

Unedited Interview Transcript for Dr. Perry Nickelston

Hey, everybody, it's Chris. And today, my guest is Dr. Perry Nickelston. Perry is a chiropractor, but his website is StopchasingPain.com. And so we're going to talk about pain and the Lymphatic system, correct? Oh, yeah. That's been a lot of time going deep down this rabbit hole. And I'm excited to get into this because a lot of people don't understand the Lymphatic system. They've got a lot of questions about it, about detoxification.

Obviously, if people have chronic pain issues, they're looking for help. And I'm excited about what you do and what you have to share, because I think it's going to help a lot of people get clarity and hopefully give them some very practical actionable advice and information that they can use.

So thanks for taking the time. Thank you very much for inviting me on the show. Yeah, they'll definitely get some practical things that they can take away from it on learning about the Lymphatic system. It's a life changer, without question. So why don't we start with your backstory?

Yeah. So I've been practicing for going on 30 years now. My original degree was in chiropractic. But like anybody else who loves what they do and loves to learn, I started to practice many other different types of disciplines, mixing that in, and it just so happens that I'd say, I don't know, about ten years ago now, ended up getting really sick with I guess what you could say is an autoimmune disorder. I think I had all of them, quite honestly, with you. That's how bad I felt. And it taught me to have to think differently, because the way that I was trying to get myself better wasn't working, but also the way that everybody else was coming at it wasn't working.

So then I realized I had to empower myself to think differently. And that's when I started to look at different systems of the body, not just the musculoskeletal system that most people are familiar with, that's muscles, fascia, and joint, and even that I had to move beyond the nervous system because I was going after those things.

But when I got really sick, it was more of an immune system problem that I had to deal with. And then that's what led me to working with and I'll call it discovering the Lymphatic system, honestly. Because here's the thing. I was practicing for 20 years before I ever paid attention to it, right?

It wasn't even on my radar until it had to be. And then when I found it, I was like, okay, where has this been all my life? And why didn't I know about it? And so then I dedicated myself to understanding the system inside and out by tying it to all the other different systems.

And then that also became my launching point, if you will, to now teach this to every other human being on the Earth about that system. That's great. And I love that you're doing it? Because I think if you asked ten people on the street, what is the lymphatic system them?

I don't think any of the ten people could tell.

They could explain it. Most people just don't know what is it? So why don't we start there? What is it? Absolutely. Well, you know what? What I'm really happy to see is that more and more people are starting to hear about it. Like if you go on social media and you see lymphatics are starting to circulate.

Now, one, I think there's a couple of reasons for that is when you start to work with it, you feel different really quick. I mean, it's powerful. It's a grassroots movement of, holy cow, this is great. I'm going to keep doing it. But also they're looking more closely at the lymphatic system because now they're seeing its relationship to neuroinflammation and problems with the brain.

So then that's really where they're focusing. So now they're seeing that they all work together, which I'm happy to see. So let's kind of start with the fundamental basics of the lymphatic system, of what it is. So it's actually part of two primary systems in your body. One is the immune system.

I think it's the most important part of your immune system anyway, because its job is to scan things that come into your body through what they call lymph nodes. They're basically little mini scanners. I call them little mini toilets because their job is to find stuff, scan it, read it, tell your immune system what something is so it knows what to send out to get rid of it.

Kind of like checkpoints. Yeah, it's like going to the supermarket and you scan a code and, you know, whether I'm getting oranges or apples. That's what has to happen with your immune system. And it kills anything. It tries to kill anything that comes on. There bacteria, viruses, parasites, fungus, cancer cells, even your own metabolic waste that's in your body.

It's got to get out. It's like the sewage system in your house that flushes you out so you don't die and you can live longer. So it's really important if it becomes dysfunctional, you're going to feel it in some way, shape or form, most likely through inflammation somewhere. So it's a huge part of your immune system.

So in my world, if you've got an immune system problem, you got a lymphatic system problem. Zero discussion. It just depends on how much of a role it's playing. Now, the other one that they don't really pay much attention to, but I think it's actually even equally important is it's part of your circulatory system.

I e. Your vascular system so that's blood flow. And that's big because if you don't get blood flow to cells, you're not living long.

The reason that they tie together is that the lymphatic system dumps its end product into the veins of the body, the anus system of the body. So it's roughly the same material. It just changes

name. Of what it is depending on where you find it. Either it's either in the lymphatic system or the veins.

So the veins and the lymph always work together. And what's interesting, when you look at embryology, the lymphatic system grew from the venous system.

So in my world, it means this. If you have a lymphatic system issue, you will have a circulation issue. If you have a circulation issue, you will have a lymphatic system issue. Now, lots of people have been talking about vascular, but they've been overlooking the lymphatics in relationship to that.

And that's huge because we'll get into it later of how that's the supply chain that your cells need in order to get nutrients to it and get the waste out after the cells use the nutrients. Two fundamental things. So those are the big players with the lymphatic system. So to take away from this is to remember it's the waste management system of your body and it's also a huge player in circulation.

And a lot of the cells that are moving throughout the lymph system are immune cells, correct? Yeah, they're pretty much the way that your immune system knows what to send out and when, why and how. And so if that system gets overloaded, overburdened, but I call it choked or stagnated, it just gets overwhelmed and then it starts to send out signals all the time.

It's just like, okay, overload just kill everything, right? And it doesn't stop sending out the signals. And the way that your body kills things is through inflammation. You're supposed to get inflammation because that's how you destroy things and you heal and recover. So it's also a repair system at the same time.

But if you're stuck with all this metabolic waste, cellular waste, toxic waste inside of the body, then your body just says, well, guess what guys, keep killing. And then you stay inflamed until you can begin to help that move out of you. This is when people ask me, why does it get overloaded?

Why does it get stagnated? So my tongue in cheek answer is this, but I'm really not kidding. It's called li f e. It's the price you pay from living on this planet through stress and anxiety and toxins that are coming at you from so many different ways you can't even describe them all.

Emotional trauma, physical trauma, nutrition, or lack thereof. It just all adds up. And then the toilets or the lymph nodes get clogged like in your house and they don't flush. And then you get disease or disease and the only way you're going to get that stuff out of you.

There's two primary ways the lymphatic system. Them moves itself so it can stay healthy. One is through movement. So the more you move of yourself more often, more ways, more environments, more places, well, then you use muscles, and the muscles actually pump the

lymph, and then the muscles actually pump the veins of the body as well.

Problem is, humans don't move a lot, right? Especially over the last couple of years. We're very sedentary because of the pandemic. So we have poor movement, and it was already bad before the pandemic.

It's already a big problem. Exactly. So we don't move. And then when we do move, we usually move the same way all the time. And that causes problems too, because then you have certain patterns of movement where your body lays down lines of tension and stress, and then that changes how fluid moves, kind of like how fluid moves down a mountain stream, around blocks and rivers.

It goes one way because it's just the way it's always gone. So people that do the same movement all the time end up with problems, too. So that's why you got to vary it up. And the other way that it's supposed to move is through breathing. But not just any breathing.

