gonna open up your bowels, it's gonna get your lymph flowing, and you're gonna sweat more.

So, that's an incredible product that I use, particularly at the tonsils and the terminis often, and I have people dry brush. You know, we teach how to properly, in the right orientation of body, dry brush, rebounding, vibration, jumping jacks, anything to get the body moving, but doing node release, and which we teach, it's a simple form, it's not what happens in a center like ours or in yours, where we have body-centered therapists doing this, but it's just a simple technique, it takes you about five minutes, and you're just gently, gently pumping your nodes. So, I always have people that have really swollen tonsils start here and do this three to five times a day. And, you know, I'm a visual person, I like to give visceral, visual, visceral visual examples, and I have looked at a lot of back of the mouth, and I'm sure you have too, where, you know, sometimes you're like, oh, I can't see their tonsils. Probably not our clients, but oftentimes, when I look in the back of their throat, I'm like, you look like you have testicles in the back of your throat, not tonsils, 'cause they're so big, they're almost touching. I've actually seen 'em touching, and I'm sure you have as well, and that is



going to congest your ability to get oxygen. And what do mycotoxins love? What do pathogens love? An anaerobic, no-oxygen terrain.

**Christine Schaffner, N.D.**

Environment.

**Kelly Kennedy**

They thrive in it, so we need to get oxygen in there. So, again, going back, deep breathing, function creates structure. So, if we deep breathe, we create more opening back there. We pump our lymph, we get our termini open, we add a little Lymphflo cream, we get our dry brush, and we start mobilizing. And, okay, I'm stuck in bed. Well, then do these. Do pumps up in the air and get those lymph moving up in that termini, and then pump the tonsils. And then we have remedies, right? We use homeopathics, we use nebulizing of homeopathics, as well as hydrogen peroxide is great if they have really swollen tonsils, nebulizing, and ozone. Sometimes, if they have really intense tonsils, I might use ozone olive oil. I personally, I don't know what your feel is on, but I don't feel anybody should ever inject ozone into the tonsils, but I do think ozone externally can help. But you have a microbiome inside your mucosa, in the lymphatics, and you don't wanna kill that with ozone. That's my personal belief system. How else do we address tonsils? I'm thinking. I think that's it, light, nebulizer.

**Christine Schaffner, N.D.**

Do you use any gargling, any, like, bathing the tonsils with any, like, remedies that you use for them to do at home, or sprays?

**Kelly Kennedy**

Now, that's a great question. I hadn't thought about that, propolis, yes. How did I forget about propolis?

**Christine Schaffner, N.D.**

Well, whatever your favorite, yeah, whatever your favorite is.



**Kelly Kennedy**

I'm not a big, like, I did use Regula, which is a fermented product, years ago before propolis really came into my world, and I did have people gargle with propolis or with, or, I mean, with Regula, or colloidal silver sometimes, if it felt, like, infectious.

**Christine Schaffner, N.D.**

Yeah.

**Kelly Kennedy**

I didn't know about hydrogen peroxide at the time. I might even do that, but highly diluted. But, you know, you're just trying to abate the acute infection so you can deal with the chronic infection, and you're opening up drainage, and you're assisting your lifestyle to not continue that exposure, whether that's mold or Wi-Fi, or all those things, all the things, all the things that contribute to the tonsils, and we have a lot. So, we have the largest concentration of lymph nodes in the neck and in the gut.

**Christine Schaffner, N.D.**

Yes.

**Kelly Kennedy**

We have a lot of cervical nodes. So, again, if you do not have your tonsils, don't worry, don't concern, just have an awareness, and start addressing it and start doing the action. And when you overcome the hump of the chronic illness, when you've helped open up your drainage and you're getting better and better, you can lessen the frequency you're doing this, but your first line of defense of any symptom you get, I'm just being, like, I know it's a bold statement, but 100% of the time, when you have the symptoms, 100% of the time, pump your lymph and see what happens.

**Christine Schaffner, N.D.**

Totally, yeah.



**Kelly Kennedy**

Because 70% of the time, it's gonna go away. It's because your body is overwhelmed with what it's already dealing with. It's like a juggler, that's it's like, listen, you're giving me too many balls to juggle, so I'm dropping one, and that's gonna end up in your lymph because that's where all the balls are. That's where it's juggling all these balls, is in the lymphatics, and that's gonna show up right here, where the majority of your drainage is happening into the cardiovascular, where you've got to remove the backup. So, I often use the analogy that the lymphatic system is like a highway and that the nodes are like exits, but these are your toll booths, and you've got to get those toll booths open. And if all the traffic is backed up, if you've got chronic illness and chronic pain and congestion from sinuses to gut congestion, to constipation, to dehydration chronically, which is the number one reason you have lymph stagnancy, by the way, dehydration, drink water, structured water ideally. But if you have all that going on, then, I don't know what I was gonna say 'cause I got stuck on water and watched you drink your water and was thinking about, I wonder what she structured her water with today.

