

WELCOME TO *FLOW* with BRMI!

REGULATION

THE FLOW STATE

BE

BE IN the FLOW!



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THE BEATS, PODCAST

Kelly Kennedy LMT, LNRT, CFT, MIBI LYMPH QUEEN

- Cornell Undergraduate in Biology.
- Studied Vibrational, Energetic and BioRegulatory Medicine all over Europe and America since 1998. Completed an internship at Paracelsus Klinik in Switzerland in 2006.
- Licensed Massage Therapist, specializing in Lymphatic Drainage and energetic and vibrational approaches while always expanding.
- Host of THE BEATS podcast
- Featured on the Lymphatic Rescue Summit, Body Electric Summit, Mold and Lyme Summit, Biological Medicine Speaker Series, Dental Health Summit (add other sm things, CELL TV with Dr. Dan Pompa, 7 Day Lymph Cleanse and The Spectrum of Health Podcast With Dr. Christine Schaffner, etc.)



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MY MISSION:

To help others gain vision, knowing their own inner beauty and their inner power is the only thing that heals and *knows*.

This will be accomplished by changing the model of how people take care of their bodies, through NOTMEDS. Through Naturally Oriented Therapist Medically Enlightened Doctors and Specialist networked and vetted practitioners will be highlighted, interviewed and showcased. These practitioners can then be connected with the clients that are ready, willing and able to take control over their wellness through biological foundational living and knowing how the body really works. Further, making devices and remedies available to our community for assistance to this same approach.



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WHY?

MY history:

MVA 24 years ago: 12 inch scar on head from being scalped, Lacerated Spleen and Compressed t4 and t8, lost 2.5 inches in height (vicodin and flexeril)
started with ovarian cysts bursting one month later (30 in 10 years)
before MVA, acne, asthma and allergies (3 meds)

MY Family History:

Dad: Hodgkins' Disease (7 cancerous states), blood clots in lung, kidney stones, carbon monoxide poisoning causing amnesia and then one month after my MVA he had a stroke. 5 months later another stroke and then died at 55 years old.

mom: mouth full of amalgms



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GET into the FLOW of Life!

Move your LYMPH!

Everyone, please STAND UP!



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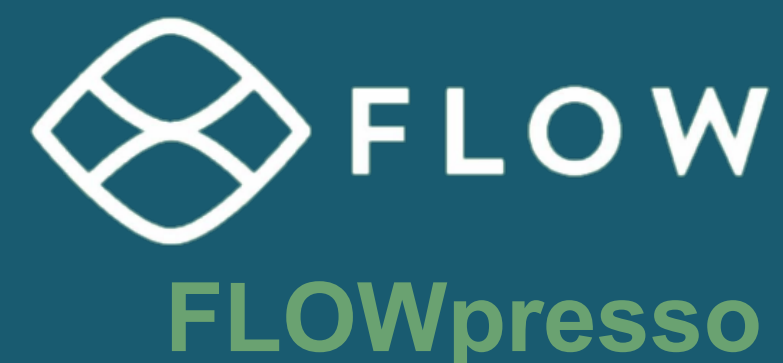
Get into the FLOW of Life!

Fascia Lymph Optimize Wellness
(FLOW)

What's the connection and how do we get there?



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What is FLOW?

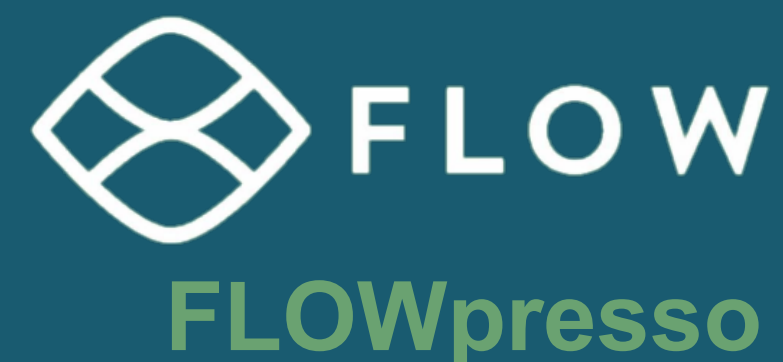
The FLOW state is a colloquially term meaning being in the zone. The FLOW State is complete absorption in what one does and a resulting loss in one's sense of space and time. Creating a "FLOW State" allows us to be present and "in the moment" eliminating the environmental and emotional stressors corrupting our day to day lives.

Achieving this present state of awareness allows us to perform at our optimum.

The body needs to experience what this "FLOW" state feels like, so it can begin to recognize how out of balance it has become.



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What do we already know?

FOUNDATIONAL UNDERSTANDING

- The power inside the body is the only thing that heals the body. Innate Intelligence.
- The Autonomic Nervous System is a huge part of this Innate Intelligence.
- Getting more into the parasympathetic tone allow for this healing power to FLOW.

We must remove/address all the blockades of healing

Dental Foci

Scars on the skin/fascia

Subluxation of the Spine



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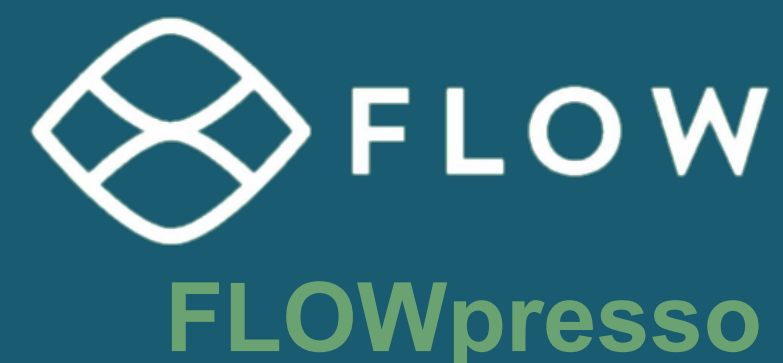
What is this power that heals?

The Autonomic Nervous System
and its' ability to adapt, compensate and REGULATE.

Regulation is the key to the *FLOW* State of Living.



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REGULATION of ANS

Sympathetic Nervous System:

Fight, Flight or Freeze

Parasympathetic Nervous System:

Digest, Rest, Recover and Rest

HEART RATE VARIABILITY



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History of HRV

Already since long ago, humans focused on the pulse, its relation to the self healing ability of the body and how it can be used even to diagnose different symptoms.

One of the most famous and probably most quoted person in relation to HRV is the physician Wang Shuhe, who lived 1700 years ago in China. The sentence “if the heartbeat gets as regular as the knocking of the woodpecker or the dripping of the rain on the roof the patient will die within 4 days” desires beautifully the knowledge and awareness, which must already have existed at that time in relation to the variability of the heart beat.

His book “Tai Ching” in which he divides the pulse into 24 different types had a big influence on Chinese Medicine.



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Regulation Assessments/Tests

Heart Rate Variability
Contact Regulation Thermography
Muscle Response Testing
Biofeedback of frequency devices
(IMAET, AO Scanner, ZYTO, Vega)



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What things will affect my Regulation?

Scars

Dental Foci/Blockades

Drugs, alcohol, caffeine, sugar

Food, digestion and sensitivities

Physical Stress, exercise to bug bits to bruises

Chemicals

Lights, weather

Thoughts

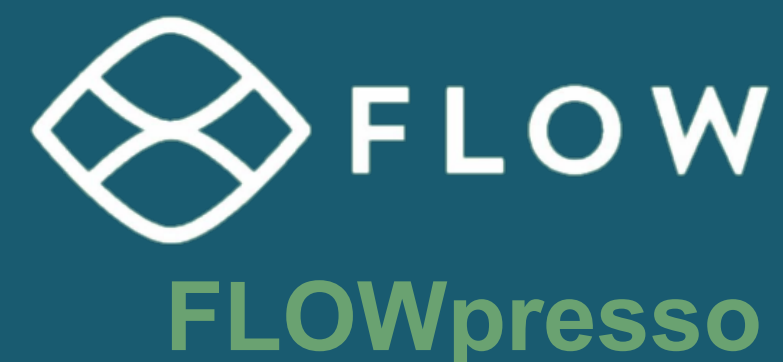
Tight fitting clothes, bras, belts

Metals in and on the body including Jewelry

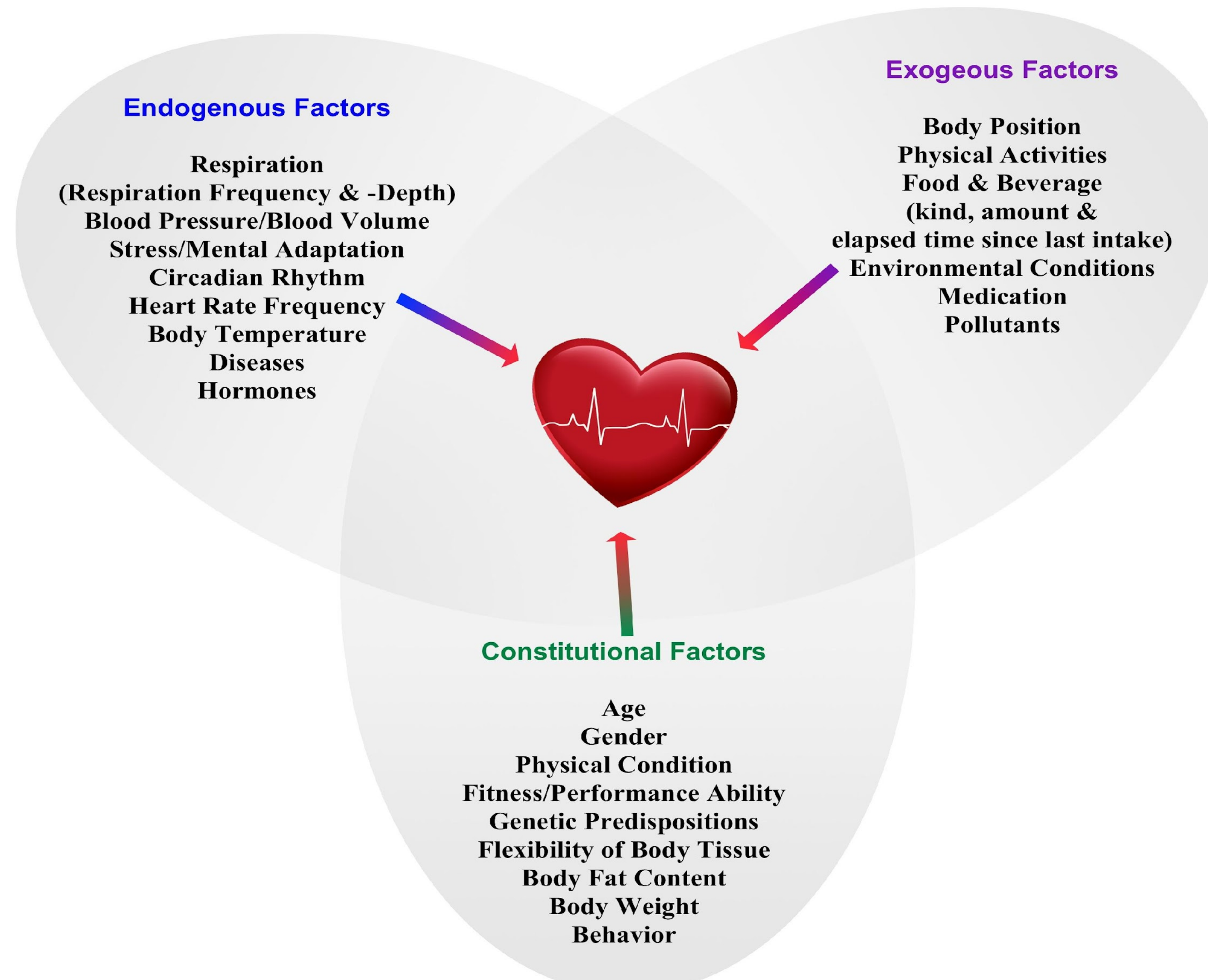
Emotional Stress, Positive and Negative

Immune Challenges, seen and unseen

Electromagnetic Smog/ EMFs



HRV - Influencing Factors



Flexibility of Heart Rate Variability

- Flexibility equals health—ECG, the less variable the worse. The more similar the heart beats are, the worse your health and less regulatory is.
- Rigidity equals fragile and brittle.
- How does the body react to stress and when does it start to regenerate again? Let's always ask ourselves that question.
- FLOW State is REGULATING the HEART RATE VARIABILITY.