It's called diaphragmatic breathing. Most people may have heard of diaphragmatic, but I'll be honest with you, I don't think they have. I don't think they have because when you're in health and fitness, you're in a small bubble where most of the earth is not living, and they don't even know what a diaphragm muscle is or about breathing.

So it's a muscle in your body that sits at the bottom of the ribcage here, above your organs. And basically, when you engage that muscle through breathing, it increases pressure in your body, and it decreases pressure in your body. That increase and decrease is a pump. And it pumps not just the lymphatic fluid, but the fluids throughout the body, but that's the pump.

So if you don't know about diaphragmatic breathing and you're not moving, I just shut down your toilet system and it's going to stay inside of you, and then you're going to get inflammation. And this is where sometimes the blockages are, so many of them, so deep in the body.

And I mean that literally because we'll get over the different layers of the lymphatics in a moment, from the skin all the way down to your spine, that breathing and moving are no longer enough to unblock it. You have to get in there and manually do it by hand,

just like I got to go in there sometimes. And when your toilet is clogged, you can flush it all you want, but it's usually going to overflow. You got to snake it or you got to plunge it, and then it knows exactly where to go. And that's what lymphatic manual.

Massage type work is all about unclogging your toilets. Now, here's an interesting thing. You've got roughly, depending on the resources that you read, 600 to 700 of those lymph nodes in the body, those many toilets, and they gather in clusters, like little communities. And there's specific places where they gather the most.

And here's a cool thing about how your body is designed. They're located around the joints of your body that are supposed to have the most movement to them,

like your shoulders and your hips, and your knees, and the upper part of your neck, where your skull is, and your belly and your abdomen. But if you think about the posture and the position that most humans live in all day long, what is it? It's sitting. Yeah. And what you're doing is you're inflection on everything.

That means bending and you're choking off every single one of those places that I told you about, because you've got excess tension in the muscles and in the fascia. And this is a really important thing for people to grasp here. Tight tissue does not accept blood flow well, or fluid flow well.

So when you have excess tension, you starve your cells of the ability to get nutrients in and get waste out, and then you go and feel it somewhere. Yeah, it's like if you think about analogy of a garden hose, right? If you fold it in half, it restricts the flow of the water.

Right. And when you're sitting down, your hips are folded, your knees are folded, your arms or elbows are folded, right. You're just all folded up. Yeah, exactly. We curl into this tight, tense withdrawal, like a fetal position, which is basically a safety position, right. You curl in tight on yourself to escape the world trying to crush you.

It's the opposite of standing tall, lean, mean and confident with your shoulders back and your arms rotated out and looking up to the sky and experiencing the world. It's the exact opposite where it needs to be. Now, if I may, I think there's a great analogy that will really help people kind of grasp this.

So I mentioned the toilet system in your house, which is the big one that people can understand. But I found when you're trying to explain something that's new to someone or can seem complicated or convoluted, analogies work really well. The type is something they're already familiar with. And I do that through example of a fish tank.

So my program is called Body Aquarium, because if you think about an aquarium now, your body is mostly fluid. It's mostly water, like a lot. Not to mention that dehydration is one of the biggest things that is going to crush your lymphatic system. And most people are dehydrated. The lymphatic system is 90% water.

Wrap your brain around that one. So if you're dehydrated, it already dried up your stream, right now, your cells live in a fluid environment. It's called interstitial fluid. That just means fluid between the cells. And it's like a fish living in a fish tank, and the fish would be your cells.

But you got a couple of trillion in your fish inside your body right? Now, if you look inside of a fish tank, usually you'll see a little filter up in the corner with bubbles coming out of it. And then

underneath the fish tank that you can't see, you've got all these little pipes and filters and stuff like that.

And then those are the things that keep the water circulating. It takes out all the fish poop because the fish poop all day long, just like your cells do. And then you put food inside the tank to feed the fish, right? So you've got the food contents in there and then the waste from that.

And then the filter gives that stuff out and the one in the corner gives you oxygen. Now, if your filter system works great, the water looks crystal clear and the fish are thriving and they look great. They're having an awesome time. Now, what happens if that filter system, something goes wrong with it?

You don't notice it right away.

Usually it takes you a couple of days or a couple of weeks. Then all of a sudden, what does the water start to look like? It's very murky. It actually starts to turn green. And you see funky things growing on the glass. That's bacteria, viruses, toxins, like biofilm, they call that.

And then humans have biofilm inside of them. It can make you really sick. And then all of a sudden, you've soon see stuff grow on the fish, like scales, like disease. But if you've ever looked closely into the tank, have you ever seen a fish struggling to breathe in water that doesn't have a lot of oxygen in it?

Right. It's like this.

It's doing the best it can with what it's got, but it's slowly dying. Well, that's the same thing that happens to your cells, man. Because the cells don't get oxygen, you're not living long. And when you don't get oxygen, something somewhere is going to hurt. You will have pain somewhere.

So this is where I ask people, how would you go about fixing that tank? Would you just take out the water, take out the fish, clean the tank, put new water in there, and then everything's great? No or no? No. You wouldn't do that because what's going to come back?

The same thing, right? But that's what we do in healthcare and in medicine. We clean the tank and we. Blame the fish. And I'm like, Why don't you just look at the filter system? So if you go in there and then you clean the filters, unclog the filters, make sure they function well, then you put the stuff back in there.

So what's the moral of this story? It's this in my world, lymphatic work always comes first

because they got to make sure your tank works. Because here's also dirty little secret. Everything that you're chasing to try to get better in your body lives in the tank.

So the filter system is the one that determines whether all the other stuff you're trying to do actually works. Does that make sense? It does. And even when you clean the tank, it doesn't mean that everything is going to be great and some stuff won't go wrong. But what I am going to contend is you stand a much better chance of having a longer, happier life with less pain, less discomfort, less diseases or disease and chronic pain if you have a clean tank as opposed to a dirty one.

I'll stand by that one till I'm dead. To use a similar analogy with the cancer industry, if there's a dirty tank, it's like, well, let's just add some chlorine that'll clear up the water. Right. Add enough chlorine and yeah, you cleared up the water and then the fish are dead.

Right. And that's their typical approach. Yeah. So you always have to think the environment. And there's a phrase, I can't remember who said it, but I love it is you cannot get well in the same environment you became ill within. Yeah. That means your external environment, but also your internal environment that you're living.

Now, here's what's fascinating. Now, I'm going to check on my phone in a second because it's an article that just came out in Nature magazine, and this is the title, and I'll break it down into English for a second. Extracellular fluid viscosity. So what does that mean? Extracellular fluid means it's fluid outside the cell, because intra is inside.

Extracellular fluid is basically what I just told you about the fist tank. Viscosity is the thickness of the fluid, right. Like engine oil. You got really thick oil, or you got thinner oil, enhances cell migration and cancer dissemination. So what does that mean? That means that when you have a lymphatic system or a fish tank system that doesn't work well, you are going to get increased viscosity around the cells of the body because the stuff can't get out.