**Christine Schaffner, N.D.**

This is Spring Aqua, yeah.

**Kelly Kennedy**

Oh, we're getting ours installed next week. I'm so excited.

**Christine Schaffner, N.D.**

I know, right? So, you were talking about opening up the toll booths.

**Kelly Kennedy**

Oh, thank you.

**Christine Schaffner, N.D.**

So everything can go out. Yeah.



**Kelly Kennedy**

Yeah, so the traffic jam, you want to, you can't, if you have 400 cars, let's say, trapped in this area, I've gotta move the first cars, not the 400th cars. The ones closest to the toll booths are the ones I have to move first, so that would be our tonsils, and next would be our axillary, because we gotta make sure that that's all moving. So, now everything more distal, farther away from that area, will begin to have space to move into because you're creating a vacuum, so to speak, where now there's space, and now traffic can keep moving in. And so, that's how the lymph really works. It's gotta have space, move stuff in, move it out, space, move stuff in, move it out.

**Christine Schaffner, N.D.**

Yeah, yeah, love it, and I know that you do that so well with all of these therapies, and then all the manual work that you personally do and that you do in the office and that you train people to do. I wonder, I have, like, so many other things to go, but I think we'll just stay on this path. You talked about, you know, opening up here. We talked about, you know, the axillary nodes, but you're welcome to say more if you want to. And then, I think a big one that people don't understand or know how to address is the cisterna chyli and how to open up, you know, like, how that all works, and so maybe just finishing how it all interrelates before I ask the next question.

**Kelly Kennedy**

Anatomically, okay, the majority of people that get a congested lift, lymph rather, I would say is probably from here up.

**Christine Schaffner, N.D.**

Yeah.

**Kelly Kennedy**

Okay, and there's many reasons for that that we won't go into right now, but essentially, the largest lymph nodes that we need to address and the most important are the termini. If you don't pump any other lymph nodes in your body, you open up these terminis. Now, the tonsils are the gatekeeper, but I still don't think



they're the second. The second choice is exactly what Dr. Christine mentioned, which is your cisterna chyli, and it's not a node. It's an empty-sacked vessel essentially that lays in the abdomen, just next to the gallbladder, in between the liver, the liver and the pancreas. It has to drain up to the left thoracic, I can't watch a video and do it at the same time, up to the left thoracic, because how the body drains is the right side of the termini drains the right side of my head, my right breast and my right arm. The left side drains the entire rest of my body, my left arm, my left breast, my torso, and my lower body. So, in order for you to understand what's going on, if this is draining my head, essentially in this right arm, okay, pumping that is one thing, but getting the left termini open is 70 to 80% more of the body, and it gets drained, the lower part of the body gets drained to the cisterna chyli, and then that drains up here to this left thoracic. So, lower body stuff, we've gotta start here, and so I find the cisterna is the second most important node, it's not a node, second most important movement to make when opening it up. So, the easiest way to find it is put your pinkie in your belly button, lay your three fingers above it, gently just pump toward your, what's that word?

**Christine Schaffner, N.D.**

Diaphragm.

**Kelly Kennedy**

Your diaphragm, thank you, your diaphragm. I'm like, what is it, what is it, what's the layperson term for that? Pumping just a little bit, and when I say pump, it's just a little, like, suggestion, and you just wanna pump it three or four times, don't over-pump it, don't push too hard. You may feel a little hardness underneath where you're touching 'cause it can get a little calcified essentially, and so we're gonna just gently open it up. And with cisterna oftentimes, when you do it, or you may have heard this when you're laying on a bodyworker's table often, you're laying on the table, they're working on you somewhere, and all of a sudden you hear this glub-glub, and a lot of people go, oh, that's my stomach. No, actually, it's your cisterna opening, and it's an indication that your lymph is moving in. It is my favorite sound when somebody's laying on my table and I'm up here, and I'm up in their head, and all of a sudden you hear blup-blup. You're like, that's great, everything's



draining up 'cause this is now pumping through. The other side of what's here is your armpits. So, I dressed for tonight. I'm getting undressed now to show you because you have to wear many layers right now. It's very cold here. So, this is an armpit.

**Christine Schaffner, N.D.**

Yeah.

**Kelly Kennedy**

What you want is a nice, deep, concave experience in your armpit. No matter our size, our weight, we should have an armpit. If we have more of a flatter surface, like that, that's actually a little lymph stagnancy, and I think, traditionally in, you know, lymph isn't talked about. It's not talked about really in medical schools. You know, maybe if you're a physical therapist, you get a little bit of it, and then you can become a lymphedema therapist, but unless you're diagnosed with lymphedema, or you've had some kind of lymph cancer or breast cancer, you don't really know about the lymph, and yet three times more than blood. And I want people to really understand that you do not have to be diagnosed with lymphedema to have a problem in your lymphatic system. That's like saying I have to wait till I have Hashimoto's to correct my thyroid problem. If you have cold hands and feet and you're losing hair, your thyroid probably needs a little bit of adjustment. Don't wait for the diagnosis of Hashimoto's to do something about it.

