



**THE SPECTRUM  
OF HEALTH**  
— P O D C A S T —

Podcast Session #53

***“Bio-logical” Medicine and  
the Lymphatic System***

With Kelly Kennedy

*Dr. Schaffner speaks with Kelly Kennedy, the Executive Director and Biological Investigator of The True Wellness Center. They discuss the lymphatic system, biological medicine, and Kelly’s journey to transform both her own health and others’.*

You can visit The True Wellness Center online at:

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**Dr. Christine Schaffner:** Hi everyone, it's Dr. Christine Schaffner, and thank you for joining me on the Spectrum of Health Podcast. Today, my guest is Kelly Kennedy, and we have so much fun talking about the lymphatic system, biological medicine, Kelly's own personal journey of how she recovered her health, and how she transforms the lives of so many others today. Our topic is all about flow, the fascia, the lymph and how they are all related to your overall wellness. So please enjoy the podcast. Welcome Kelly, I am so excited to have this conversation with you today.

**00:41 Kelly Kennedy:** Oh, me too. Thank you so much.

**00:43 CS:** Well, as synchronicity had it, we connected a few months ago and found we had so much in common. I met you through our mutual friend, Dr. Pompa, at his conference, and you have this wonderful lymphatic equipment that you're going to share with us. We've connected because we know a lot of leaders in bioregulatory medicine, and I know that is how you practice and how you guide patients and clients. For those of us who are new to bioregulatory medicine, what does that actually mean? What can we share today about what bioregulation is?

**01:19 KK:** Bioregulatory medicine to me is essentially what's going on right now, it's the beauty of the new lieu of the environment inside. It's not about the germ outside, it's about my environment inside, and the ability of that environment, the spaces between my cells, to be able to compensate for the internal and external stressors that our body is up against. Because that's all of life. Can we compensate for what's happening internally and externally? And if we can, then we have good regulation. And regulation is a sign that we sleep well, we poop well, we maybe get a little sick and we recover, that's

proper regulation. Everybody's up in arms right now, obviously, in regards to the Coronavirus, and I know we've spoken about it individually to our colleagues as well as to our client base. And we're not nearly as concerned in this fear because we know we've lived right. And we've done the right things for our health and our bodies to make them strong, we've eliminated the blockades to healing for us and our client base, so we're sitting back on, "Okay, this is the time that our medicine can shine." This is the time that people need to understand the European approach to science is understanding the pleomorphic concept of the body's ability to regulate or the inability to regulate is health. Because the only thing that heals in the body is the autonomic nervous system and its ability to go back and forth between the fight-flight mode, which unfortunately is what so many people are in right now, with all the fearing, {and rest and digest mode}. Everybody's more stressed out, and that's only allowing the virus to take hold easier. Versus, those of us that are sitting back and going, "This is the greatest couple of weeks or months of my life because I get to spend more time with my family, I don't have to live that fast pace, I can relax, I can recover. And when I can relax and recover, I can digest my food, I can sleep, I can heal and I can again, recover through everything my body's up against." That's regulation, that's the ability to compensate for life.

**03:41 CS:** Love it. That was so succinct, and it's really a completely different paradigm that we're talking about, trusting the body's ability to self-regulate, and regulate and heal whatever stress is given. This is a very different idea than just traditional germ theory. Of course, we want to honor and respect that there are certain pathogens that we need to support our bodies with, but again, if our body can compensate and regulate well, it can really withstand whatever stress comes its way and have a proper immune response rather

than a catastrophic response. That's been my perspective as I went through naturopathic school and again when working with Dr. Klinghardt, who obviously is a big believer in European biological medicine. I think there's a huge opportunity, as you said, to really empower people right now because the world is a very, very scary place when we think that we're just in this random process where any germ or any bug can get us at any time and destroy our lives, and it's a very, of course, feared and panicked place to come from.