It's got to stay there. And then you're going to get thick blood, viscous blood, aka dirty blood, because it goes into the venous system. And that right there is telling you it increases your rate of cancer spreading throughout the body. Yeah, just thick blood. Thick, thick lymphatic fluid. Like slud, right?

Yeah, exactly. So it's all about the delivery mechanism, right? So you got to remember that everything that is going through the vascular system, think about them as pipes. You have big giant pipes, and then those go into smaller pipes and smaller pipes, and they end up into really tiny ones called capillaries.

And the capillaries are the delivery point where Amazon drops the box at your house.

You can only get one blood cell through at a time and one through the capillary. Now imagine if the blood is thicker and it's sludgy. Well, then they're going to clump together and then they can't get out. So that means that even though you have Aka, maybe like nutrients or oxygen in your system, that's good, but it's not going to make much difference if it can't reach its endpoint.

The delivery mechanism, in order for that to happen, you have to clean your fish tank. Right. Because here's the thing about the body. The body, you can put stuff in the body all day long, but it doesn't mean the body is going to absorb it, and it doesn't mean it's going to metabolize it if it can't get rid of it.

Well, in a byproduct of thick sludgy blood is decreased circulation. Like you said, when your blood is thick, it's not getting to the all the way to the end of the line where it needs to go. And so your body responds by increasing your blood pressure. It has to push harder to get your thick, sludgy blood all the way out to where it's supposed to go.

Exactly. Right. So that's your heart boom, boom, boom. Heart gets faster. Right. And then that feeds into your autonomic nervous system where your blood pressure goes up. Then the body is sensing. Okay, there's some serious stuff going on here, man. I'm going to put you in what they call sympathetic dominant fight or flight.

That's where, okay, I don't have time to rest. I don't have time to grow. I don't have time to recover because I got to not die right now. That's the most important because it's really hard to heal when you're dead. The problem is you just get stuck there, right?

Yeah. And listen, you may need to take blood pressure medication because here's the dirty little secret. You're allowed to have more than one problem, may have more stuff going on. But when you put that stuff into your system, you're adding to the toxicity of your fish tanks. Because everything that goes into your mouth, no matter how good it is, this is really important people understand, like putting good stuff in your mouth, like nutrientdense real food and not the processed crappy food that most human, that's good.

But your cells are going to try to use no matter what you put in there, right? Good or aka bad? But good stuff makes waste, just like bad stuff makes waste. It still goes to the same place. So that's why I tell people is that putting good stuff in is awesome, but I'm going to contend to you, it ain't going to make much difference in the long run if you don't clean out what's already in your toilet.

Yeah. An analogy I like to use is that every cell in your body is like a little car, right? It's using fuel, it's burning fuel for energy. But it has exhaust. That's toxic, right? And that exhaust. It doesn't just float away into the atmosphere. Right. That exhaust is expelled by every cell into your body and then has to be eliminated, has to be detoxified, and it has to flow out through your either you breathe it out, you sweat it out, you pee it out, you poop it out, or it comes out of mucus.

Right. And the lymphatic system is taking it from the cells to the various detoxification organs. Yes. And if you think about this, all these organs that you listed, the primary reason you have organs is for elimination. Waste management. Detoxification, if you only want to use that word,

it's kind of a big buzzword. Right now, I just use the word waste management.

And if one of those routes become compromised, all the other routes are going to try to help you out. So first of all, if your lymphatic system is compromised, all the other ones are going to struggle. Because here's an interesting point. You have a lot of lymph in your body.

You've got about 15 liters of lymph, five liters of blood. So what does that tell you in the order of what the body thinks might be important? Lymph. Right. And it's located in strategic places. I told you about the joints of your body, but there's a lot of lymph at the skin, a lot.

And you have a ton of lymph. Most of the lymph is in your gut and your abdomen, and it sits there because most of your immune system, the current status, 70% to 80% of your immune system lives in your gut. So if you have a gut problem, you will have a lymph problem.

If you have a lymph problem, you will have a gut problem. And everybody has a gut problem, they just don't know it yet, is my mantra. Because when stuff breaks through a gut lining that's not supposed to be there, well, then what system is supposed to keep you alive?

Your immune system. So that's where the lymph sits. So it goes right into the lymph system first to try to get rid of it, particularly the proteins. Right? Because lymph is supposed to get rid of the proteins. So it's in your gut, and the other one is in your neck.

Listen to this stat. If you've got about six to 700 lymph nodes in your body, one third of that number is from the collarbone up.

Now, why do you think that is? If you thought about that logically, why do you think nature, your body, whatever. You believe in. Put that many in your neck, because your brain lives up there.

You got to get the stuff out of your head, out of your brain there. So in my world, everybody needs work on the gut and on the collarbone up period, no matter what. That's why your skin is one of the best diagnostic places that I look for issues that you have.

So I look at your skin quality, because lymph sits there. But if you have an issue where if your liver is overloaded, for instance, if your kidneys are not working well, or you have constipation, or issues with irritable bowel syndrome, or poor microbiome diversity in your gut, and you even have problems with your lungs, because there's a thing called the gut, lung, axis.

Gut and lung go together. Lung and gut go together. Here's the dirty little secret. They all go together

that if they don't work well, the skin carries the load, and then you bleed the toxins through your skin, and the next thing you know why I've always got acne on my face. So I just told you why. How many lymph nodes are in your neck?

If you got clogged lymph nodes in your neck or at your collarbone, you're going to bleed it through the face. Now, remember I told you before about how the lymph dumps into the veins? It dumps into the veins right at the collarbone on the right side and on the left side.

It's called the subclavian vein. Sub means below clavian for clavicle and vein. That's the primary drainage point of the lymphatics. And all of the vein fluid in your body goes there. It's the lowest pressure of fluid flow in the body, but I'm going to put a tagline on that.

It's supposed to be the lowest pressure that's there.

But if you have the poor posture, if you have your head living really far over your shoulders, right, you're rounding in your shoulders. You're breathing from your neck and your shoulders and your lungs, not your diaphragm. You overwork the tissue at your collarbone. It gets tight, and guess what?

It chokes off all that flow to your brain and from your brain. So then you'll end up with one of the most common signs of lymphatic and vascular issues in the body, which is brain fog.

If you have brain fog in my world, you got a blood flow and a lymph problem

that makes a lot of sense. So you're saying right here yeah, above and below. Above, above and below. Both yeah.

Some people know what check above, but very few people check underneath, and you need to check there. I don't want to get too deep down the. Hole there. But there's a muscle that sits up underneath there called subclavius. Sub means below clavus for clavicle. It's a muscle that sits up underneath the collarbone and when it gets really tight, it clamps down the pipes.

And then that will influence you're really going to struggle to drain your brain waste and get blood flow to the brain when you do that. Now, this is really important for people to understand is that when you get the excess waste in the brain, you get the brain fog.