**Christine Schaffner, N.D.**

Right.

**Kelly Kennedy**

And so, if you have puffy pits or puffy behind the knees, which I'm not taking off my pants for y'all, but puffy pits or puffy knees, or a lot of people get puffy here as well, at the termini. You'll look at them and you're like, oh, they just look a little, like, fluffy there. That is the lymph congestion, and so that means we need to address it. And so, when we teach the simple version of how to dump the nodes, we start with the termini, and we do, like, maybe five pumps, and it's easier to cross arms. And then we go to the tonsils, the external point, so it's like behind the ear, but below the jaw, like



right in there. And a lot of people know how to check that, even if you have kids, 'cause you're, like, always looking for the lumps, the lumpy areas in the neck. That's what we're talking about, that's lymph stagnancy, but it's also the lymph working. Like, understand that. When my kid, who's unvaccinated, born in our home, went to preschool at 18 months, the lymph nodes started to be swollen. So, like, every day he'd come home, I'm like, okay, got problems with the lymphs, but that was because his body was exposed. It was exposed to all sorts of other bacteria and viruses and fungi and microbiome of other kids, and that was giving his body the ability, the ability to create a defense called an antibody to allow him to have lifelong immunity against whatever that was exposed to because now his body has the template for going, oh, if you see that again, here's the fight we rose last time, we know how to do that again. This is how immunity works.

**Christine Schaffner, N.D.**

Right, right.

**Kelly Kennedy**

Is there anything I'm missing in that equation, Dr. Christine?

**Christine Schaffner, N.D.**

Thank you, I think you got it pretty good, but you know-

**Kelly Kennedy**

Again, about the immune system, 'cause I'm a little getting to the point of, like, ready to start a comedy show over what people don't understand about their immune system.

**Christine Schaffner, N.D.**

Right, right. I mean, there's an opportunity for educating, you know, people for sure these days, absolutely, and no, and I really appreciate everything you just shared, and you know, as you were talking, you know, I always hear things a little bit differently. You know, a lot of these chronic illness patients and people who have mycotoxin illness and mold illness, they have all this digestive stress, a lot of, like, upper GI stress,



a lot of slowed bio, and I'm thinking, like, just anatomically, that's affecting, you know, the movement of lymph through the cisterna. I always say chyli, I'm probably saying it wrong, you know, but I-

**Kelly Kennedy**

I also say chyli.

**Christine Schaffner, N.D.**

Yeah, yeah. So, it's like tomato, tomato, you know? So, yeah, I think that's, you know, when you think about any digestive issue you're having, you know, move your lymph and your abdomen. So-

**Kelly Kennedy**

Well, can I interject real quick-

**Christine Schaffner, N.D.**

Oh, yeah, please.

**Kelly Kennedy**

So, thank you so much for bringing that point up because this is a question that I posed to my good friend, brilliant doctor, Dr. Christine Schaffner, and you may have heard of her. She's awesome and brilliant, and I was kind of feeling like, you know, I'm not a doctor, I've taken a lot of these classes, I've done this work for 20 years, I feel very confident in my level of knowledge, okay? But then I go to seminars, and I hear people say, oh, you gotta move the bowels, you gotta get the bowels open, you gotta get the bowels ready, and I'm like, yeah, but if you work the lymph, the bowels open, and everybody's like, oh, no, first step is bowels. And I remember calling you not even a year ago, and I was like, so, do you think the bowels need to be opened first, or do you go after the lymph, which opens the bowels, and you're like, yeah, I think the lymph open the bowels, and that's exactly the experience I have. If somebody comes in with constipation, the first thing we do is open their lymphatics.



**Christine Schaffner, N.D.**

Yes.

**Kelly Kennedy**

I mean, it's just, and how can you possibly detox if you're not letting out the toxins?

**Christine Schaffner, N.D.**

Yeah.

**Kelly Kennedy**

Well, how do you let out the toxins? You mobilize the lymphatics, and I don't honestly know what happens, but I have a general feeling that it, like, creates pressure in that system that is like a domino effect, and the bowels just start the peristalsis and goes, here it goes, because you started movement. And, you know, I said to somebody the other day, he was like, "What's your dream of what you could create?" I was like, "My dream would be if we could, in live action, see what the lymph is doing inside the body."

**Christine Schaffner, N.D.**

Yeah.