**04:53 KK:** And what you said, Christine, is brilliant, because it's the trust, the trust in the body. I got forced into this world...I was pre-med at Cornell, I wanted to change the world through Western medicine. My father had cancer multiple times, I was totally on that path, then I was in a car accident. I was told I was going to live in pain for the rest of my life and to manage my pain. And then my father had a couple of strokes that same year, and he died at 55. I lifted my head up and I was like, "Western medicine manages pain, they manage illness, they don't actually heal anything, and I have more faith that my body can heal through this." I went to eight specialists in three states over the course of three years. Pain specialists, orthopedic specialists, neurologists. And everybody had the same answer, "here's our prescription, manage your pain." I kept saying the same thing to them, "I have more faith in my body that it can heal itself." I didn't understand it, I just knew in my heart that there was something inside my body that God created, an amazing machine-- and you're telling me, I rolled over in a car, I compressed a couple vertebrae and now I'm going to be in pain for the rest of my life? I don't think so. Come on now.

**05:57 KK:** There's more in this body that can heal than just that. It was structural. So through my course of the last 23 years, I've been on this journey, I'm

pain-free, drug-free for so many years, I can't even remember, but through the process of this Coronavirus over the last three weeks, I've been sitting back going, "Oh, thank God for my understanding of the human body and knowing that I have faith in my body, that even if I get the Coronavirus, my body can handle it because I do the right things for my body. I eat well, I sleep well, I have joy in my life. I spend time outside, I eat good organic food, I eat live food, I don't eat a lot of cow dairy, if at all. I do things for my lymphatics, which is my drainage. I make sure if I have toxins come in that I can get the toxins out. I'm sure, Dr. Christine, you would agree at this point in our life, that's what we're up against, right? Can I get the toxins out faster than they're giving them to us?"

**06:56 CS:** Absolutely. I think it's an important equation, and one that I reflect on often. I think that whether you have a chronic health condition or are in good health, you still have to be mindful. We're all on the planet right now, we all have the same conditions that we're up against. Between our food supply and then the environmental toxicants that we're all exposed to, to really keep our bodies healthy, it's the lifestyle that you're talking about, and this lifestyle is detoxification. Before we go into more depth, I know many people's ears might have perked with your personal journey and your story, and there might be people who are struggling out there who have been through exactly what you've been through. What are some key take-aways from your journey that you found got you out of pain, and got you into this whole other trajectory than what conventional medicine really had you on?

**07:52 KK:** Well, this is funny because we haven't had this conversation, so you don't actually know how that struck a chord in me to make me almost cry when you asked me that question, because I really didn't understand it. That

was what struck me. I had been to all these medical specialists, and I was in Ithaca, New York, going to Cornell. If you know anything about Ithaca, New York, it's very crunchy there still, kind of like the West Coast is. So it was in the '90s, I was able to go to a hypnotherapist and Reiki specialists and people that did massage and acupuncture, all in Ithaca, New York, which was unheard of in that time in that area, other than in Ithaca. I went to everybody, and I had somebody tell me at one point to eat frozen peas and raisins, and Christine, I was walking around campus eating frozen peas and raisins. I didn't care. The Vicodin wasn't working, the Flexeril wasn't working, it was barely cutting the edge of the pain. I had a 12-inch scar on my head, I had two compressions in my back, and I lacerated my spleen and I was in the ICU for quite a few days until I was finally let out, and then I was told to just manage my pain for the rest of my life.

**08:57 KK:** That was it, and eventually I had to get the herring bone surgery and had my vertebrae fused and I'd never be able to carry a child. And if you know anything about my personality, if you tell me not to do something, now I really want to do it, right? I didn't want to have a kid until somebody told me I couldn't have a kid, that I couldn't physically carry it. I was 39 years old when I had my son at home with no assistance from anybody but my midwife and my husband, no pain killers. That was the first time I was in pain in 20 years. But the point is that all those journeys, all those three years finding all these people, nobody could help me, they just gave me one drug after another. And then I was in a sales job. I graduated college, I was frustrated with my degree in biology because I didn't want to use it, I didn't know how to use it. I knew I didn't want to be a doctor from that perspective that I had at the time. I started working in a sales company selling environmentally conscious products and

was sucking at it because I wasn't very good at communicating. I've obviously solved that problem.