You get what's called neural inflammation. But you also have what's called the neuroimmune response which means your nervous system and your immune system always work together which means your brain can be a hot mess because your immune system is a hot mess

and it can go the other way around at the same time. But you can't drain toxins from your brain and they live up and through here. You get poor oxygen flow to the brain and then maybe, just maybe, that will influence how your brain interprets pain

because the neurons that sit in your brain are the most metabolically active tissue in the body. There's a lot of metabolic activity in your brain from the kajillions of neuronal firing. So what

does that mean? When something's highly metabolic, a lot of energy it's a lot of energy processes.

And when you have high metabolism, you have high waste at the same time. And then so your brain is living in sludge and you're wiring and you're firing to be able to give you what they call that neuroplasticity so you can think and link and make new pathways is going to be compromised because you can't train your brain.

That's the stuff that they're really seeing now in studying the brain that's really taken off is that, holy cow. The brain actually does communicate with the immune system and it drains into the Lymphatic system. And just this week, they actually discovered a new layer of the brain, the coverings of the brain.

I mean, think about that. That's absolutely astoundingly incredible. Just when we think we know it all, we discover a new layer around the brain. It's called part of your meningeo layers and it's intricately linked to the Lymphatic system. Yeah, I talk about this in my book too,

this sort of semi recent discovery that the brain, when you're sleeping there's sort of what they liken to a dishwasher effect of the cerebrospinal fluid in your brain where the brain is trying to clean itself and fluid is washing in and out of your brain, trying to be detoxify.

And the reason that sleep deprivation makes people. Insane over time is because all of these toxins build up in your brain while you're awake and they really don't get flushed out until you go to sleep, for the most part, right? 100%. Absolutely. So people struggle to sleep and then I'm going to kind of turn around and say, well, maybe you're struggling to sleep because you got so much brain waste.

Which came first, the chicken or the egg? Yes, probably both. Right, so people don't sleep because they're strung up with stress high, cortisol at night they're staring at the ceiling, they're in sympathetic dominance. So the brain just stays that way and you can't sleep. Then, of course, stimulants and coffee don't help either.

Yeah, exactly right. So they're just slamming that stuff in left and right and then stack on that, the poor breathing where you don't use your diaphragm because that drives the cerebrospinal fluid, so it actually helps pump the waste from your brain. If you go on YouTube, you see some really cool pictures when they speed up, how much the brain stem actually pumps when you have good diaphragmatic breathing.

And when you breathe through your nose, like just breathing through your nose helps your brain train. Breathing through your mouth will destroy it. How is that? Can you explain that? Yeah, you have about a week, but basically the big part of it is that I'm going to kind of talk about the role of the tongue because I talk a lot about the tongue.

Nobody ever talks about the tongue because it usually doesn't hurt until you bite into it. Then you're like, wow, that really hurts. Most people breathe from their mouth open instead of their nose. A lot of it's just because you forgot how to breathe through your nose. Stress kicked in, poor posture and things like that.

But with your mouth is open, the tongue lies flat in what's called the floor of the mouth at the bottom, this way and that compromises the airway. So you actually decrease the amount of airway going down and it changes the alignment of your whole body from your head all the way down to your toes, and it causes excess tension up in the muscles of your neck, in the front and in the back.

And then you're not breathing through your nose. So automatically when you do that, you decrease the amount of oxygen that reaches to your lungs and you decrease the amount of what they call nitric oxide. That is what's called a vasodilator. When you breathe through your nose, it helps you dilate your blood vessels.

Well, that's good because it expands and you can get more stuff to things. Right. That's a big component of draining the brain. And people sleep at night, they sleep with sleep apnea. They snore or the tongue is the mouth is open like this and. Gets dry, and then you get periodontal disease.

You get gum disease. You got limp in your teeth and in your mouth and in your tongue, and that dries up. And then that's a whole other bag that we're dealing with. But so that shuts down the whole pump mechanism. When you put your tongue, it's a roof of your mouth, and you seal it up at the top, the whole thing, the tip and the back, like this way.

What that does is like a hydraulic pressure pump system. It changes how the pressure moves throughout the body because it's stuck to the roof of the mouth. When you do that, you'll automatically pull your head back closer to your shoulders. You'll line up your airway here, which will change how you engage your diaphragm.

And you'll help pump the Lymph. This is the roof of your mouth and all around your head. So everything in the body works based on pressure. Nothing moves without pressure. And you have what's called fluid hydraulics. That's how fluids move based on pressure systems of the body. The diaphragm is a hydraulic pressure mover.

They actually consider, in osteopathic medicine, the tongue to be a hydraulic amplifier like your diaphragm. They actually call the tongue its own diaphragm because diaphragm is just a word for pressure. So if you lock your tongue at the roof of your mouth, it will automatically improve how you use your diaphragm down in your abdomen.

So mouth breathers are always, always going to struggle. Now, here's the thing that happened to me. I was really sick, and I had a lot of mucus and phlegm and sinus congestion and clearing

my throat. And like you mentioned before, right, that's a mechanism that your body is trying to eliminate things, but it's also a coding, a protective mechanism.

It's going to try to surround things for you. So I was clearing my throat all the time, but I couldn't breathe through my nose. So even if you told me to put my tongue at the roof of the mouth and then try to breathe through my nose, I would say I cannot do that.

But when I started to do the Lymphatic work, then everything started to move, and then the stuff started to get out. And then my immune system said, okay, guys, we can back off the mucus now. And then I can start to breathe through my nose. So it cycles back to what I told you the first time.

Work your Lymph, then stick your tongue at the roof of your mouth, right? And when you sleep at night, you're not moving a lot, right,

hopefully because you're asleep. And then you're breathing through your mouth. So you shut down your pump. So that's why a lot of people struggle to sleep, because the inflammation gets worse at night.

And then when you wake up in the morning, you feel really fatigued and tired. But a lot of times you're like, my whole body is stiff and it's tight and it takes me a while to get moving. Kind of like the Tin Man and the wizard of Oz. That's a classic sign of a poorly functioning lymphatic system and vascular system.

But this is what's really important for people to understand. I know I said that term a lot because there's a lot of important things.

The brain itself is going to drain its waste to the same place, to the collarbone. It's got to go down. That's gravity. And then my next thing is, what happens if you're blocked at the collarbone? What happens if you're blocked in your drain point? Well, then the waist has got to stay up.

It can't come down. If it comes down, it's going to trickle down. Right? So if you have blocked pressure in your abdomen, you have blocked pressure in your collarbone because of the poor diaphragm and poor length, you can't drain your brain.

So when they talk about the gut brain axis, you may have talked about that, and people have heard that the gut and the brain work with each other through the vagus nerve. But it's also that instinct, that gut feeling that we've all chosen to ignore but we don't pay attention to.

There's way more to that than you think. Because I'll contend that if you're blocked in the lymph in your abdomen, it's going to be really difficult, if not physiologically impossible, for your brain to detoxify itself

because of the pressure system. Now, what does this all mean? It means this you can't isolate one region of the body. There's no such thing.

They all work. That's what stop chasing pain means. People say where that name came from? Well, it means this you treat pain, but stop chasing it. Chasing it means wherever you point, I'm going to work on it. Wrong.