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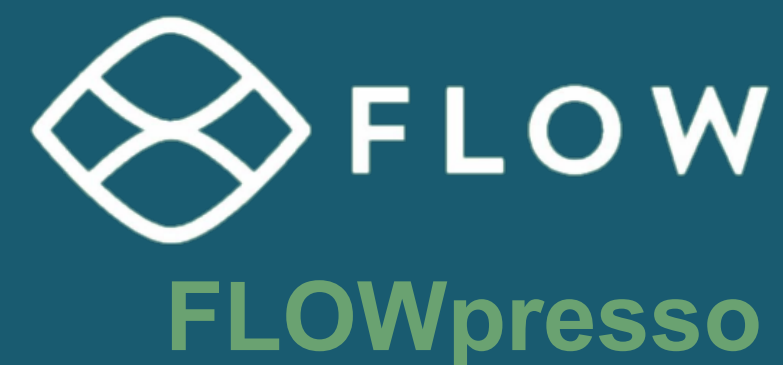
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Join us and become a...

FLEXITARIAN



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THE HEART

- The heart is interacting with everything around you, and every organ in the body. The field around the heart is larger than the brain.
- The heart is the connector to the environment around us.
- This is physics—like pendulum, not esoteric. This is entrainment. The biggest pendulum in our body is the heart.
- The heart is the source of the ongoing healing process to allow for rebuilding and regeneration. THE CONDUCTOR of the system.



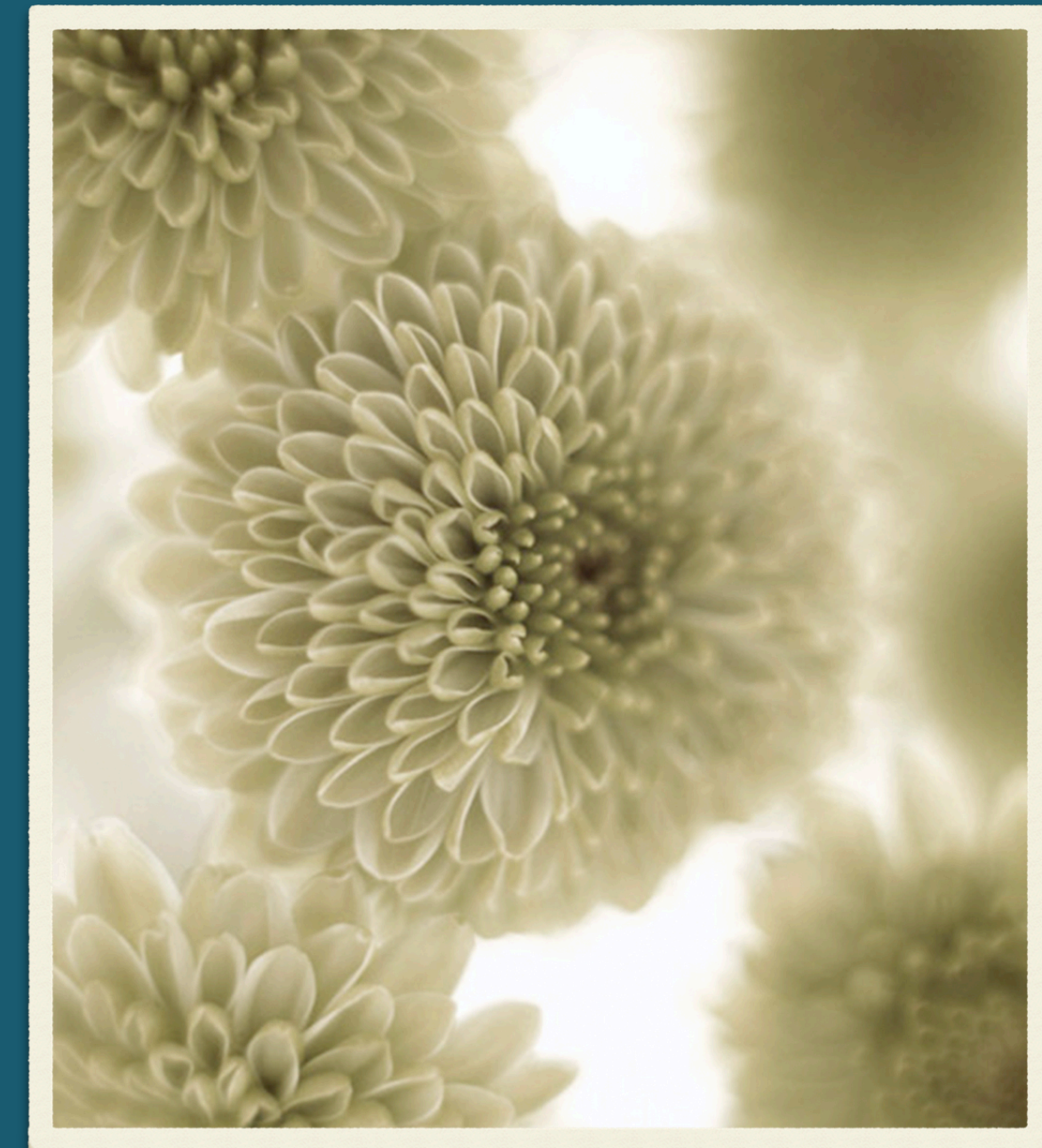
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LIFE = Change and Movement or.... FLOW.

We are all connected and the
more we are connected the
better, the healthier we are the
better we can regenerate.



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FLOW, WELLNESS is a JOURNEY!

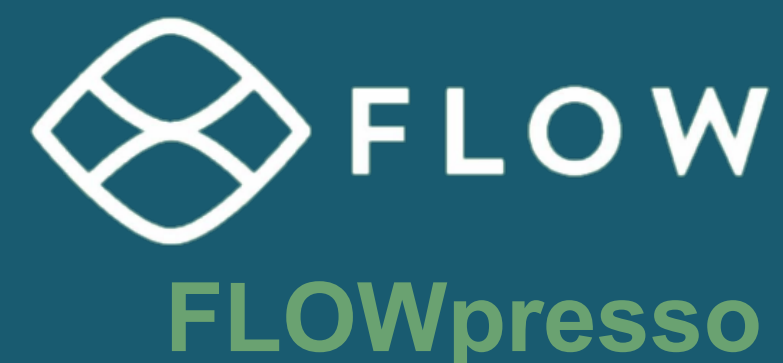
A good functioning autonomic nervous system tries to continuously outbalance the sympathetic and parasympathetic area, reflecting itself in a good and strong Heart Rate Variability.

In moments of rest the parasympathetic influence dominates, increasing the variability of consecutive heart beats, in active moments the sympathetic influence dominates leading the decrease in HRV.

Characteristics of our western industrialized and stressed society is the dominant sympathetic state of most peoples' life. Through the constant “fight and flight” mode of our body we “train” our heart like body builders to a rigid state and into a decreased HRV.



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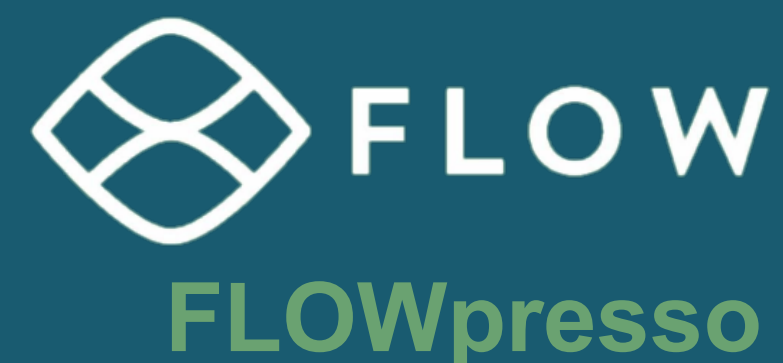


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Generally it can be stated, that a good HRV combined with a healthy resting heart rate is an indicator for a good functioning regulation - and self healing ability.



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It is very interesting to observe, that our HRV is so strongly influenced by our mental activity. The moment we focus with our brain, also our HRV focuses, in other words decreases in its variability.

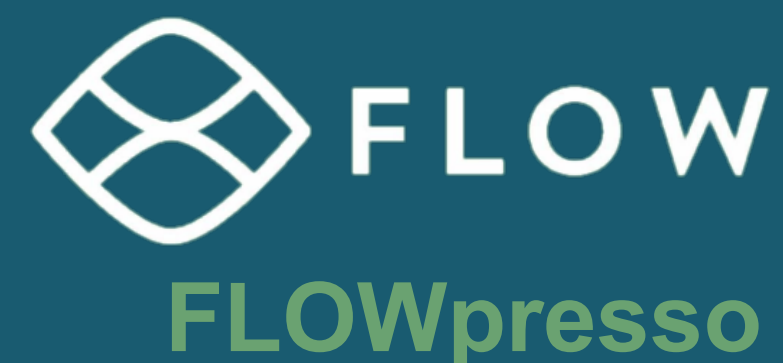
The saying “analysis is paralysis” is a nice summary.



So really how do we improve our Heart Rate Variability?



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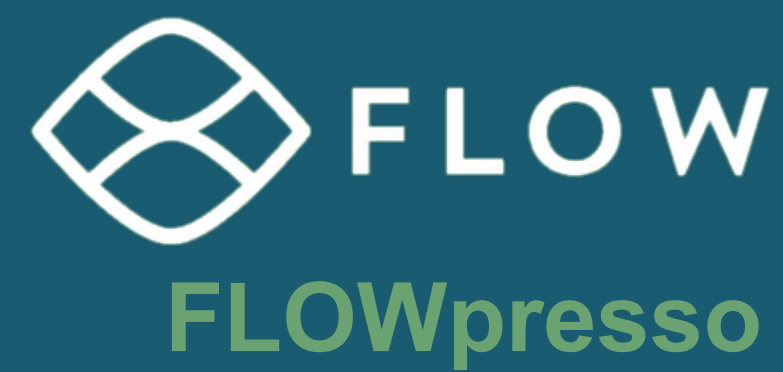


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BE, FLOW



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The autonomic nervous system, as is every organ and cell in the body, is dependent on how well the body excretes all the toxins, metabolites, and byproducts from daily living.

As we intake life through our 5 senses, our lymphatic system is our filter from our head to our toes. Our filters get dirty and need to be cleaned out, just like in our homes and cars. Our lymphatic system is our organism's filter. When was the last time you changed it? Detox is only as good as our drainage is.

In today's world we are experiencing levels of toxins, emotional stress and radiation stress far more than any other human organism in previous years. In addition to this chronic overload of external stressors there is also a lack of proper food sources and emotional health outlets and education. So



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HOW DID I BECOME The LYMPH QUEEN?

REGULATION TESTING PROVED:

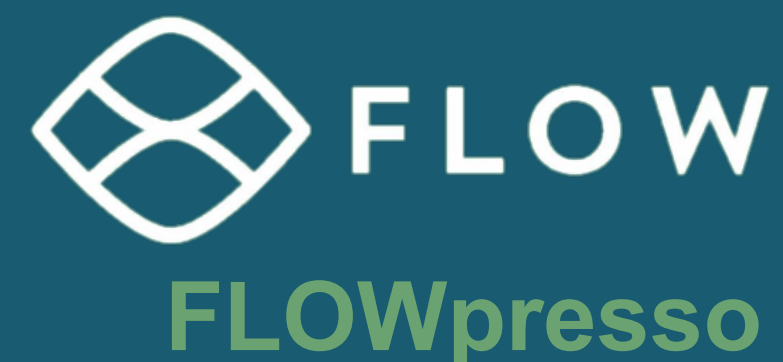
Detox vs.Drainage

Proper Drainage ALLOWS Detoxification on all levels
Physical, Emotional and Vibrational!

LYMPH IS ALL about LETTING GO!!!!



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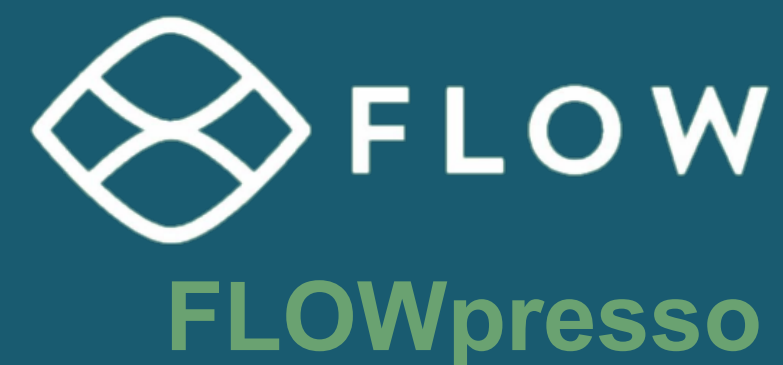
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Fascia Lymph Optimize Wellness

FLOW



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Signs that the Lymph is Stagnant?