**10:00 KK:** But I met this guy who did this emotional healing, it was this non-invasive emotional technique, and so I went to him and it helped me so much in my business that I went back in a few weeks time and said, "Do you do anything for pain?" And he started to work on me, and hand to God, in 30 days I was off of Vicodin, and Flexeril. I've never turned back, and I've never been in pain since. When I came back to his office, because I couldn't understand it, I said to him, "I don't understand. The throbbing, the aching, the stabbing pain is gone. How did you do it?" He goes, "Energy." I go, "Huh?" He goes, "Energy. Cool huh?" I go, "No. What does that mean, energy? What did you do?" And he goes, "That's the energy of the body. I helped your body heal the energy field of the body, and it relieved the pain from your body." Honestly, Christine, a lot of those sessions, it was a somatic therapy, brought me back to my dad's death more than it brought me back to the car accident. And as we were unwinding this, I sat up and I said, "Ian Kennedy, I don't understand anything you just said to me about energy healing my body, I'm a scientist, so I'm just going to hang out with you until I figure out what you mean."

**11:14 KK:** And then it was about eight or 10 years after that, we were introduced to the European model of medicine. And that's when I got the opportunity to learn from Dr. Thomas Rowe, Dr. Dietrich Klinghardt, Dr. Byron Braid, Dr. Ottomeyer, all the docs in Europe. I started to see and understand the science behind how I got better, and I was like a kid candy store. Showing me the dark field microscope and the contact regulation thermography and heart rate variability, and all this quantitative assessment about the regulation of the body, and I started to understand the science of that and it changed my

whole world. I started to understand that actually I am in control of my health, which in all honesty is all I ever wanted. I grew up in a house with a father that had Hodgkin's disease, and I never knew if I was going to get cancer. I'm 46, and when I was growing up, nobody could tell you if you were going to get cancer. If there was a genetic component to Hodgkin's, they had no idea, they didn't know how I could prevent it, they didn't know if I was ever going to get it. And it felt like I lived in a house playing Russian roulette. I had no idea if the things I was doing were causing cancer or not, and then I got introduced to this European approach, and they talked about cancer like it was water off a duck's back.

**12:27 KK:** And it changed me. I started to really understand the science behind what we do every day, and I know that's given me, and I'm sure yourself and Klinghardt and so many of our colleagues agree, the opportunity to breathe through a time period like this because we understand the science of what's happening. Because it isn't about the germ. While I do respect that there are certain germs like this that we've got to give our bodies time to adjust to because they've never been introduced to something like this before, with the Coronavirus, to give it time to morph and change, but that is the beauty of the autonomic nervous system of the innate intelligence--it will continue to morph and change as the environment we live in needs it too, for us to survive, because we are a survival mechanism. We're a human being that's trying to survive. That's our physical being. But our heart is our soul. And that's what links us and what links us all together. And that's what I healed that day was my heart. Because when that car accident happened, I had a trajectory for my life, I knew exactly what my life was going to turn out to be, and that accident happened and it took everything away from me, I thought at the time. Now I look back and know that car accident was the best

thing that ever happened to me, because it gave me my life, it gave me my passion, it gave me my faith in God, in my body to understand that this is what heals--my heart. And, yes, we unwound my body and we did physical work, and we did inversion, and chiropractic, and acupuncture and all sorts of modalities to unwind from the fascia being tightened, from the scar therapy, from doing all of that, tonsil injections and liver neural therapies and all the different therapies we've done. So that now, I'm 46 and I get my period every 26 days. I look back at my 20s and go, "Wow, what a disaster I was." I felt like a 90 year old woman in my 20s, and if this Coronavirus had happened when I was in my 20s, I was one of the immune compromised that would have gotten sick and probably would have died. I was not healthy, not even a little bit. And now I sit there and go, "Gosh, when am I going to get it so I can build the antibodies?"