I'll start there and I'm going to touch there, and I'm going to talk to you about what hurts there because I want to show empathy for you and I want you to see that I understand that you're in pain. But when it's chronic pain, I already know one thing.

It's not coming from there. Automatically know that it's going to be coming from somewhere else. And it could be two, three, four or five different places that it's coming from. But what I have to do first before I do anything, is to make sure that the lymph flows and the blood flows.

Because if I don't, you're really going to struggle to get well no matter what I do. Right? And that that's how I want people to begin to think is if you have an area that hurts and you point to it, think about the bigger picture of how that relates to that place that hurts in relationship.

Shift to Lymphatic flow and blood flow. That makes sense. Makes a lot of sense. And this is something we talk about a lot, too. And I learned about in 2004 when I was trying to get well from cancer, as I was learning a lot about the lymphatic system and how important it was to detoxification and how important movement was to move the lymphatic system.

And like you mentioned earlier, the lymphatic system, it doesn't have a pump. Your heart pumps your blood and it's going to keep pumping. Your blood, whether you're awake or asleep, walking, laying down, your heart keeps pumping. But your lymphatic system, it only moves when you move. And so everybody's seen this example.

When a person is bedridden, the longer they're bedridden, the sicker they get. They get bed sores, they get lymphedema, which is the build up of lymphatic fluid, because they're not moving and nothing's moving the lymphatic fluid. And then it just gets stagnant and it putrefies and it builds up. And when you move your lymph, you're moving it to these organs that help your body detoxify. Your liver, your kidneys, your elimination through your skin, et cetera.

I think that's so critical to understand because it's so often overlooked. So what are some practical things that people can do in terms of Lymphatic massage or the things that people can do and focus on just at home or in their daily routine in the shower, like skin brushing or their special stretches?

What are some easy things people can add to their routine? That's a great question. So the most important first step in changing your lymphatic system is the awareness that you have one

and that you should,

because you can't control something until you become aware of it. Right. And then what can you do? Well, we've already gone over a couple is that one you can start moving more of yourself. Like a great one is, how about you just walk? That's a really awesome one because that's a pump.

And then another one is you can just jump up and down in place or on rebounders, but you were born with rebounders. They're called calves.

And the calves are important because that's called your second heart in Eastern medicine because that pumps the vein flow and the Lymph flow back to your heart. So if you have stagnation in your calves, you're going to be in big trouble. That's the first sign of a lot of disease in the body, is swelling in the feet, ankles, and behind the knees, which is one of the things that you see in a lot of people.

Right?

So those are all great. Just jumping up and down, breathing in and out through your nose will move that as well. So here's a novel idea. How about you jump up and down and breathe in and out through your nose? Jumping jacks, baby. Right? Yeah, jumping jacks. Which is not easy for a lot of people.

To do, right? Yeah, you'd be surprised, right? If you haven't done jumping jacks since you were a kid, it doesn't take very many jumping jacks to start to feel pretty fatigued. Yeah, exactly. It really is. And it takes a lot more coordination than people think it does. It may take you a while to dust off the dust balls there and your brain and your nervous system.

So dry brushing can helpful, right? But dry brushing is going to be more for your superficial lymph near your skin, which is awesome. But here's something I want people to keep in mind, because when you work the lymphatic system, you can but you shouldn't just arbitrarily start rubbing anywhere.

You want to influence the limp because everything moves limp. But you need to have an organization to it and a system to it of where to rub 1st, 2nd, 3rd, 4th, fifth and 6th based on one thing. Pressure. Right. So if I have the time, it's really critical that I explain this

works on pressure with the veins and the lymph. Now, when you start to study fluid dynamics called hydrodynamics, there's a law in fluid dynamics. High pressure of fluid always goes towards low pressure. If you remember that, you can figure out lymphatics. High pressure always goes towards low pressure. The easiest way you can envision that is a water dam that's been built where all the water is on one side and no water on the other side.

When you open up the doors on the dam, the water automatically goes where all to the low side. Because that's easy. You remember where I told you the lowest pressure in the body is for lymph and veins? I do. May I raise my hand and answer? Yes, sir. It's right here.

Above and below the clavicle. Right. The subclavian vein that sits right by the subclavian artery, which is the big flow pipe to the blood flow to your brain.

So if that's the lowest pressure, where do you think the highest pressure would live? I'm going to guess your feet. Exactly. The furthest distance away. The feet, the hands. And what about above your brain?

So if you get clogged at the collarbone, the hands pay the price, the brain pays the price, and the feet.

So what that means is this. Everything in your foot wants to get to the neck. Everything in your hand wants to get to the neck. Now, the majority of the lymph in your body goes to the left side of your neck. About 75% of the lymph goes to the left side of your neck.

25% goes to the right. Just remember this. Everything down in your abdomen, men in your legs goes to the left side. Okay? Now. Trying to get up there, but to get there, it's got a long way to go. It has to clear all those clusters that we mentioned before.

It's got to go past the knee, it's got to go past the groin, it's got to go past your abdomen, it's got to go up your spine, then it's got to go to your neck. That's a long way to go, right? So what that means in my world is this is that when you know that high pressure goes towards low pressure, you don't start brushing in your feet,

which most people do. You don't start brushing in your hands, which most people do, and they brush towards the collarbone, which is great, which is where it's want to go. But I'm going to ask you this. What if you're blocked at your collarbone?

What if you're blocked in your abdomen? You're sending stuff that's low to blocks higher up, and it's just going to ricochet right back down. So that's an easy problem to solve. It's this. You always work from the collarbone up to the top of your head, and you always work from the collarbone down to your feet

after you do that. Then you can brush and the hands and the feet and stroke towards your collarbone all day long. But you have to start from the collarbone out. So we teach a technique that's called the Big Six method,

where I isolated the biggest lymph node clusters in the body that have the most blocks to have you unclog those first, because if I unclog those first, guess what? All of the smaller ones, the furthest away, can now go past the blocks. So you automatically improve everything when I

remove the big choke points.

So I'm going to tell you what the Big Six are, and the Big Six will change your life.

But I will preface this. Whenever you begin to do lymphatic work, particularly if you need it, I already know you struggle to detox.

And when you start to unblock things, stuff starts moving and stuff has to get out. So you're going to feel worse before you feel better. That's not a bad thing. I just don't want you to be blindsided by it. I want you to be ready for it. But you'll begin to improve slowly over time.

When you do the Big Six, it's not too much. So I found that it's easier for people to get into this system without overloading themselves. And before you do the Big Six, I need to make sure that you are well hydrated and you have some water in your system before you do this.

And people always ask me, how often can you do the Big Six? Once a day is preferable, unless you have a detoxification reaction, which means you feel pretty crappy. You can feel tired, fatigued, lethargic. You could feel a little sick. Your skin can get worse. That's. Okay? Don't do it again until you begin to improve a little bit in how you feel, because you don't want to overload an already overloaded system because you're going to make yourself worse in the long run.

Okay? Go slow and easy. And then people say, Can I do it in the morning? Can I do it at night? Yes. It's up to you. It's whichever one you like, whatever one you're my dog, whatever one you resonate with, okay? So when you work these areas, the order never changes.