Exhaustion

Headaches

Hormonal Imbalances

Rashes

Constipation/Digestive Issues

Not Sweating/Over-sweating

Sleeping Issues

Allergies

Joint Pain/Body Pain

Arm pits vs Puffs

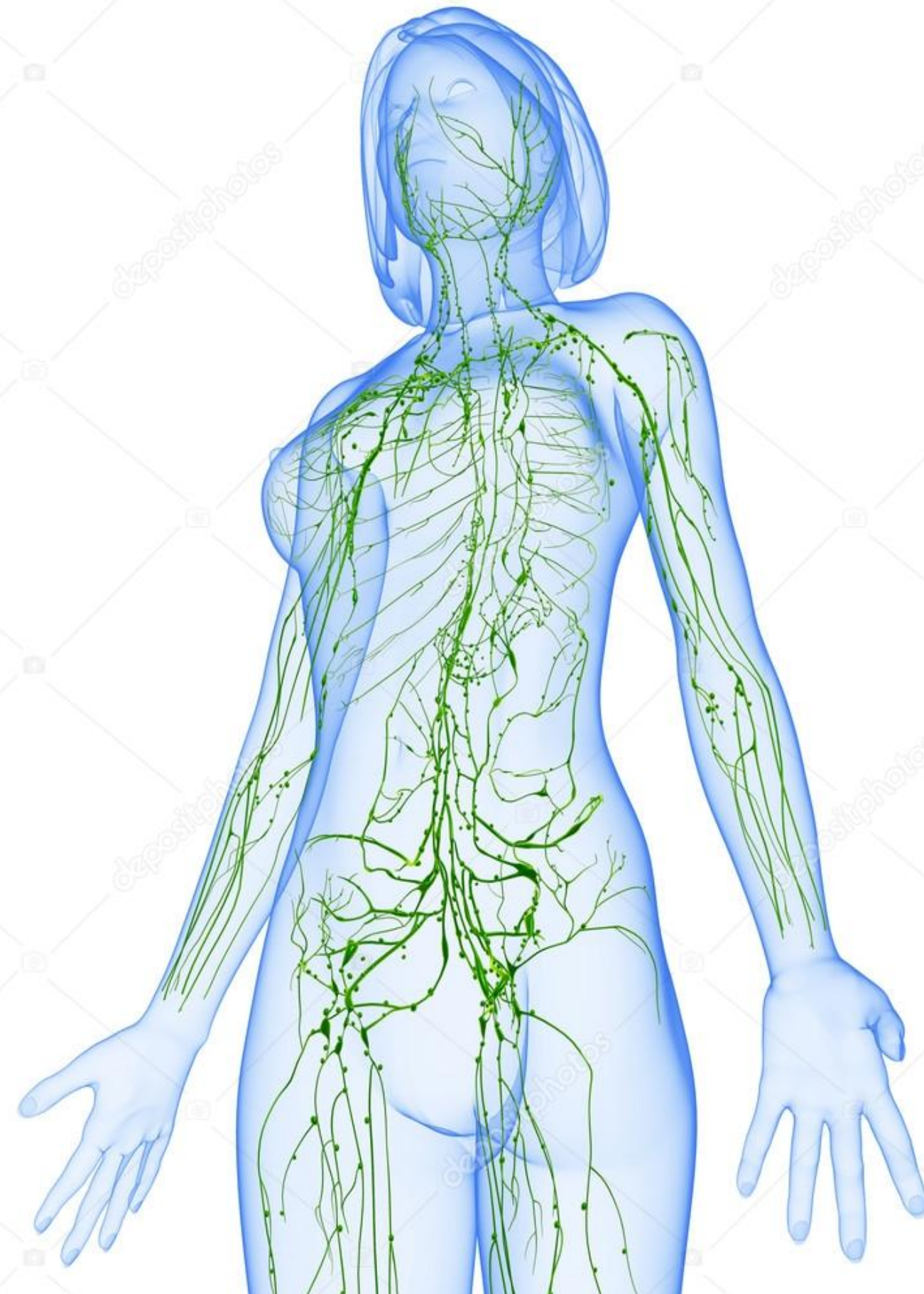


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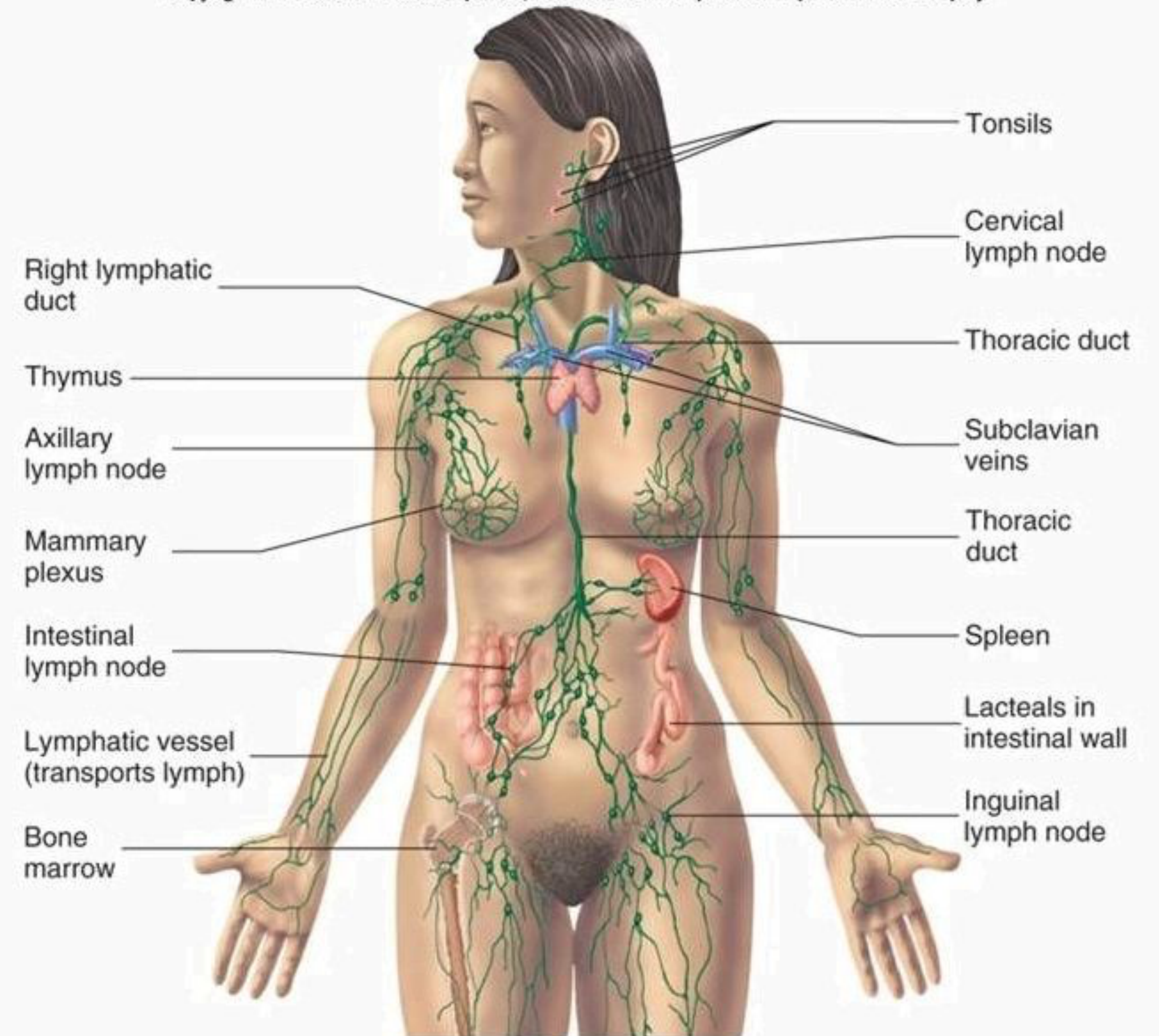
THE LYMPHATIC SYSTEM - What do we know?

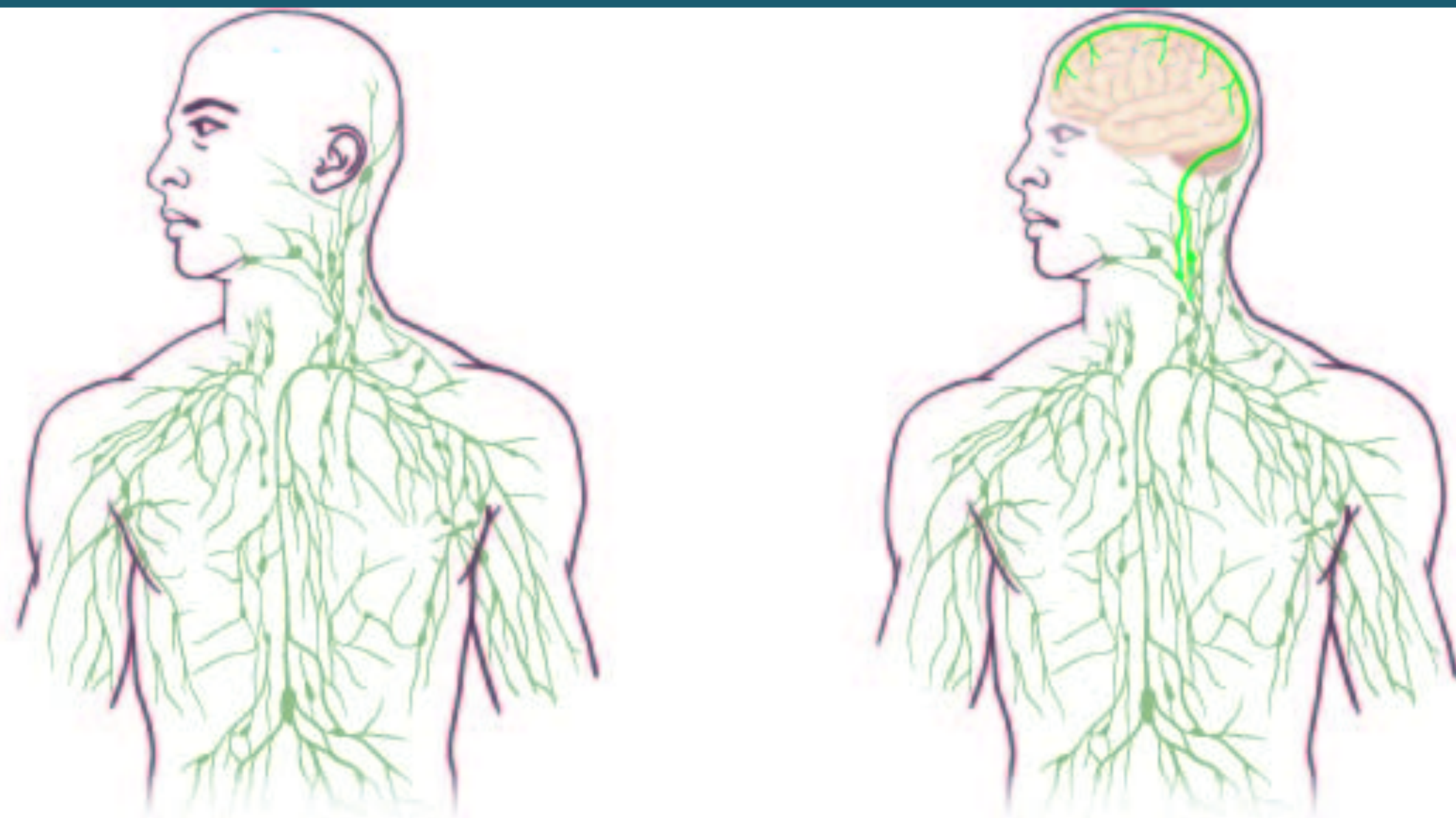


- Returns unto 80% of tissue fluid, proteins, electrolytes, toxins and foreign substances from the extracellular matrix, tissue space, the space between the cells.
- Regulation of fluid volume and pressure in the tissue.
- Collects and recuperates proteins that leak from blood capillaries.
- Lymph nodes filter lymph fluid while disabling and destroying antigens and other foreign invaders.
- 1/2 of the lymph nodes are located in our abdomen.
- There are 600-1000 lymph nodes.
- Muscle movement and breathing assist in transport of the lymph.
- The brain is now KNOWN to have glymphatics, it's drainage system.