**14:41 KK:** So I can go out into the world.

**14:44 CS:** Kelly, thank you so much for sharing your story. It is so inspirational, and I know that so many people are moved just hearing what you went through and how you're such a story of hope. I think where we really connect is our passion for the fascia and the lymphatic system, I think these systems are still so underappreciated in conventional medicine, but obviously bioregulatory medicine has that conversation. A big part of bioregulatory medicine is looking at the matrix in the fascia and the lymphatics. Can you give us a 101 on what are we even talking about when we talk about fascia and the lymphatic system?

**15:27 KK:** Absolutely. So the fascia, if any of us have cooked a turkey and you lift up the skin, that little cellophaney stuff under the skin is your fascia,

and we have that underneath our skin as well. It's your skin below your skin, it's very cellophaney, it's very thin. It's around all of our organs, around all of our joints, and it kind of holds it all together essentially. If they were to de-skin us at death, we would just be a bag of fascia with a bunch of organs inside us. There's a great visual of this actually on YouTube, I've seen a great picture. But the fascia is the bag, and inside the bag is all the plasma, the lymphatics, the matrix if you will. There's a lot of names for it, the extracellular matrix, the space around the cells--because we're 10% cells and we're 90% stuff that the cells are living in, and that stuff is that extracellular matrix, and that's where the lymphatics are. The lymph, it's the waste dump of the body, that's how we change our oil in the body. 80% of our toxic load rather is released through our lymphatics. They used to think it was the venule system, oh gosh, it's about 8 to 10 years now, the Starling principle, they had to correct that in Western medicine and say, "Gosh, we were wrong, it's not the veins that get rid of the toxins, it's the lymphatics."

**17:00 KK:** And we both do CRT, contact regulation thermography, that's what got me so interested in the lymph in all honesty, because as I was doing these quantitative assessments, there were certain things I memorized and it was like, "Oh, if this one particular point on your neck is warmer on the second reading you start all therapy in the head, if this particular point in your neck is warmer on the second reading, you start all therapy in the body. I thought that was super interesting, and I just went ahead and started therapies in the body or the head based upon this. Then years later, I was struggling with people's lymphatics, well, everything's improving except their lymph. I'm having them dry brush, I'm having them take the Iteris ointments, and they're hanging upside down and they're doing everything they possibly can, but there's no real change in their lymphatics.

**17:53 KK:** I go to take the class and I'm taught that these two points we were taught in the CRT that predict where you start therapy in the body, regardless of what's going on, regardless of the symptoms, regardless of everything else, you start therapy based upon these two lymphatic points, and it's where the lymph drains into the cardiovascular system. One drains the head, the right side of the head, the right arm, the right thorax. The other one drains the whole left side of the thorax and the arm, and the whole rest of the body drains out through the left side of the neck, and they all dump into the cardiovascular system.

**18:28 KK:** And then the cardiovascular system filters that out, we pee it out, we poop it out, we sweat it out, we breathe it out, and if you're still of the age and you're a female, you'll bleed it out. That's how we get our toxins out. It's a beautiful system. Unfortunately, the lymph gets really clogged from multiple things. A sedentary lifestyle makes your fascia tight. If your fascia's tight, the suit that your lymph is living in is smaller and the lymph can't move as well, it needs to flow. I know we both love that word so much for so many reasons. Your new Sophia flow cream is amazing, in helping us create macrophages. But flow for me, stands for fascia, lymph, overall wellness. If your lymph moves and you keep your fascia open, that's what scar therapy is all about. I think about the fascia as your nylons, right? A lot of us women, because we're wise, we don't wear those darn nylons, but if you still have to wear those nylons and you get a run in your nylon--what do you do, you try to separate it out to make it all look smooth again.