You always have to go 123456 in this order. That's the big concept. Now, how you stimulate it can vary, which means that you can rub it. You can go light, you can go deep. You can use a brush. You can use a guaca tool. You can use a vibration ball.

You can use whatever you want, whatever you feel comfortable with, whatever you like. Just do not cause pain.

And you don't have to spend a lot of time there. People say, how much time do you spend there? Yes is the answer. Just explore. Feel it. Don't think so much. Just feel it. So spot number one is above and below the collarbone. So one of the first things that I look for to show me signs of an overloaded lymphatic system is if there's puffiness and swelling above either collarbone.

If that's there, you need some work yesterday, okay? But it also tells me you got to go slow. So I usually tell people, just massage above and below the collarbone on your own, lightly with your hand. Circles work really well one way, then the other way. There's no magic speed.

There's no magic depth, because tissue moves everywhere. I usually say start with about 10 seconds to 20 seconds easy. I don't care which side you start on, as long as you do both. Then

you do the other collarbone above and below, okay? This, to me, is the most important place in the body to work every day.

I work that spot. No matter what hurts on you, if you come in with a hangnail, I'm working your collarbone first. And I'm not kidding. Right? That's number one. Number two is the largest lymph node in the neck, and it sits on the side of the neck way up high, right behind the angle of your jaw and below the lobe of your ear.

So if you put your fingers up there, you'll find a space behind the angle of your jaw. And if you're doing it now, you may feel it's tender, puffy or swollen. That's extremely important. That one. That one drains the tongue and the oral cavity and the brain.

And here's a cool fact. The vagus nerve passes right by it dollars. So if you're blocked here, you're going to have a Vegas. Nerve problem, which means you're going to have an inability to control stress.

Number three is at the shoulder, PEC armpit. That's called your axillary region, pectoral. This is the one where women who have breast cancer this is a big one, right? Because it gets congested a ton. So that's the one where I have people rub along the pectoral muscle, go underneath it, kind of where the armpit is, and I even have them grab that PEC muscle and massage it a little bit, almost like you're just kind of massaging like a pizza to pie dough.

Like just get in there and ease it up a little bit. Then you do the same thing on the other side. That's spot number three. Spot number four is the abdomen,

the navel and above. So this is the one where I have people put both hands on the belly and you just start to rub. You press in light on the skin and do circles one way, other way. You go up and down sideways. Then I want you to start pressing it a little bit deeper.

Just giving yourself a nice, comfortable abdominal massage.

You don't have to go very deep to make a big difference in here. And in Eastern medicine, they'll tell you if you massage your abdomen 20 minutes a day, you'll change your life. And I agree with that.

So spend some time in the abdomen then. Number four is the crease of the groin, where when you sit, your pant leg creases, those are called your inguinal LEP nodes. And those sit right across all the blood flow and nerves to your legs.

So there you massage right around the crease of the groin. The whole thing rubbing in there. You can even do little taps, hits on the body. That's like a chigong technique they teach in Eastern medicine. So you rub the groin on both sides. Spot number six, the last spot, is behind the knees. So you place your hands behind the knees. You go behind it, above it, and below it.

Rub there, slap there, tap there.

They call that the magic backpoint in Eastern medicine. I think it's part of your bladder meridian because it really helps ease tension in the lower back. But that's a big block point for swelling and inflammation and poor blood flow in the foot. So that's the big six. So if you do it in that, you do not go 654321.

You do the big six, then you can dry brush everything else. You do the big six, then you walk, do the big six, then you jump up and down. That makes sense. Why? Because I just unchoked your big block points. So now everything can go because in those area.

Is you don't just have Lymph.

Lymph always travels with nerves and blood flow.

So if I free up those regions, nerves feel better, blood flow goes better as well. Because nerves are going to tell you they're not happy by sending you pain when they can't get oxygen, and they ain't getting oxygen in if you have poor blood flow and poor Lymph flow because the nerve starts to die.

And when nerves start to die, they scream louder, which means tingling and numbness and pain.

So let me see if I remember what you said. Above and below the clavicle. That's spot number one. Two is behind the jaw, under the ears, right here. Three is your pecs and your armpits. Yes. And therefore is your abdomen above the belly button. Belly button and above. Belly button and above.

Got it. Five was the groin, the crease when you sit down on either side of the groin. And then six was behind the knees. Correct. The big six. The big six. Got it. So you did low pressure towards high pressure. That's what you did. Because that's how fluid that's physics, man.

That's all that is.

And then here's the thing. It seems so simple and basic. One, because it is, but then it also seems that's so simple that how can it possibly do anything to make me feel better? Well, I just told you why. It's going to be something where you're going to say to yourself, that's the craziest thing I've ever felt in my life, man.

I mean, I just rubbed those six places like that and I feel different. I move different. Body parts start to change how they move and the sensations that you feel in there. Because in my world, it's about one thing, how fluids move.

If you don't have that, nothing works right.

In my experience and how long I've been teaching this stuff, probably one of the most important things you can do for yourself the rest of your life, for self care, to feel better and live longer.

It's amazing. I love the fact that you break it down into simple steps, too. And I'm excited to do it now because I definitely have massaged those areas, but never in a systematic way, of course. I love the rebounder. Been on those for years. I'm an avid exerciser, six days a week. I feel like I do a lot of things right to keep my Lymph system moving. And I don't stay seated for long, so I check a lot of those boxes. But the one thing I do not do.

Is lymph massage. I don't have a habit. I don't have a routine of doing that. And I'm excited to incorporate that and see if it makes a difference in how I feel. Well, you know what? I have to tell you that I had cancer about 22 years ago.

I had thyroid cancer, and it metastasized to my neck. So I had to have a thyroidectomy. It complete one. And I actually had quite a substantial bit of lymph nodes in my neck removed. But at the time, I wasn't focusing on the lymphatic system because I just didn't know.

And after I went through the surgery and the chemo, I thought, okay, I'm good. Right.

That came back years later to hit me in a different way. So now that I know better, I believe that my lymphatic system was compromised for a lot of years prior to me manifesting the cancer, especially with stuff that I read right now in that article I just told you.

But also, I didn't take care of the environment after my procedure. It just came out with my autoimmune disease that I got. And here's another cool thing.

You can notice a substantial change in your body weight overall when you do lymphatics, because people hold on to a ton of swelling, inflammation, edema, and body fat when they have a lot of toxicity in the body, because fat is a protective mechanism, and it surrounds toxins to keep it away from the other vital structures.

Right. I'm glad you brought that up. And so does water. The body holds water when it's in a toxic state exactly. Because it tries to dilute the waste that's sitting around the cells. Yeah, it's like this. Everybody knows if you eat too much salt, you swell up. That's your body's response to salt.

Excess salt is toxic and harmful, and that's why you retain water if you eat too much salt. It's also why if you ever eat ice cream right. Especially like chocolate ice cream, you get thirsty. Well, that thirst response is your body saying, whoa, whoa, too much sugar. Too much sugar all at once.