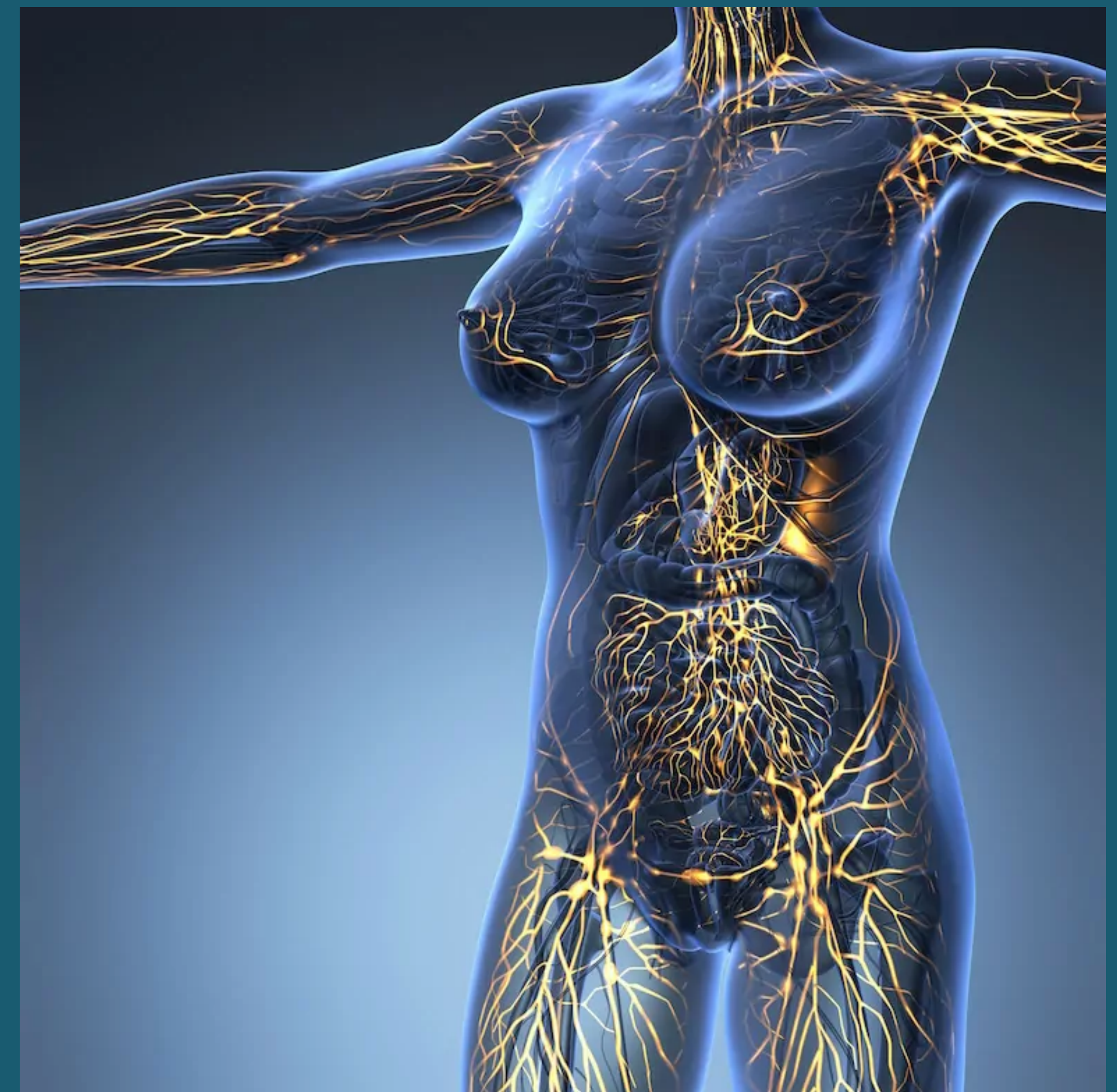
Let's Review and Actively Touch our main LYMPHATIC ORGANS and NODES!

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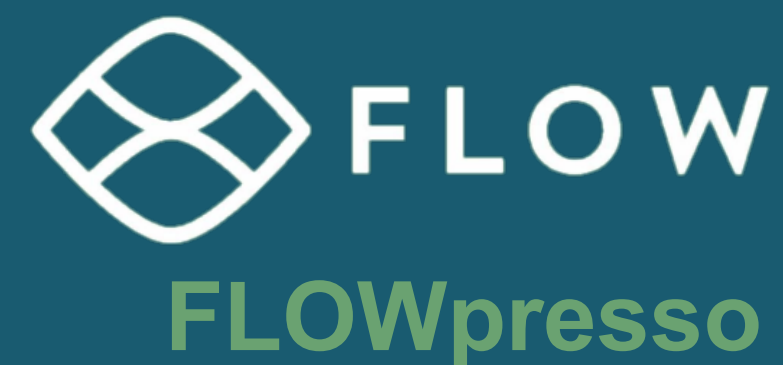
Drain the brain with the GLYMPHATICS



A secondary circulatory system

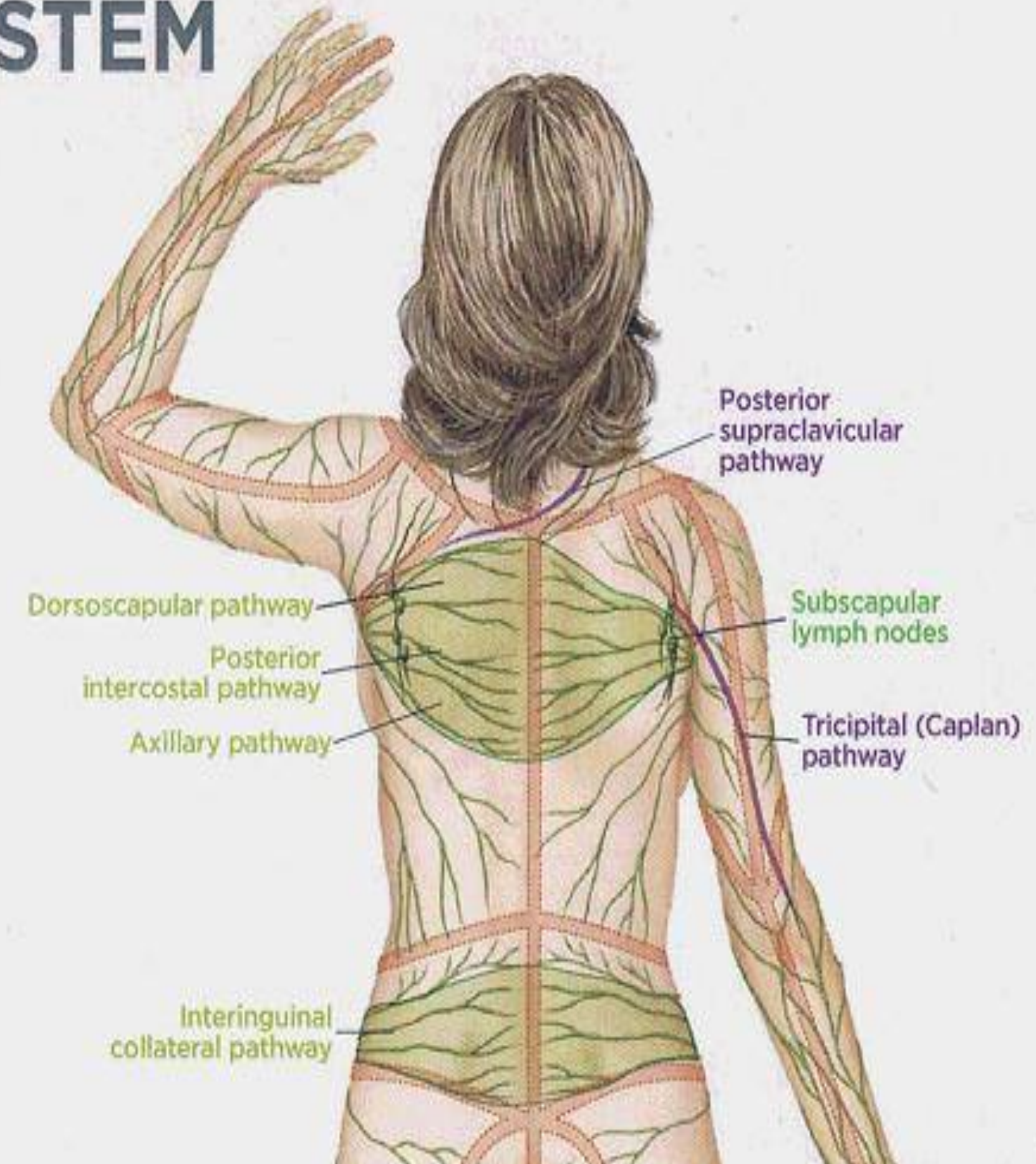
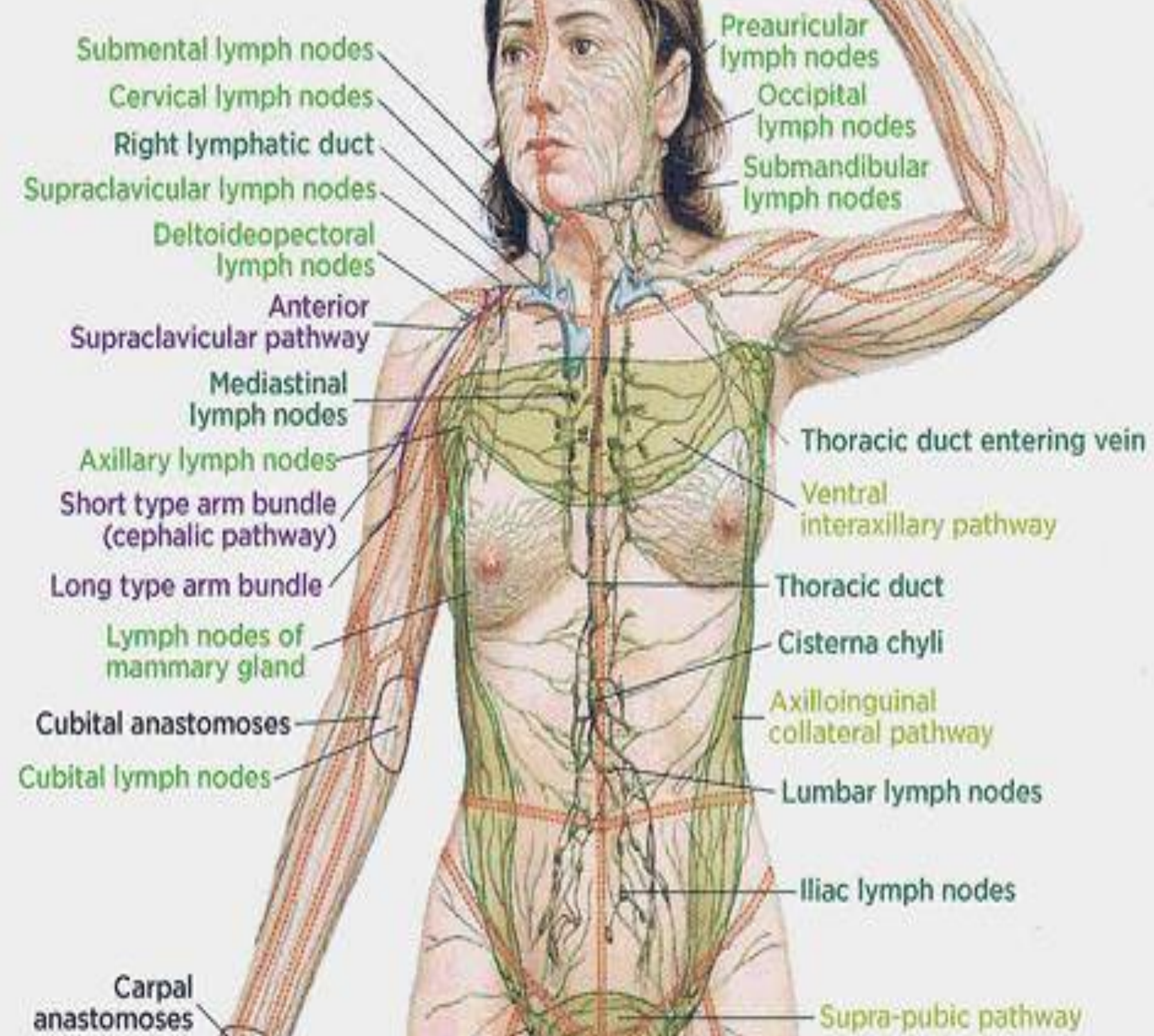


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PRIMARY AND COLLATERAL LYMPHATIC SYSTEM



LYMPH is EVERYWHERE...