**Kelly Kennedy**

Is there just some kind of bot that we could make to go in and look at how the lymph is moving in live action. I would just, like, that would make my happy day. That would make me so happy, to be able to see that and let people really experience it, 'cause you know my one video that I get to share sometimes, of watching a blind-ended vessel open up into that interstitial space, grab all the fluid, pumping it through. It's just so eloquent and beautiful and perfect in its making, and it's like, it gives me such reverence for this amazing body that we have that is filtering on every level, emotions, toxicants, good things, bringing in what it needs, leaving what it doesn't, and our lifestyle has screwed that up.



**Christine Schaffner, N.D.**

Yeah.

**Kelly Kennedy**

We just need to get back on track to remember we're an organism, we need light, we need oxygen, we need fun, we need love and shelter.

**Christine Schaffner, N.D.**

Yes.

**Kelly Kennedy**

Particularly right now if you live in the Northeast.

**Christine Schaffner, N.D.**

I know, and it's, yeah. No, you know, and we'll get there. I think, you know, just think, they couldn't visualize the lymphatics until 2015. You know, they're visualizing the glycocalyx and the, you know, blood vessels now, so I think, you know, we're gonna, you know, I think in the more awarenesses, there's gonna be more, you know, research and, you know, investigation, and I know, during our career, that will happen, so we'll be looking back on this time.

**Kelly Kennedy**

If you ever feel constipated, pump your cisterna, pump your termini, and then just take your hand over your liver and pump it just a little bit toward that cisterna. Then do the same thing, I put a hand behind it too, I don't know why, it's just something I do. It's like loving it, like, like just a little light love, and then you're gonna do the same thing to the spleen, and then pump your cisterna and do this, and then move, you know? Like, if a baby's constipated, you move its legs back and forth, right?

**Christine Schaffner, N.D.**

Right.



**Kelly Kennedy**

Move those inguinos in the iliacs, your hips. Move your hips and get motion happening, and watch gas move and watch bowels move. So, yes, okay, sorry. I had to say something.

**Christine Schaffner, N.D.**

Yeah, no, no.

**Kelly Kennedy**

I know that the people listening to us that are dealing with chronic illness and mycotoxins, you're right, they don't poop.

**Christine Schaffner, N.D.**

Yeah, yeah.

**Kelly Kennedy**

And they're like, well, I'll do my lymph after I'm pooping. No, please, do your lymph now so that you poop.

**Christine Schaffner, N.D.**

Yeah, yeah. Key, postcard, you know? I know, right, love it, love it. So, Kelly, I have to ask you in this conversation, you know, what's the connection between the fascia and the lymphatics?

**Kelly Kennedy**

So, we talked about that structure of the collagen. The fascia, we have an external fascia and an internal. The fascia is the, I mean, in so many ways, it is the body. I mean, it goes, it's matrix! My favorite subject, the matrix! My favorite movie is "The Matrix"!

**Christine Schaffner, N.D.**

Yeah.



**Kelly Kennedy**

It's the network nest that holds and suspends everything inside of it. It's what gives us our structure. It's not our bones that gives us our structure. The bones are floating inside this matrix as our organs, and they're like wrapped around it, almost like cellophane, if you would. It's got all these strands that are going in many directions, but there's a form and function to it. Like, I picture the fascia like a rubber band ball. So, before I say that, if I was a cadaver, and you sliced me open and took my skin off, all that would be left is a bag, and that's the fascia. And that bag is the body electric that has this piezoelectric information that travels up and down it through the meridians and the energy centers of the body, through, I would say, water, perhaps, is giving the information to that structure, and that's holding in the soup, and the soup is the lymph, and inside the lymph are your vegetables, which are your red blood cells.

**Christine Schaffner, N.D.**

Yeah, yeah.

**Kelly Kennedy**

Hey, I never made that analogy before, that's pretty good.

**Christine Schaffner, N.D.**

Yeah.

**Kelly Kennedy**

So, the fascia is like the container.

**Christine Schaffner, N.D.**

Yeah.

**Kelly Kennedy**

But it's like, what is that, a silicone container that moves.



**Christine Schaffner, N.D.**

Right, right.

**Kelly Kennedy**

And then inside it is all the liquid, which should be the lymph. So, the fascia and the lymph, it's like separating out mind and body. We know you can't, right, and so the fascia and the lymph are our filter to the rest of the world. You know, we are a physical being, for sure. 3D right here. However, I know that I'm more emotional and spiritual, and there's a whole four and 5G level to me, not just this, and that is, you know, when people say, "Oh, I can feel your energy field," or, you know, "I feel their aura," or, "I can see their aura," they're looking in that matrix around us that is being received and antennaed. I don't know if that's the right word, but the fascia is like the antenna, that's going out into the field and going, hey, what information do you have, then bringing it back, and then the lymph inside is going, okay, well, let me make sense of this, what is this information? And the fascia becomes so important because you talked about interference fields earlier, we talked about tonsils as one of the interference fields, and scars, that you brought up, is the other, and the scars affect the fascia.