Like, give me some water to dilute it. Yeah, exactly. So that's an added benefit where and that

happened to me because I'm into health and fitness and training. I've been bodybuilding since I was 14. I probably forgot more about nutrition and training than a lot of people know, because I've been doing it for so long.

But I just could not shed the pounds until I started doing lymphatic work. Then I lost 30 pounds of inflammation, swelling, and body fat within a month. It wasn't all body fat, but it was inflammation. And then I started to think about this logically. When you train and you exercise and you go for the burn, what are you doing?

Well, you're breaking down cells, and you're destroying cells so you can make more new ones and stronger. Ones and more resilient ones. But you're creating waste, my friend. You're creating waste on an already overloaded system of waste. And then you make yourself worse. That's why some people, when they exercise, they say, I can't exercise because I feel worse.

Then I'm going to say one word fish tank. Work your fish tank. Then you can go and you do that. And then I just never put the two and two. Now that I see it, I can't unsee it. It's like right into mashe Feldman, christ of movement expert, calls it the elusive obvious.

Just like, holy cow, it was there the whole time. How can I not know this? But when you do these things, and I told you, with the Big six in the lymphatic system, this is why it's like a grassroots thing, because people feel changes very quickly. Very quickly. I'm so glad you brought up those two points right here at the end because they're so important.

I mean, one, the fact that just getting your lymph system moving obviously helps your body detoxify, reduces inflammation, and then reduces the need for your body to hold on to excess fat and water and promoting weight loss. That's amazing. That's really fascinating. I had never connected those dots before.

We see that in our community all the time. Weight loss happens when we have people start exercising and radically change their diet. I mean, it's just a natural byproduct. But actually just moving the lymph system, contributing to that is really cool. But then the other thing you mentioned about exercise aggravating chronic conditions, and that makes perfect sense to me too.

Yeah, you're causing muscle damage for a good reason, right? But you're causing muscle damage, tissue damage, cell death and producing lactic acid. And

this is why we also encourage in our community of people who have cancer and they're trying to heal, is not to engage in extreme exercise. Like don't start training for a marathon or a triathlon. You don't need to go start bodybuilding. You need movement, for sure. You need daily exercise, you need fresh air, sunshine, you need to sweat moving your body head to toe.

But exercise that is more aerobic in nature and with moderate strength training, but not just like

strong man competitions, even CrossFit can be a little too aggressive. But yeah, that is really helpful. Yeah, that's honestly a big one. That so resonated with me and all the people that I because I see a lot of chronic pain and auto really sick people that end up finding me.

I had an interesting guest on my show recently. I read one of his research articles and it just gravitated towards it. And his name was Dr. Garamo Oliver, and he's an expert on the immune system and he's looking at lymphatics. And something he said to really hit home is that people only think they have a lymphatic system problem when they have something like lymphedema.

Right. If a body part is swollen, then you say it must be Lymph or Lymphoma. Yeah, but then he says there's a lot of what they call comorbidities. There's many things that are linked to a poorly functioning Lymphatic system that they're not looking at a relationship even though there is.

And here's a couple of big ones that they found a Crohn's disease or Lymph Glaucoma or Lymph, obesity with Lymphatics. And that's just the tip of the iceberg of the stuff that they're finding connections to. And I think it's the list is going to keep growing now that they know more to focus on that. Well, our conversation also reminds me of a book I read years ago called Toxemia explained by Dr.

John Tilden. And this was written in the early 19 hundreds. But even then he was basically making the case that Toxemia is the root cause of most disease. And this is what you're saying, the buildup of toxic metabolic waste in the body and the buildup is there because the Lymphatic system is not flowing at optimal levels.

Like you're not detoxifying properly. I love the old school books, man, because they had a different thought process back then. And then I'm really influenced by osteopathic medicine. And Andrew Taylor Still who discovered osteopathy, he talked about Lymph and blood flow back in 1890. Like this guy was ahead of the curve, like he wouldn't believe it's.

A central tenet of his work. And I can't remember who the doctor was. I usually quote it in my workshops all the time and they say, I don't care what your doctor calls it. It always involves toxicity

because what happens is that you get inflammation in the body and inflammation is the cause of all these disease labels and diagnoses that you get. Yeah, every itis is inflammation. Get them through inflammation. It just manifested differently based on the person and their lifestyle, their habits, all those sorts of different things.

So people can get two different things even though it's the same underlying driver of inflammation that's there. So it always just fall back on. Just go to your basic checklist like a box. I always reference this like if you're taking off on an airplane, they have a checklist they got to go through all the time.

It's boring, but you got to do it. Okay, I got wheels. Check. I got a pilot, check. Stewardesses? Check. Right.

Fuel. Because you don't have those. You're not getting very far even when you do take off. And that's what I do with Lymphatic. I don't know how much of a role it's playing. It's going to play some why because nobody's ever looked at it on you before. So I'm going to just check the.

Box. And if the box is good, well, then that's perfect. I'm going to put it off to the side so I don't have to worry about it's removed off the chessboard. But if it's not, that's such a key player that if you don't take care of it, all the other checkboxes are only going to get you so far. Does that make sense? Yeah. So it's always ruled out and it's always assessed. And what I found is it's what I call the force multiplier.

That's the term they use in a lot of different industries, but it's really big in the military. And that is where if I introduce this one thing into whatever I'm doing, everything improves throughout the whole system. Yeah. Your output is increased exponentially from one change on the front end.

Yeah, because people need to remember, in physiology, the body is nonlinear. It's not linear. What does that mean? It means that something that you do that's really small,

you can get a huge output on the other end. Like you're like, that's crazy, I just did this and that happened. But it can also go the other way, where I can do a nuclear bomb on you, a therapy, and then nothing changes. But you can go both ways.

One of the reasons you don't get better when I do a nuclear bomb is I just did too many therapies beyond your body's capability to do anything with it. It's just like, that's great, but I don't know what to do with it because you hit me with everything you got.

I'm just not doing anything.

So people think that if you do small, you get small. That's not how it works. That's why with the six places, it seems like it's no big deal, but that's a huge non linear force multiplier. But you're going to get a tsunami, my friend, of something

that's really amazing. This has been so informative, and like I said, I'm excited to start this routine on myself and see what happens, see how I feel. I think I want to encourage everybody watching to do this. It costs you nothing. Right. Just take a little time, a few minutes each day, five minutes, ten minutes, and start working on the big six.

Massaging your Lymph, moving your limp, in addition to the other things you're doing to help yourself heal. And yeah, it can only help. It won't hurt. But I do appreciate your disclaimer or caveat, which is, hey, you might have a reaction. You might feel a little worse before you get better and pay very attention to how you feel once you start incorporating this practice.

It's kind of like fasting. If you do a fast, typically you feel worse before you feel better. So it's part of the healing process, the herzeheimer reaction. It's a known thing. So don't freak out if you feel bad after doing this. Like, you didn't hurt yourself, right. Like, you'll be okay, but just be aware.