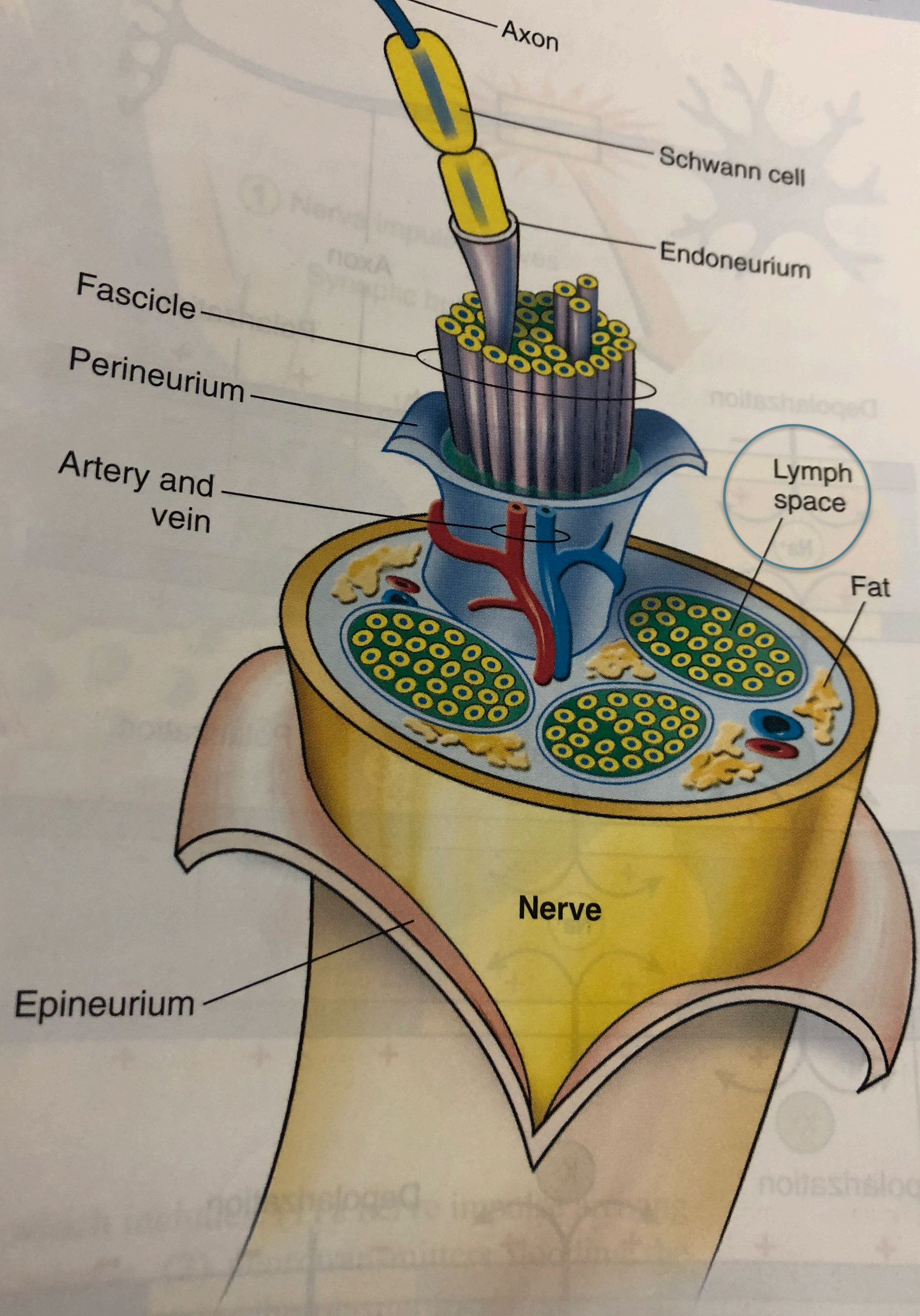
Check out this rendition of the nerve cell!



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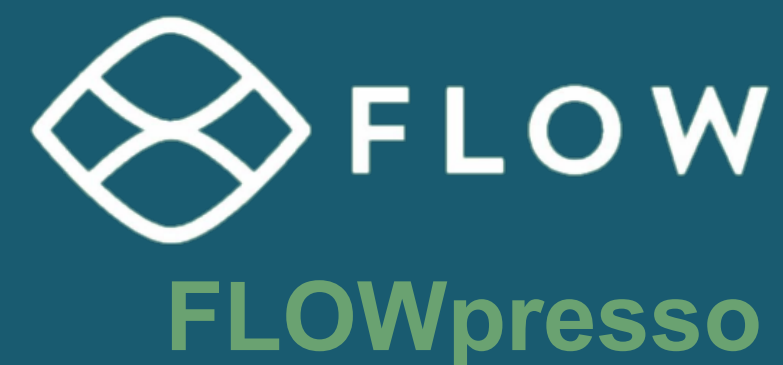


So What do we do?

How do we get the Lymph FLOWing so that our
ANS can continue to Regulate Properly?



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Top 10 things that Clog your Lymph

1. Dehydration
2. Stress and Emotional traumas
3. Sedetary Lifestyle
4. Tight Fitting Clothes
5. Cow Dairy particularly
6. Chemical (skin care, makeup, shampoo, fragrances)
7. Metals on the body (tattoos), in the mouth as well
8. Scars, open the fascia
9. Improper food, acid building food
10. Wifi Radiation



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Step 1:

CREATE FLOW and Drainage before DETOX!

1. Stop Leak, address blockades
2. Hydrate properly
3. Remove lifestyle “clogs”
4. Increase FLOW with movement, therapy or routine
5. “Let go” emotionally and physically



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STEP 2:

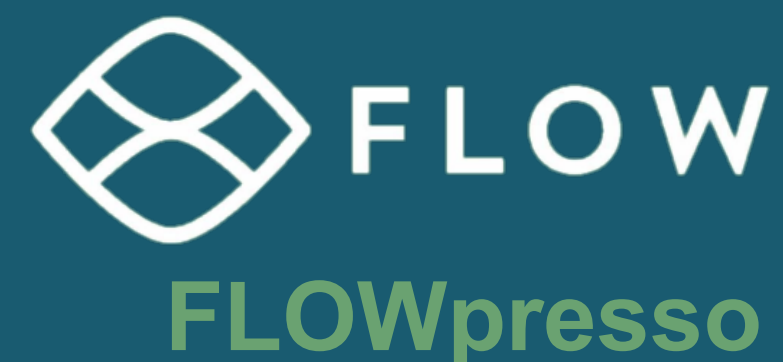
RESTORE MY FLOW!

LET GO, ease the PRESSURE

1. HYDRATION
2. Assist Scars, open the fascia
3. Movement, Lymphasizer/Rebounder
4. Tickle/Manual Lymphatic Stimulation of Nodes
5. STOP wearing Tight Fitting Clothes
6. STOP Cow Dairy in particular, except butter and cream
7. Clean up environment from chemicals (skin care, makeup, shampoo, fragrances)
8. Get metals out of your life from leaking, mouth/lifestyle. Evaluate, change and move on.
9. GROUNDING OUTSIDE!



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How can we prevent Lymphatic Stagnancy

Drink more QUALITY water

Move frequently and fluidly

Breath consciously and open diaphragm, exhaling more!

Sleep properly aligned and handle subluxations

Avoid Wifi at night particularly when you sleep

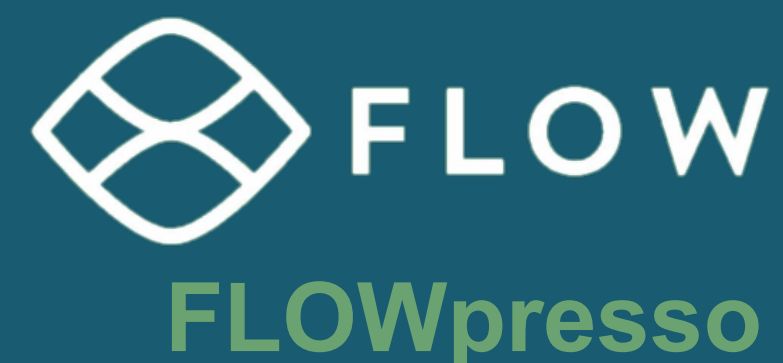
Clothes that don't leave lines of any kind

Avoid chemicals and toxic metals in food, body products and exposures of any kind like improper foods that clog the lymphatics, like sugar and excess protein.

We must engage the ANS into the parasympathetic tone to allow this healing, FLOW.



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STEP 3:

MAINTAIN MY FLOW!

1. HYDRATION
2. Movement Daily, always
3. Proper Manual Node Release of the Lymphatics
4. Proper Dry Brushing Technique
6. Keep Closing the gaps on the environment from chemicals (skin care, makeup, shampoo, fragrances)
7. STOP leakage of Metals in lifestyle (teeth, round-up, etc.)
8. Assist Scars, open the fascia
9. Sauna, Vibration Platforms, Ion Cleanse Foot baths, PEMF mats, FLOWpresso, Bioresonance, Tuning Forks, Sound bowl therapy, Sound of Soul (Heart Coherence)....
10. GROUNDING OUTSIDE!



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REFRAME

Are the FOCI/BLOCKADES to ANS Addressed?

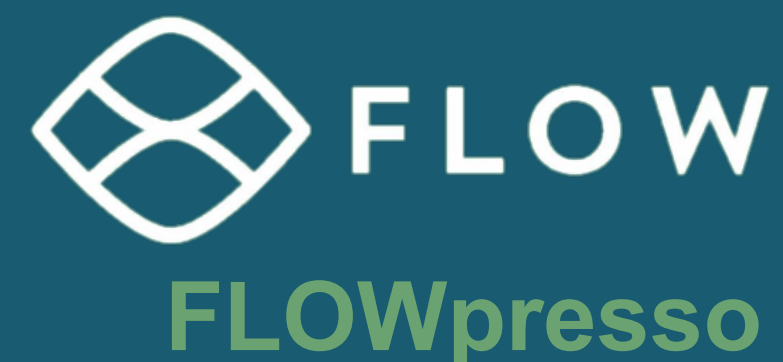
Are the Filters working ideally (Fascia and Lymph)?

Is the Cranial Sacral Rythm FLOWING from Brain cycle to sacrum?

Are there any subluxations in the spine?



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REFRAME....

Have I treated SCARS lately?

Have we drained the LYMPH, superficial and nodes lately?

Are my “filters” working..BEFORE I detox!!!

If I have and I still feel the symptom after addressing those two things (and dental work has all been addressed)..... then let's look at organ function, homeopathy, supplement and so forth.

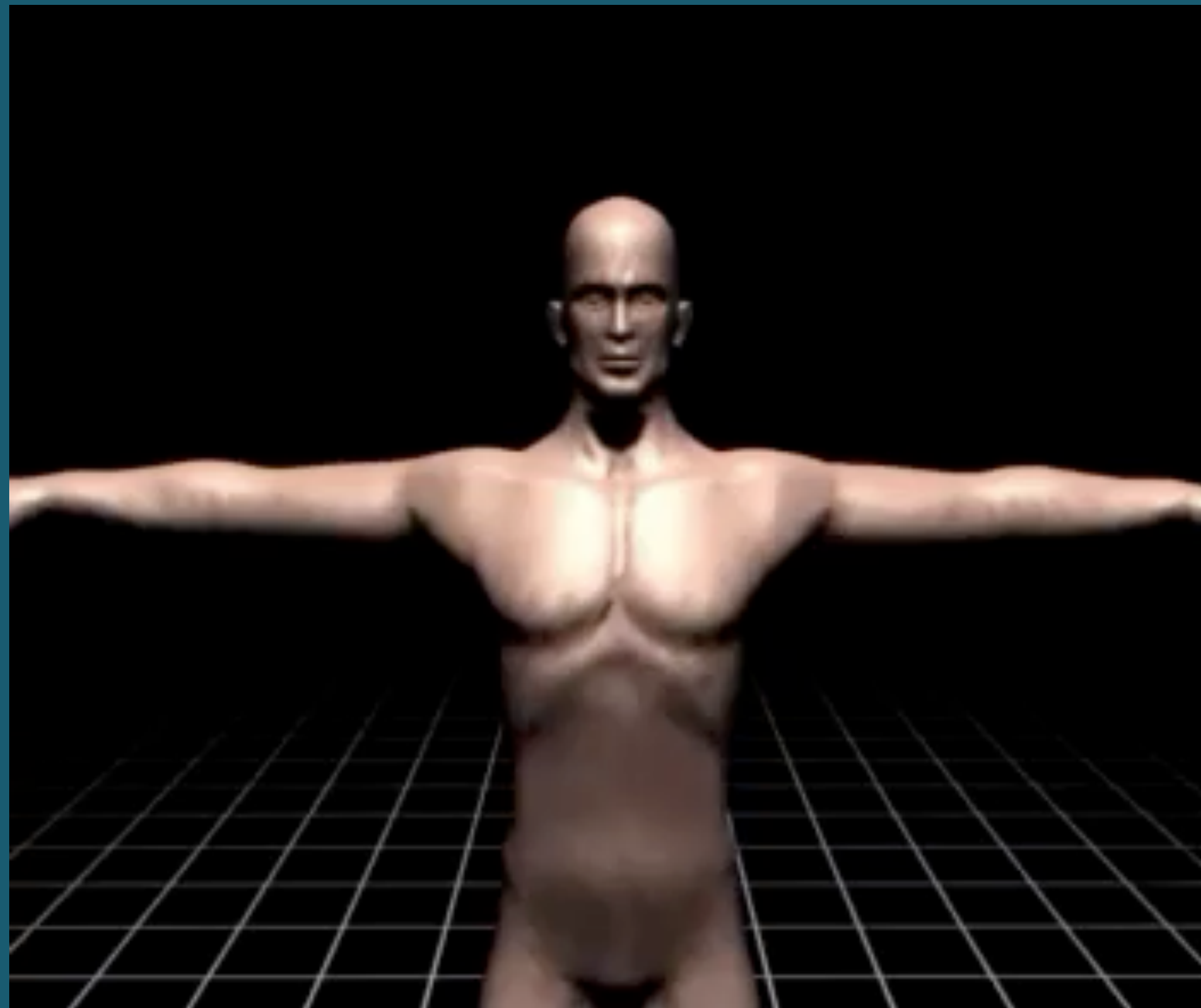
We MUST address the FOUNDATION of Bio-Regulatory Living FIRST!