You know, for those that don't know my story, I came to this world very organically, ha-ha-ha, from the perspective that I wanted to be a standard medical doctor. I went to Cornell University to start that journey, and when I was in that first year at Cornell, I was struck into a horrible car accident, and then my father died after a couple of strokes. And anyway, in that car accident, I ended up being scalped, and I have a 12-inch scar on my head, and I lost a couple of inches in height. It screwed up my structure of my body. I was in pain for many years. I got out of pain by doing bioenergetics work, but the fascia remained like "The Princess and the Pea" in some ways, until 10 years later, I was introduced to bioregulatory medicine. And my first exposure to bioregulatory medicine was, "We gotta remove all the blockades to healing, and the first blockade is scars. Any volunteers?" Oh, Kelly's hand went up so fast, you couldn't even imagine, and I was like, "Yeah, let's address my scar!" And we had been doing light and wheatgerm, and I kinda knew from a previous colleague that scars were important, but they were talking about injecting scars with procaine



and other homeopathics, and lacing a scar to break up the sympathetic nervous system fibers and really allow that fascia to heal, because if you think about this energy field we were just talking about this, this fascia's emitting the energy field, and it's in alignment, ideally, with all of our energy centers, and it's throwing off this beautiful light that's at a frequency we can't see unless you're using Kirlian photography or whatever, but some people can see it when they've been skilled and trained to do so, to open up their pineal gland. Anyway, so, when this is emitting out of our bodies, this energy field, we can measure this now. We know that it, on average, is about two and a half, three feet outside of our body, and it measures at about 2.5 megahertz. And what is that thing that measures it? You know, the Russian thing? I can never think of the name of it, you always know it.

**Christine Schaffner, N.D.**

Well, there's the GDV camera, and then, in the atmosphere, or which one?

**Kelly Kennedy**

Yeah. The energy of the body, the gyro, it's not a gyroscope, but anyway, it doesn't matter what it is. They measure the field. She'll come up with it probably. If not, it's immaterial, I'll look it up and I'll tell you what it is.

**Christine Schaffner, N.D.**

Well, we have the Bio-Well camera, but it's different. I know what you mean, yeah.

**Kelly Kennedy**

Yeah, yeah, I just can't. So, anyway, we have this two and a half to three foot field that measures 25 megahertz on average for most people's bodies, okay? So, the way I always described it is that if the whole body is blue and vibin' out at 25 megahertz, wherever you have a scar, it's 250, and it's bright red because it's all this nervous system sympathetic fibers that are caught up that create these adhesions that actually trap the trauma of however we got that scar. And so, I learned that lesson in a very real way as my scar was injected, and a lot of the trauma that happened in the car accident that I don't honestly remember came back to me, a lot of the memories of it, and what was amazing is that my shoulders were very uneven, and I had lost a



fair amount of weight. It was very difficult for me to, like, pull my shoulders back, there was a lot of tightness. That scar was injected, and it was like, oh, I can like, oh, oh, my God, my skin fits me again, because a scar is like, your fascia is like pantyhose, and it's one unified piece. And if you get a snag in the pantyhose, essentially they're a little shorter, and that's what a scar is, it shortens your fascia. So, when the scar is addressed, not only is that excess energy that's trapped there dissipated, and ideally grounded because we go outside and ground, or we do some kind of grounding effort in the house, but that energy's dissipated. But the fascia adhesion is released, and now the pantyhose, that were kinda shrunk from all the scar adhesions, open back up, and now there's space. And because the scars create, like, dams now for the lymphatic system, like, if I have a scar, I had a shoulder surgery, let's say, and I got a scar crossed here, and there's huge drainage in my lymph there, that is going to affect, like a dam, the lymphatic flow until that scar is addressed. And I love light therapy, I love fascia work. I do rapid flow on it, we do this great Lymphflo cream on it. We do lots of different things, but honestly, I feel the only way to truly heal a scar is have a medical professional lace the scar with procaine and anesthetics, and I say that from experience.

I had worked on my scar for five years with light, with wheatgerm oil, with fascia work, with all sorts of stuff. The day I had my scar injected, I laid on my back for the first time in 13 years, and I had 30 ovarian cysts burst in 10 years after the car accident because my fascia was pulled here, so it pulled it up probably from my left ovary, which is where all my ovarian cysts happened, on my left side. He released this scar. He did a as well, which is the pelvic injection, but reality is I never had an ovarian cyst burst after that, and it has been well over 15 years now, and I am never gonna not treat my scar, at least yearly, to ensure that that never happens again because I live in a body, and I live in a physical world, and I do all sorts of things that I shouldn't do, meaning act like I'm 10, even though I'm not 10, and jump off things, do things, and try yoga poses that, you know, I probably shouldn't do without a little bit of limber seats to try. You know, I'm always like, oh, I'm 12, right, because I feel like I'm 12, even though I'm 48. Some of my friends comment that I'm older than them. But the fascia is that, like, okay, if the lymph is flowing, but the fascia's dammed up, you're still not getting communication. So, these have to be worked together, and my rule of thumb



is three, three times we work the fascia minimally to one time the fascia, oh, three times the lymph to one time the fascia. My analogy is cleaning your house. Cleaning your house, you pick up most of your house, ideally, on a regular basis, but you don't clean out your closets very often. So, I clean up my house frequently, and that's my lymphatics. I clean out my closets when I really wanna get to the core issue, which is the closets are a disaster and there's nothing to put anything in the closets, which is why it's all fallen out into the house.