Like, oh, wow, my body's responding some. Something's happening. Yeah, I'm glad you brought that up again. It's a safe bet that you can think the longer you've been suffering with something,

you're probably going to get some type of detoxification reaction. But I'll tell you what, sometimes I've had people I see this in athletics a lot. Athletes are really great at compensation and covering things up, and they're some of the most inflamed people I've ever worked with in my life.

Oh, yeah. State of always on and breaking stuff down. And they may have a poor recovery program. Yeah, I'm so glad you brought that up because I actually was like right on the top of mind. I wanted to ask you before we end the interview, do you have any specific advice and even this is for me too, because I do vigorous exercise.

I really enjoy it. And do you have any specific additional recommendations to reduce, let's say, muscle soreness and improve recovery? Yeah, that's a great question. That's a great question.

Here's what I usually tell people. One, make sure, obviously, that you're hydrated and you get your electrolytes and your cell salts because it's not just about water. I'm sure you cover that with people, but it's also how you time the Big Six. Okay? So I need to make sure that you can tolerate a Big Six on its own by itself.

You'll do that once, and if you do okay with it, then I know you're ready for the next step. Okay. So let's say you're going to do something before you train, before you run, before I go bodybuild, or I'm going to go hashtag beast mode monster. Right. Whatever I'm doing, I want you to do the Big Six method first thing, because what that's going to do is it's going to get the blood flow going and the primary joints of your body.

But when you rub those areas, you also increase what they call proprioceptive awareness of your joints in your brain because I just rubbed it. So now your nervous system in your brain has a better awareness of your primary joints. And the more aware you are of your joints, the less likely you are to hurt yourself and you'll have much more efficient movement because now there's better feedback.

You follow? Yes. Which is the basic philosophy of warming up. Yeah. It'll improve your performance when you do that. So if you have a favorite warm up routine that you like to do, all I want you to do now is do the Big Six prior to that because now I'm increasing the flow.

Now let's say you go beast mode and you had a great session and you created a lot of waste

and tension. So you're going to probably get delayed onset muscle soreness. The metabolic waste has got to get out. So now what I want you to do when you're an athlete and you've earned the right to do one Big Six after your training, session, you do a big six again.

Why? Because now I'm going to ensure the waste removal part that you did after that. And then you add that little bit of jumping up and down that you did for about 30 seconds to a minute, breathing in and out through your nose. Probably the biggest area that I tell athletes to focus on when they're in an elite level is, one, because I find that elite athletes do a lot of the best of everything, but nobody works their limp because they just don't know.

And sometimes that can be the difference between that person standing on the podium getting gold or silver when you introduce the limp is to start to spend a lot more time, even when you do the big six, doing some abdominal massage. Work around your navel and up underneath your right ribcage and your left rib cage, because that's where your diaphragm sits.

And the biggest reason I want you to do that is because, one, that's where most of your lymphatic system sits. But two, you're really going to influence your liver with that. And your liver contributes up to 50% of the lymphatics into the abdominal gut lymph. And that's really important for people to understand that have been sick for a while or struggling for a while, because if you're blocked in the abdomen, it's going to go back into the liver and the liver is already overloaded from things that you've got. So you free up one of the biggest blocks that you have in your body, which is the navel and the space halfway up from the navel to the bottom of your sternum.

That region there, that's also where you might have heard the term your solar plexus or your celiac plexus in there. It's very, very tense. It's very, very tight. And people hold a lot of emotional trauma, tension and shock in that region. And I want you to think about this one thing that we covered before.

Remember when we talked about when you want to pull away from the world and you want to curl up into a fetal position, really tight when you hug your knees and sometimes you just want to cry?

Well, when you curl yourself forward, where do you think the greatest point of tension is when you curl your abdomen? The spot I just told you to stick your fingers in. So a lot of people will feel emotional when they go to that region. And sometimes stuff comes out when you're doing it, or it may come out later, within 24 hours. I tell people that because I don't want them to be frightened if it happens.

When you say stuff, you're talking about emotional stuff. I'm talking about you'll just stand there and you'll start ball and

you're watching Netflix and all, so why the hell am I crying? It something like that could just

come out.

That's that gut brain. We push things down, right? We smother it. Don't let it out, man. Don't be you don't complain about the pain, blah, blah. And then it's got to go somewhere, and that's where it goes. And here holy cow, guess what?

That's where the biggest pipes of blood flow reside in your body. Your aorta sits there.

That gets tight, too. Your vena cava, which is the vein flow, sits there. And you can tell I've quoted Eastern medicine a lot because I love their approach to things because it's full body. They'll tell you that most illness will happen because you have stagnation in the blue blood.

The blue blood is the vein, and most of your blood resides in the veins. At 1.70% to 70% of your blood to 80% hangs in the veins, not the arteries.

So, once again, that's why you want to work the length, and you want to massage her. But nobody ever goes to the abdomen. You know why they never go to the abdomen?

Because it never hurts. They don't complain of pain in the abdomen. But here's the thing. They hurt everywhere else. And then that's when I say to them, how do you know the abdomen doesn't hurt? Have you ever stuck your fingers in there to find out? And I guarantee you one thing.

When I stick my fingers in there, it's going to hurt, because I know that's where you're holding a lot of things. And here's a beautiful thing. When you rub there, you say, wait a minute. My back feels better. My shoulder feels better. Actually, my foot feels better,

because you just released one of the biggest tension points in the body that you did not know about, and you changed how fluid moves in all four corners.

That's a check the wind box, man. I mean, I would do that every single day of my life. And people listening to this, you should. That's awesome. I'm just picturing people watching and listening now. They're all feeling down in there, rubbing around in their abdomens, like, what's going on down there?

But it's great. I think this was such an awesome, informative interview because there's so much actionable information here that people can take and put to practice. So I want to be respectful of your time we've gone over and Dr. Perry Nickelston, I just want to thank you. This has been really cool. Yeah. And how can people find you?

Where can they connect with you? Thank you very much. I had such a wonderful time spending it with you and your listeners. I'm very grateful and honored for the opportunity. I love Lymph. That probably came across it's. Really easy to find my work. You just type in three words, stop

chasing pain.

My website will come up. That's the central hub to take you everywhere, to run every social media platform you can think of. Instagram probably the most at this point, likely an unhealthy amount, but it's easy to get sucked in.

And then you can see all the stuff that we offer from our own education and stuff. And I do you physically still see clients in my office? Because I'm in New Jersey, just outside New York as well. But, yeah, that's the easiest place to find me. Thank you. Next time I'm in that area, I'm going to have to look you up.

Oh, for sure. Yeah, that'd be great. It'd be fun. Great. Well, again, thank you so much. Thank you, everybody, for watching and listening. Please share this interview with people you care about. Obviously, this information is really important and can be incredibly beneficial, and so help us reach more people by sharing this interview.

Liking it. Subscribe to my channel and make sure you Google Stop chasing pain and follow Dr. Nickelston. He's got a lot more information than we even talked about today, so I know he could probably help you a lot if you are dealing with pain. So, again, thanks for watching, and I'll see you on the next one.