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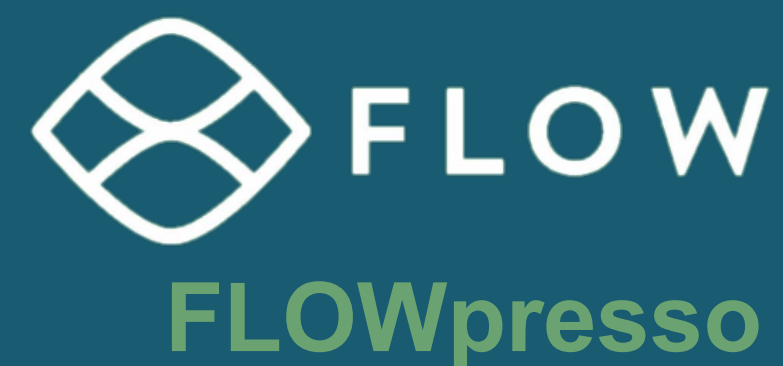


LYMPH is EVERYWHERE...

Lymph is found in the spaces between the cells, the extracellular MATRIX.



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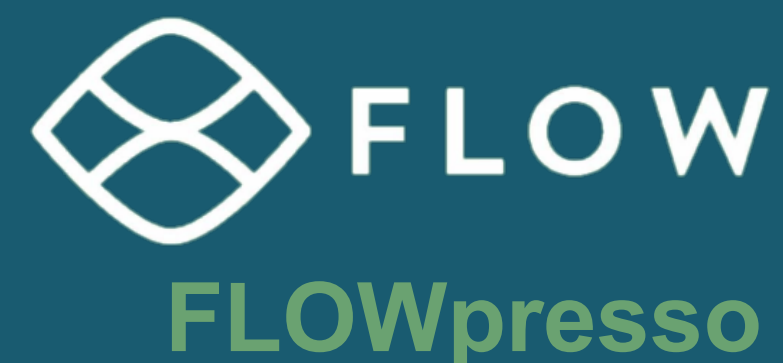
“Knowing more about the Lymphatic System will bring answers to a broad array of diseases that historically nobody would have said are specifically lymphatic. But now we understand that there are lymphatic implications certainly to cancer and its way of spreading....,to a variety of immune diseases, arthritis, chronic infection, inflammation.....mainstream cardiac disease...and a lot of metabolic disorders.”

Dr Stanley Rockson, MD, Professor of Medicine at the Cardiovascular Department of Stanford University

- Improves lymphatic FLOW
- Reduces edema, swelling, lymphedema
- Accelerates tissue detoxification
- Supports the functions of the immune system
- Reduces auto-immune conditions
- Assist in healing pre and post surgery
- Reduces inflammation and chronic pain
- Improves digestive complaints
- Reduces joint pain
- Improves overall mood
- Improves sleep



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WHY CONSIDER FASCIA?



The fascia maintains a balance of tension and elasticity which allows for smooth, unrestricted movement of each muscle group while holding



Fascia can become dehydrated and cause adhesions with the muscle it surrounds which can compromise functionality (restriction).



Lymphatic vessels lie within the fascia, restricted movement of fascia = restricted movement of lymph.

Our “job”, if you will, to survive and thrive as organism on this planet is to assure that we are LETTING GO of our toxins FASTER (particularly right now with the emotional stress and the physical toxins) then we are exposed.

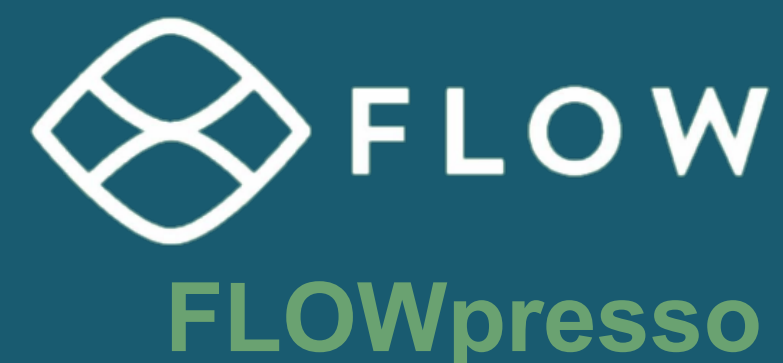
Keeping a lifestyle congruent with limiting the burden as much as possible (seen and unseen) while also assuring our drainage and FLOW of the lymphatics is FOUNDATION-ALLY NECESSARY.

Sensing, filtering and then allowing our body to regulate for all inputs in an appropriate manner, continuing to be in regeneration.

When we accomplish this we are now in the FLOW of life and we have found the fountain of youth!



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How To Improve FLOW

- Reduce Exposure to Metals and Chemicals in life
- Improve Sleeping Environment
- Follow Natural Laws: wake up at dawn, sleep at dark, only eat wholesome whole food, etc.
- Voluntarily Stress your system: HOT/Cold Therapy, Flexible Fasting,
- Oxygen Optimization
- Increase Relaxation
- Laugh More
- Engage in Nature more, Detoxify from electronics more
- Eat more intermittently and always consciously
- Engage with people more, LIVE more
- Spend more time alone, BE more
- ***CLOSE THE GAPS, that's all, keep closing the gaps.***



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What do we need to do to get into FLOW?

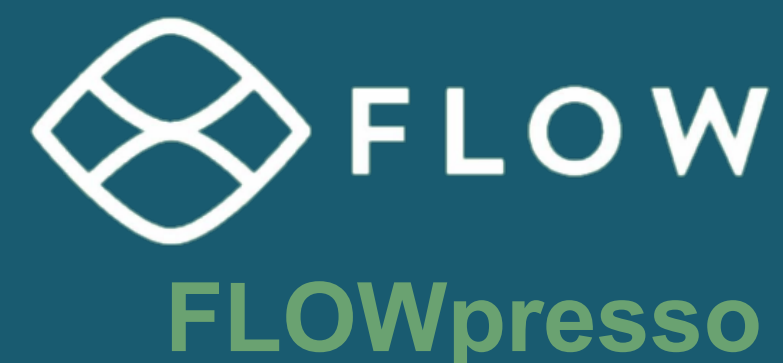
Get into the Parasympathetic Tone of the ANS; BE vs DO

And..... allow healing.

- *Drainage*, before during and after Detox. We have 3 times more lymphatic fluid than blood!
- The Lymph System is one of our filters, clean the filter to allow the blood cells to detox. Burden, stress, reduction.
- BREATHING, CONSCIOUSLY, stress reduction.
- Rapid FLOW (Fascia Lymph Optimize Wellness) Manual Technique.
- FLOWpresso™, manual device entraining by experience to Being in the FLOW! Stress reduction.
- Vibrational/frequency therapy from IMAET (stress reduction biofeedback) to Sound of Soul (customized heart coherence) and everything in between!
- REPEAT!

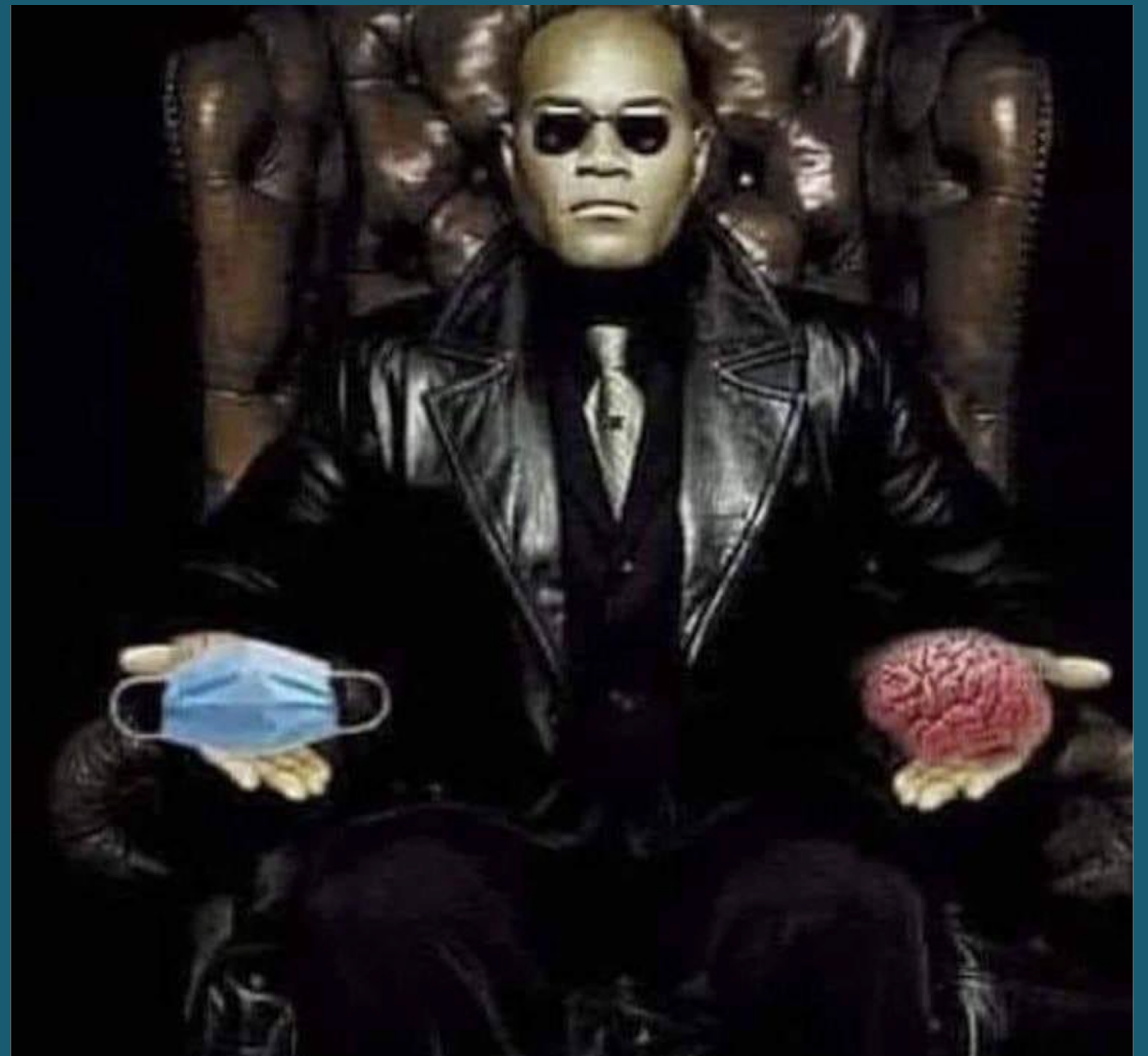


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Welcome to the Red Pill,
the FLOW STATE
is
“THE CURE”
it is the real MATRIX.



Cantion



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THE “CURE”

Constantly Up-Regulating Ecosystems

1997



2021



Reflect the Life within

Frequency can not be escaped



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What can I do?

DAILY (Restore)

- Hot/Cold Therapy
- Move More, time outside without wifi (take stairs not escalator)
- Hydrate properly

ONGOING (Restore)

- Clean up environment (get lifestyle in-line)
- Sleep within rhythms of nature

THINGS TO DO TO TURN UP VOLUME (Maintain)

- Dry Brushing
- Manual Node Stimulation
- Legs up the wall/yoga movements
- Castor Oil Packs
- Epsom Salt Baths



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Progress not perfection!