**Christine Schaffner, N.D.**

Yeah, yeah, great analogy, love it.

**Kelly Kennedy**

And your fascia's where all the mycotoxins are hiding, oh, by the way, along with the emotions that's there.

**Christine Schaffner, N.D.**

Yeah, I was gonna wrap with this question or this thought, or statement really, you often say, like, the lymph is all about letting go, right? So, can you just share, you know, we covered, you know, all of these things that are really physical, you know, that we first need to address, of course, but tell us about why is the lymphatic system all about letting go?

**Kelly Kennedy**

So, we know again, through science and brilliant people, like Bruce Lipton and Jody Spencer and Caroline Leaf, that 90% of all illness is emotional, 90%. So, we just spent however long talking about all the physical stuff, and because of our belief system, we have to go there because everybody loves, like, I'm physical. The reality is we're emotional beings having a physical experience, and the lymph allows us to let go, not just of our physical, but of our emotions. When that scar was addressed, do you remember me talking about all those emotions that came up? I had some letting go to do. I had some emotional release to do after that. I had some cathartic, like, really letting it out over the next year and a half that I had that scar treated about 15 times in a year and a half because the lymph and the fascia store information that is



designed, you know, the body's designed to survive. It's a survival mechanism organism, and that's its job. Number one, the whole body works as one unit, as an immune system, to protect it from its environment to ensure its longevity. That's the job of the organism. So, it stores information and things that go, oh, that made me feel bad, and that made me feel bad, and so don't go down that road again because I don't wanna feel that way, and the perfect day for this question. So, the car accident that I had was on a particular road in Upstate New York. My husband was scheduled today to drive to Upstate New York to go to a training and be on that same exact road.

**Christine Schaffner, N.D.**

Oh.

**Kelly Kennedy**

Okay, they got a foot of snow up there and ice and rain, and when this was scheduled, I thought to myself, who the heck puts a train in February in Western Southern New York. I left that area because I don't think humans should occupy it. It's so freaking cold there and so icy 'cause you'll get all this lakeside effect from the Finger Lakes. So, last night, which I don't recommend, but I was thinking about him leaving today and I was like, let me just look at the weather, and I looked and I was like, oh, God, I don't want him to go, because my nervous system, and I've gotta work through this, this is emotional. He's like, "You're just playing dramas of imagination of the future." It's true, but my fascia still has this program in it, no matter what. I said to him, "If you're going on any other road, but you're literally going on the same exact road and the same conditions of which my car accident were in, and I just don't feel good about it." So, thank the Lord, he isn't there and he's postponing the trip-

**Christine Schaffner, N.D.**

Oh, good. Oh, good, good, good.

**Kelly Kennedy**

But what happened for me over the last 24 hours was, and this was super interesting, I looked up all the weather last night, and I was like, he doesn't understand, he's not



from Western Southern Tier in New York. He doesn't know how bad it can be. Like, it can be really bad there, and it's like negative two too, just to add to the equation, and wind 'cause of the lakeside effect. So, as soon as I read it, I started like, ah, I could feel my sympathetic nervous system. You know, I got into bed with him and I felt like I was being stabbed all in my spleen. So, go back to the car accident. I lacerated my scalp, I compressed a couple of vertebrae. I'm sorry, lacerated my scalp and lacerated my spleen, and so now my spleen is talking to me. It's going, remember, remember, remember, and I've been working on my spleen for the last year and a half because I realized how many facial adhesions were still in my spleen, and so I did a bunch of work on it to continue to help open up my fascia, 'cause I'm always looking to be better, younger, longevity. I wanna be 160, Christine, and I have a lot of fun things to do. I have a lot of guacamole to eat out there, so why not do it! The spleen was, and it wasn't just my spleen, it was like, ugh, ugh, ugh, and then I got up this morning to do some meditative work, practice time, that's not work, fun, play, and boy, was I struggling for the first 30 minutes today, at least.

I mean, I was just like, wow, my body, I'm burping, I like half feel like I'm gonna pass out, I felt like I was gonna throw up, and then I was doing an energy center clearing until I got to my heart. And then it all kinda went away, and then I got up, and I was like, listen, if he decides to go, I can't control it, I have, like, I'm just gonna have to live with whatever happens, and then, thank God, he was convinced to not go. And I literally felt my whole nervous system relax, and I was like, okay, Kel's still got some work to do in her fascia about that particular road, about the memory of bad weather and all these things, but this is how the fascia works, and, you guys, I'm healthy, I'm pain-free, drug-free for well over 25 years. I know we create our own reality, and yet I saw myself get caught up because a memory triggered something in my fascia that's still not fully untrapped, and I gotta continue to work through it.