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THINGS TO DO TO OPTIMIZE (Enhance)

- Vibration Platforms
- Ion cleanse Foot baths
- rebounder/lymphasizer
- Sauna/Steam
- PEMF

THE RED PILL, THE LYMPH (STAYING in the FLOW in LIFE)

- Learn to BE more, and live there
- BREATHE consciously and deep (ideally through nose only)
- Regular Practitioner Driven Therapy (FLOW, CST, CFT, Myofascial, Lymphatic drainage, massage)
- FLOWpresso
- Sound of Soul,
- Immune Modulation Allergy Elimination Technology, a stress reduction device



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Here are some great resources for everyone to learn more about all of this:

BRMI.online

thetruewellnesscenter.com

lymph-logy.com

notmedsglobal.com

Video of dry brushing

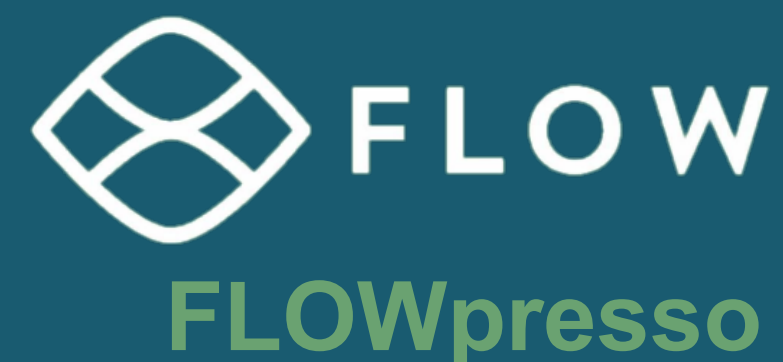
Video of manual pumping

Pdf of manual pumping

Podcast THE BEATS with Kelly Kennedy



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THANK YOU!



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MANUAL CLASS

We have 30 minutes of...
SELF CARE over HEALTH CARE!



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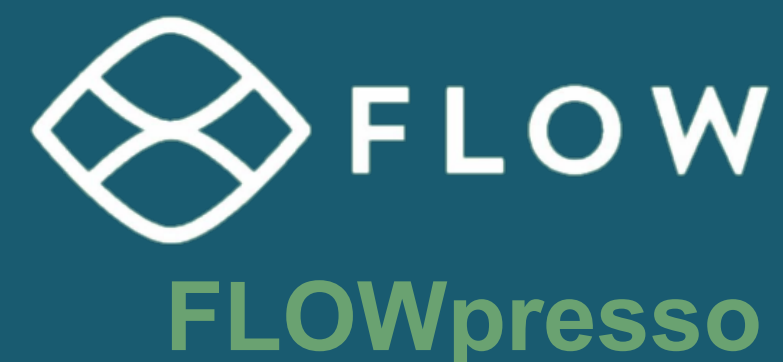


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Proper Technique for Manual Lymph Node Release Technique and for Dry Brushing!



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Arm Pits or Arm Puffs?

Let's do some Self Care!

SELF CARE over Health Care!!



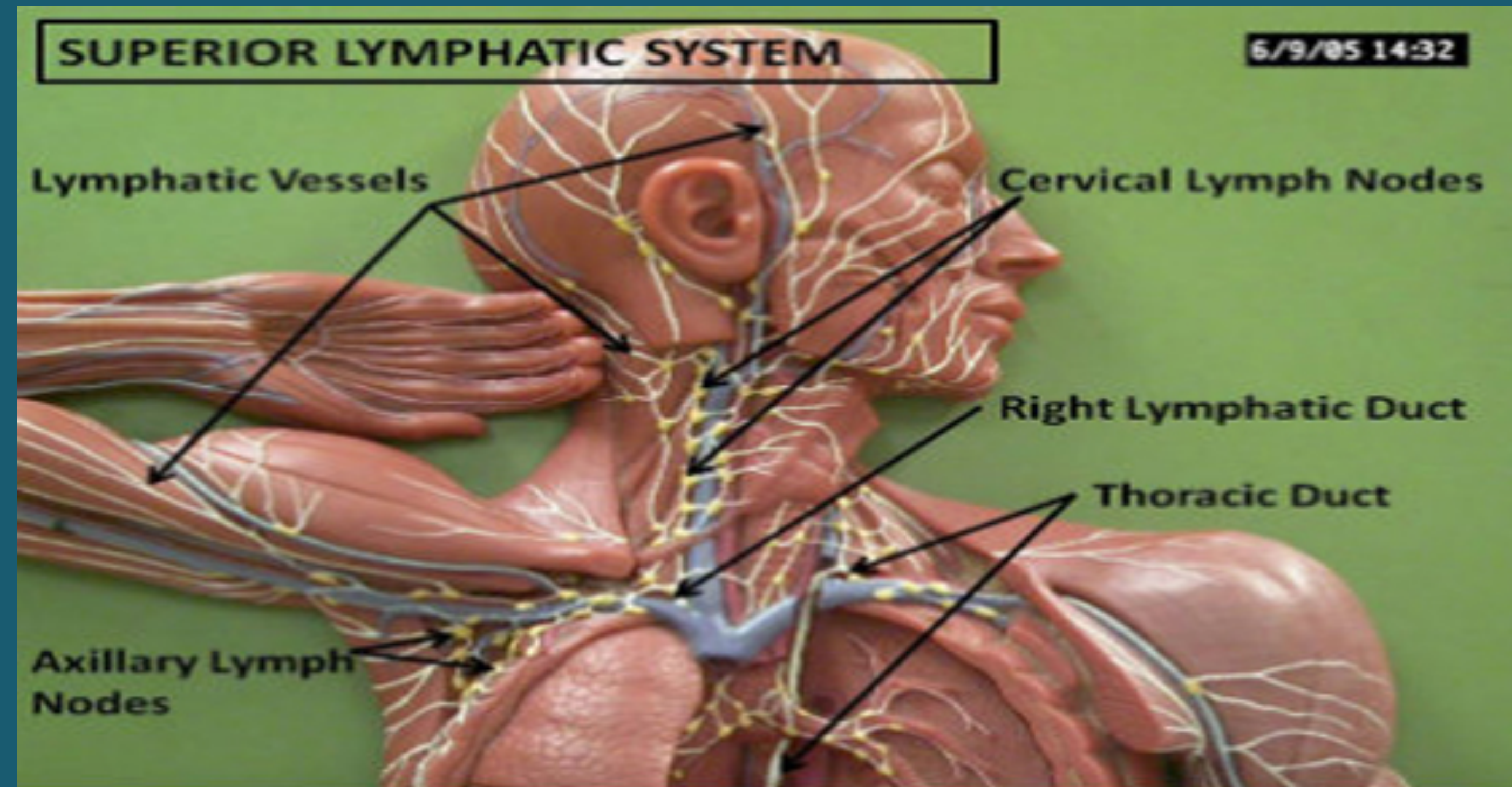
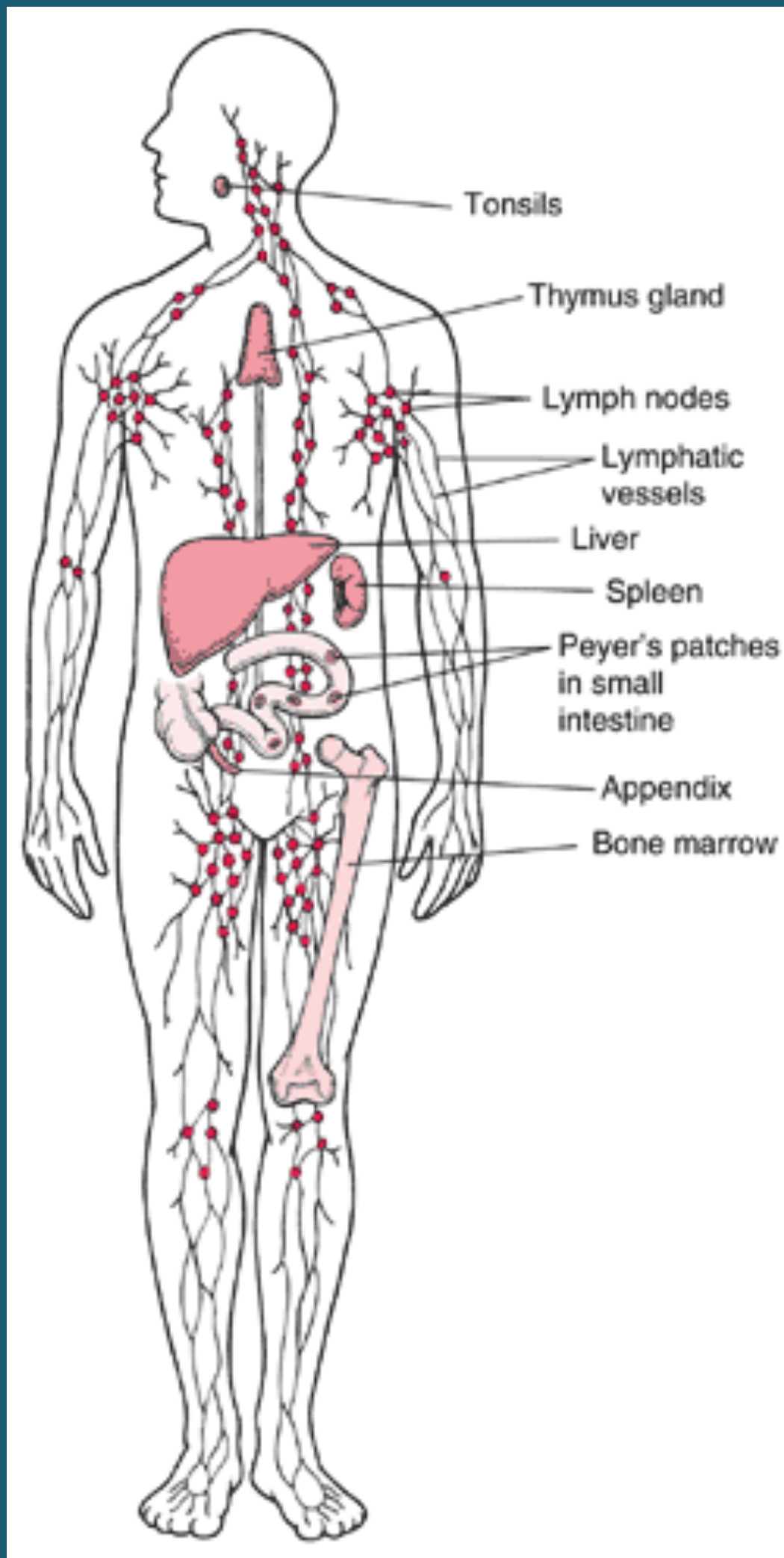
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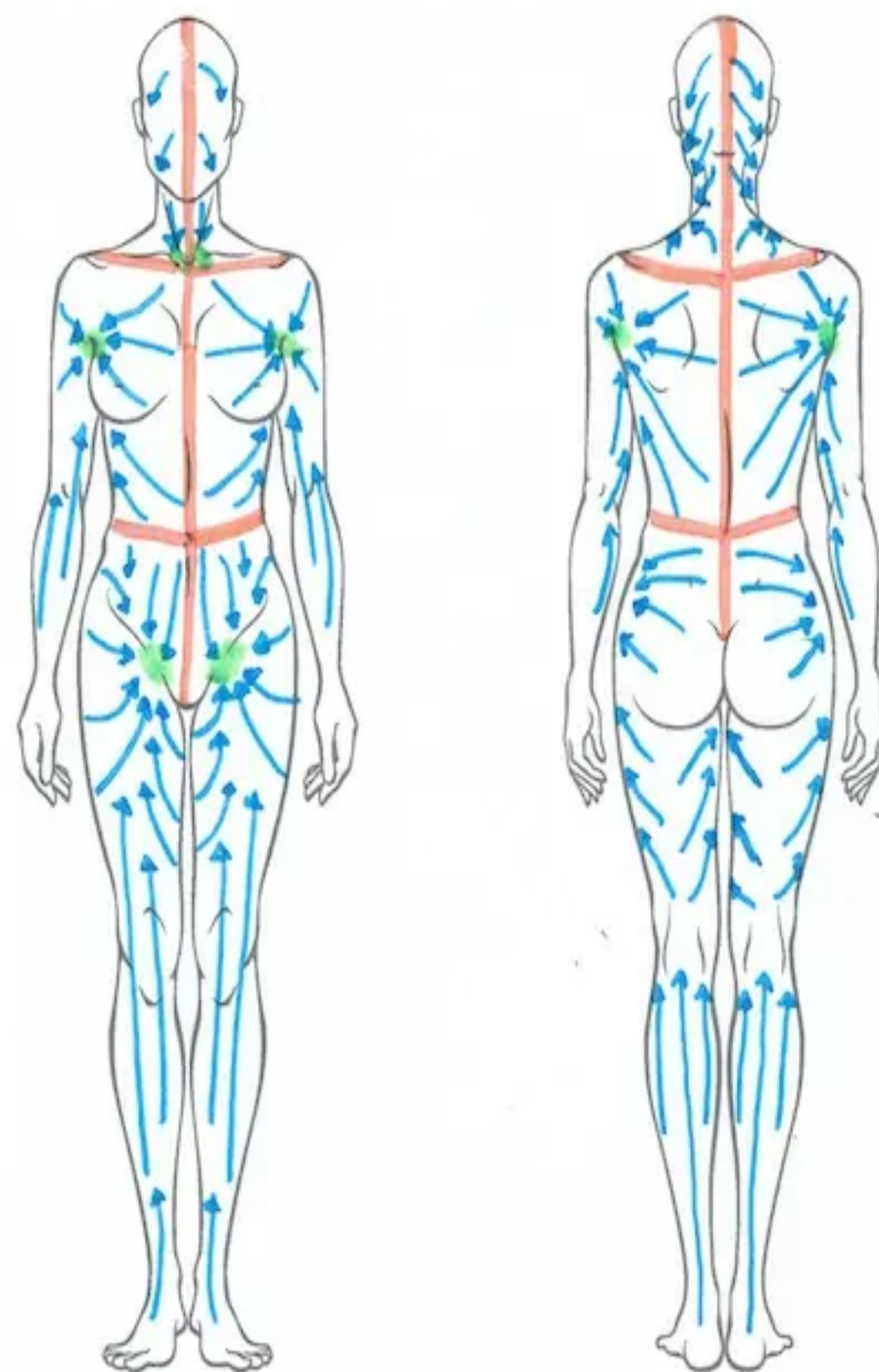
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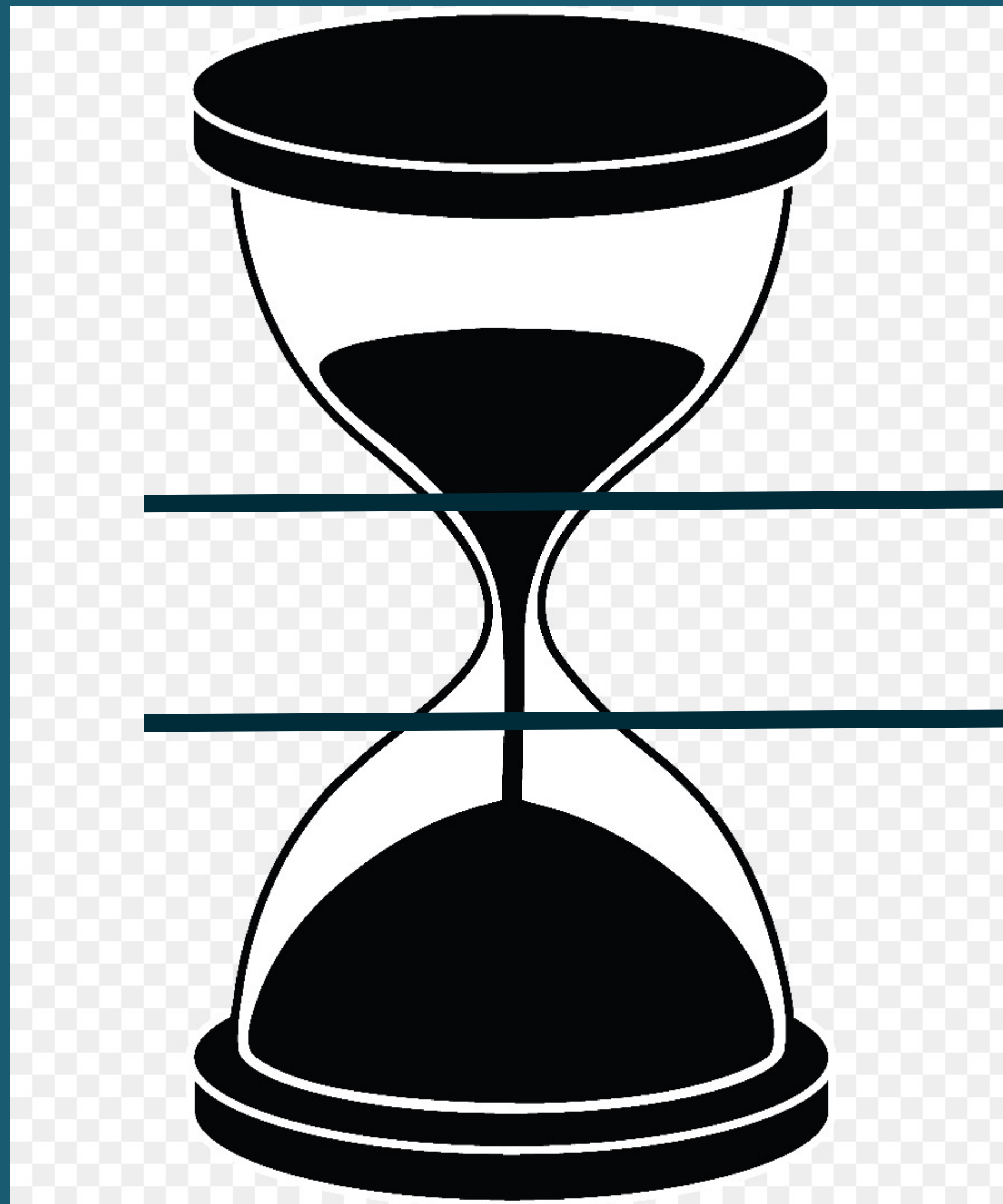
Manual Stimulation Technique 101

Dry Brushing Technique 101



Water Sheds and Lymphatic FLOW





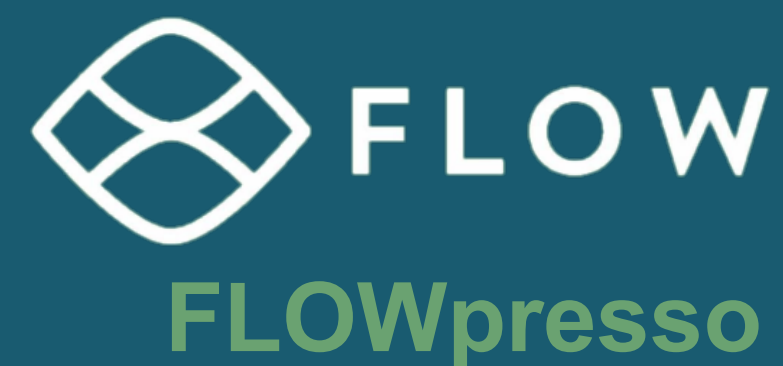
THE HEAD

THE TONSILS (gatekeeper to the lymphatics)

THE BODY



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As practitioners, business owners, entrepreneurs we are busy helping clients with consults and our own art form.

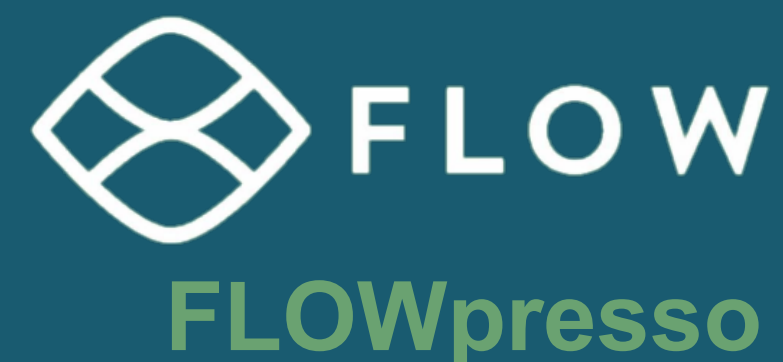
We don't have time to teach them how to BE and SLOW down yet we know how necessary it is for them to truly heal, particularly today in this stressful environment of 2021.

And we need some assistance in this area too often as well,
self care!

We also want additional and consistent bodywork and care to assist our clients to be better primed for a shift in their healing capacities!



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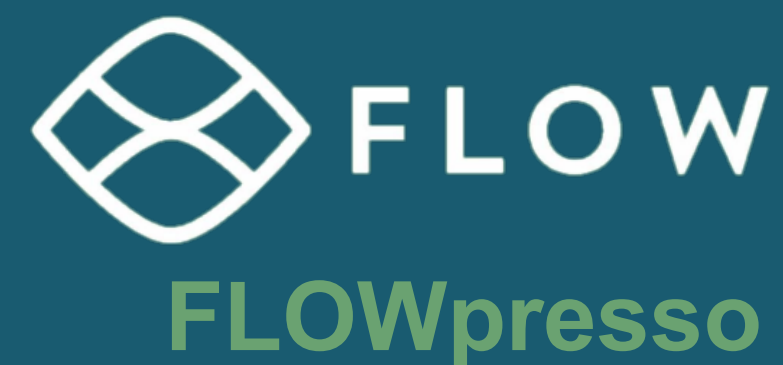


ILLUSTRATION No. 3
MASSAGE FOR REMOVING DOUBLE CHIN
See page 601

GO TO Simple NODE RELEASE TECHNIQUE



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FLOWpresso™ is the TRIFECTA

A UNIQUE, NON-INVASIVE THERAPY offering:

- DEEP PRESSURE
SEQUENTIAL PUMPING
(HUGS)
- FAR INFRARED (WARM)
- NANO PEMF TECHNOLOGY
(RELAXED)



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FLOWpresso® designed for optimal therapy and easy operation.

- Each chamber inflates sequentially, before its predecessor completely deflates, to ensure a selective progressive pressure without any flow back.
- Provide therapy to the abdomen and extremities in one application.
- Deliver and design specific, individualized therapy protocols to each client.
- Pressure regulation can be applied individually to each chamber of the garment.
- Far infrared heat (95-140°F) can be delivered to each of the four sections of the garment.



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THANK YOU!



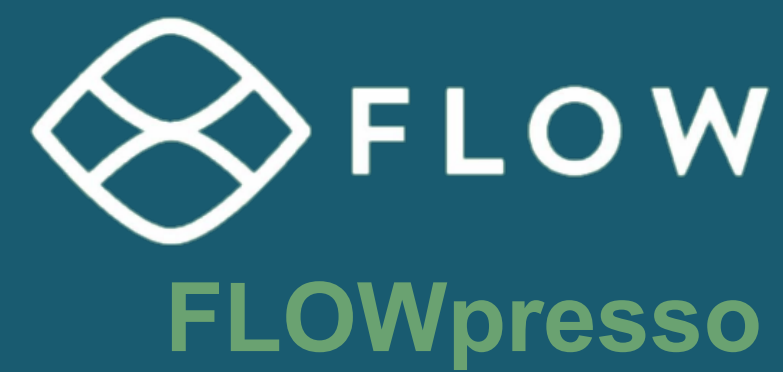
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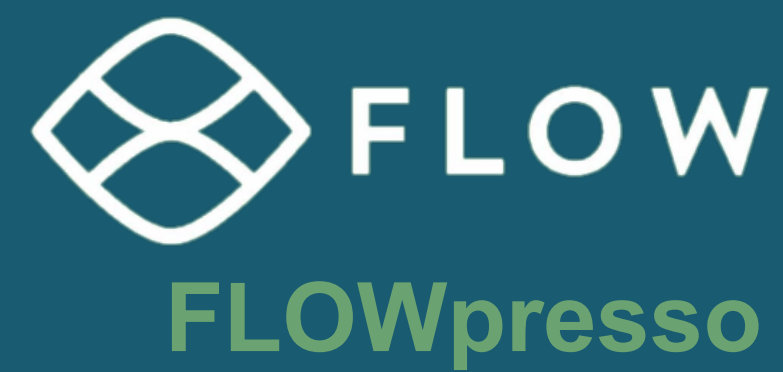
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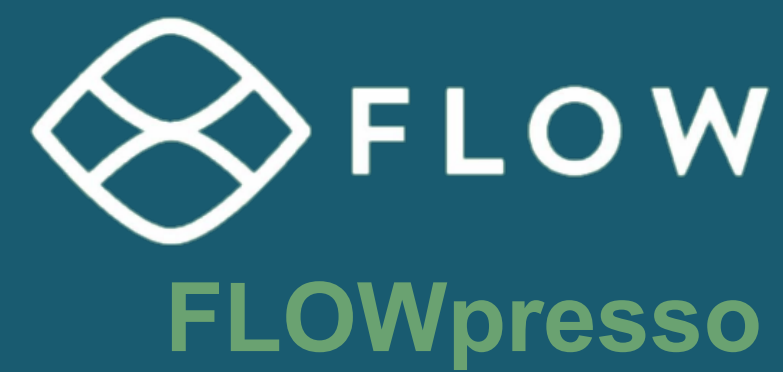
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