**Christine Schaffner, N.D.**

Yeah, yeah. Yeah, wow, well, I'm glad he didn't go, you know?

**Kelly Kennedy**

Yeah, thank you.



**Christine Schaffner, N.D.**

Yeah, you know?

**Kelly Kennedy**

And I haven't let it all go, and he's right, and he was like, you know, you've got, and spleen's all about transition and change in Chinese medicine, and so literally what I leaned into, and so thankfully to go, but what I leaned into was like, if something happens, then that's the change that's supposed to happen to make the next thing, and I'm just gonna have faith that it all works out exactly how it should 'cause that's what I know to be the truth. And I felt like, when I got in that car accident, it was the best thing that ever freaking happened to me in my life, so why would I be afraid of it? Because I'm fallible, and I'm human, and I have an emotional line in there, that there's a part of me that goes, yeah, it was the greatest thing that ever happened to you, but boy, did it create a lot of fear and trauma in your life for many, many years, and the trajectory went 180 degrees from where I was, and, you know, I don't want my son to have to go through, you know, bottom line is we're just happy he didn't go. That's all it's about. It's the fascia and the lymph and letting go, it's so important, and so, again, taking those deep breaths, and paying more attention to the exhale, ugh! And making a little noise, it feels good.

Ugh! And letting it out will allow us to continue to let go because when we do that, we're expanding our diaphragm, which, when we go, when we exhale, ugh, the diaphragm contracts and it pumps that cisterna, and when we do that, we tend to drop our shoulders and we pump that termini, and we're moving our lymph in so many ways, let alone at the cellular level what's happening, but on a gross level, that's what's happening. You know, I also suggest to set the attention and focus before you go do your lymph work to go, I'm gonna let it go. I'm gonna let go of the pathogens. I'm gonna let go of the diagnosis. I'm gonna let go of told that this is gonna be a chronic illness. No, it doesn't have to be. The reason that I was in that car accident was because I didn't wanna deal with chronic illness for the rest of my life. My father had Hodgkin's disease, he had cancer seven times, and growing up in a household, from the day I was born, never knew any different than a father that had



cancer. He was was diagnosed, like, five years before I was born, and I watched my father almost die multiple times. I watched him go through chemo and radiation, and as a young girl, you know what I thought? Selfish! How do I not get it? If I get it, how do I not die from it? And is there a way to frickin' prevent it?

**Christine Schaffner, N.D.**

Yeah.

**Kelly Kennedy**

And no one could tell me, so I selfishly was like, hmm, if I become a doctor, maybe I'll figure it out, and then, a year into that, I'm put in this car accident. He has a couple of strokes, he's dead at 55. I'm living on five medications at that time because two from the car accident for pain and, like, muscle pain and back pain, painkillers and Flexeril, but I was also on an acne med, allergy med and asthma inhaler from growing up with all of that going on. I was headed down a road of chronic illness.

**Christine Schaffner, N.D.**

Right.

**Kelly Kennedy**

It was obvious, and thank God for that car accident, which trajected me 180 degrees. It took me a few years to find the way, but when I found the way, I went, oh, my God, we don't have to suffer with chronic illness. And that's why, when COVID hit, I was like, okay, time to start a podcast because per my conversation earlier, they don't know how their immune system works. It's so odd, like, what? And I didn't either prior to the education from Germany and Europe, and realizing how terrain medicine works, and realizing how cancer's created as the answer to the toxic load, how all the things that are going on for your body, whether it's constipation, irregular menses, chronic fatigue, exhaustion, adrenal, thyroid issues, dryness, whatever your symptoms are, brain fog from the mycotoxin, it's your body's desire and ability and opportunity to try to correct for what it's up against, but it's overwhelmed. So, move your length, drain it out, and let it go, and know that you have the capacity to regenerate. Your body is incredible, ever-dynamic, ever-changing, ever-evolving, a



regenerative being. If you look at my before picture, and I'd be happy to send it so you can blast it up here, I'm, like, over it, a totally ugly thing, I look I look older than than I do now, even though some of my friends comment that I'm older than them, but I look older then, and it was 24 years ago. I look like I've had plastic surgery. My nose is three times the size then than it is now because I had allergies my whole life up to that point. You know, I had an eye that, look, I look like I've had a stroke in this picture, to be honest with you. Like, it's not a pretty picture at all, but I remember taking it, and I remember the timing. It was about six months before I was introduced to this medicine, and I look back at that picture and know that that is the point. I see the internal healing showed up on the external body, and I feel, not only feel younger, but know chronologically, even though I've aged biologically, I've watched my regulatory tests and they just keep getting better and better and better each year, and I live a cleaner and cleaner, well, actually, I live more of a flexible lifestyle than I did even 15 years ago. I was a little too rigid than I was now. I'll eat some guacamole and have a margarita with my friends now and then. So, you know, the point is, though, that we can regenerate. None of us are terminal to our genetics. None of us are terminal to our diagnosis because you can turn this around. You know, if you've got the fire in your belly, the desire and the will, we've got the education that will help you get there, and you gotta do it. You can depend upon facilitators, but you've gotta do the work. You've got to do the play. You've gotta play with your body and see how good you can get it. Trust me, please, join us. Man, the magic carpet ride can enhance your body to truly let it go. So, set that intention, start pumping these lymph nodes, and let it go because you can.

**Christine Schaffner, N.D.**

Love it, love it, love it. No, and I really appreciate every time you share bits of your story 'cause it's such an inspiration, and you know, people who are listening out there, they might not, you know, they have moments of, you know, their dark night of the soul and not seeing the light out at the end of the tunnel, and seeing this, like, never kinda ending process and the struggle, right? And while we can't always save people from the struggle or the suffering, what I think you've shared is this whole other viewpoint for easing, you know, this process and allowing this process to work better, and for people to just start recovering their health one day at a time 'cause



you feel better when you do these things daily, you know, and it's an accumulative, you know, process. So, I always love learning from you, Kelly, and you sharing your story is always such an inspiration. And as we wrap it, I mean, is there anything else on your heart or your mind you wanna share with the audience?

**Kelly Kennedy**

Other than my gratitude for you and all the work that you do for the education of all the people, and that you're out there, making it happen to the world, and our friendship, you know how grateful I am for that. But you've given a stage to the lymph, and you've given me the stage for the lymph, and I could not have done what I've done in the last couple of years without you, and I wanna let go of how much gratitude I have for you, but I can't just yet. And that, you know, it does become fun, is the other thing I wanna let people know. It feels arduous in the beginning. It feels daunting in the beginning. It only gets easier and it gets better, and you can start to have fun with it, 'cause what she said earlier is we can't take people's suffering away. My husband says to me, 10 minutes before I started this tonight, I go, "I just wanna thank you again for not going because you've literally lessened my stress, and the whole weekend, I would've just been worried about it," and he's like, "Hon, you gotta stop creating your own suffering."

**Christine Schaffner, N.D.**

Yes.

**Kelly Kennedy**

I said, "I know, babe," but it's just like, that was like really, that was a trigger for me, right? And so, I know, I have a set point of, like, okay, let me work through that, but it's not work, it's fun. It's like, I wanna know, like, how free can I get, how lacking of limitations can I feel? Can I even send my husband on December 29th on the same road in the middle of the same kind of storm and feel good about it if he feels good about it? I don't know, let's see. Perhaps, but I want to get to that point because I don't want any limitations in my life or his life, or anybody else's life, because of fear. Then that's the bottom line, we come from fear or love, and I want everybody to realize we are perfect humans, connected to source, light, energy through our hearts,



and that heart is healing you every second of the day. Love on yourself, take care of yourself, nurture yourself. Do this for yourself and watch it show up for you. It always has, even in this illness, what you look at as illness, it is what it's doing. It is showing up for you, it is handling it. You can assist it, you can facilitate it by knowing the mechanisms and the wisdom and the technologies that essentially we can turn on through breath, through different technologies that we use to get the body to behave the natural way that it wants to in regulatory fashion through the autonomic nervous system. You have this. Just keep doing it and watch how fun it can get, because now it's like a challenge for me. I'm like, hm, how good can I feel about him driving Syracuse to New York in the middle of a snowstorm? Let's go, let's see what happens.

**Christine Schaffner, N.D.**

Oh, I love how you shared your heart, and I'm so grateful for you and this information, and thank you so much for sharing all of this with our audience. And if people wanna find out how to work with you, how to learn from you, all the wonderful things you're doing, where can they find you?

**Kelly Kennedy**

So, I have two Instagram handles. I have The Beats and The True Wellness Center. You can also find us on YouTube, we have a ton of videos, and then we have the website, The True Wellness Center. So, we're in a little bit of a transition, to be honest with you, so go to The True Wellness Center. I don't know when this is airing, but if NOTMEDS Global still exists, you can go there. We're redeveloping our website, we're getting rid of NOTMEDS Global, but NOTMEDS Global is more where I have my podcast and digital platforms and that, and the newsletter and the podcast are called The Beats. Those are the handles, as well as The True Wellness Center. I hope that wasn't confusing.

**Christine Schaffner, N.D.**

They're gonna find you. There's, you know, they're definitely gonna find you, and we'll help facilitate that, and thank you so much, Kelly. It's always so much fun connecting with you.