**19:38 KK:** That's what scar therapy is. It's a snag in your nylons and you can smooth it out, by doing RT, TRT, I prefer scar neural therapy, to be honest

with you, I think that's the only way to really heal a scar permanently. And you open that up and you get that fascia release. When my scar had been done the first time, I have a 12 inch scar on my head, I got up the next morning and I looked like Humpty Dumpty, the whole left side of my head or the whole right side of my body had dropped a foot. I was like, "What the heck's going on, man?" And my friend, Dr. Byron Braid was like, "Oh, Kelly. Yes, we need to do some osteopathic adjustment, because your fascia's released and now we can get all this stuff in here to move and to essentially flow." And so as we open up the lymphatics, you get the toxins out. But what clogs the lymph? Cow dairy thickens the lymph. I was raised in upstate New York on cow dairy farms. I had some thick lymph. It just thickens the lymph. There's other things like chemicals and metals--I stopped using chemical deodorants and chemicals on my body, and metals in my body. I started to detoxify metals.

**20:48 KK:** We get the silver fillings properly through a good biological dentist, we get the dental fillings properly remediated. We handle any cavitations in our bodies, and then our body can drain that out. It's not just that I'm going to open up the cavitation. I had to make sure that whatever is in that cavitation can come out through my lymphatics. So oftentimes, before we send somebody to the dentist, we're making sure their lymphatics work well, because {you don't want to} go and sit in that chair and get all that silver pulled out of your teeth if your tonsils aren't working. They're the gatekeepers to your lymph. I'm honored because my tonsils were first injected by Dr. Dietrich Klinghardt, at his seminar. It was a life changer for me when he injected my tonsils.

**21:33 CS:** Yes, I like the gatekeeper of the lymphatics rather than the toilet of the brain, I think that's a better way to talk about them. Honestly, in all of my

patients that come and see me, we use autonomic response testing (ART) to help evaluate where their body is stuck and where we can create more flow essentially in their body. And it's amazing, I would say 9 out of 10 patients have what we call a tonsil interference field or a congested lymphatic system. So it's a key part of really getting the lymphatic system draining and moving. I think this is just such great information because I see people really start to get better and their systems start to move when we address the lymphatics. And just to paint the picture too, with the lymph system, I think many people might have heard of it, but if you have a congested lymph system, you can have edema or swelling, but you don't have to be in that extreme presentation to still have congested lymph. I just want people to understand we're really talking to everyone in maintaining their health.

**22:44 KK:** Oh, thank you for bringing it up, because I want to talk about pits versus puffs. We all have arm pits, but many of us, if we look under our arms, we have arm puffs. And this is a great sign of lymphatic stagnancy. Also, if your gut doesn't move, if your bowels don't move, if you have headaches, if you have fatigue, these are all signs that your lymph is stagnant, because when you start to move your lymph, oftentimes you can feel a little bit like you have the flu, because it's what's in your lymph that's moving. It's the congestion in your lymph, it's the pathogens, it's the metals, it's the chemicals. If they don't start to move, that fluid that should be like water and flow through the body thickens and now it's like jelly that's moving through the body. Well, how's jelly move through the body? Slow and sluggish. So how does that make you feel? Slow and sluggish.

**23:36 KK:** And that's going right from my bowels to, "I can't sleep because I've got all this stuff going on in my body." So as we start to mobilize the lymphatics, people go, "Oh wow, I sleep better, I poop better." Typically after the first two to three sessions, people feel a little flu-like or a little fatigued or a little headachey. That's okay, that's the crap coming out, as we like to say, that's the toilet flushing. But for me, the body's like an hourglass, the top of the hourglass is the head, the bottom of hourglass is the body, and the middle is the tonsils. If you want the head to drain, and we all want the head to drain, because the head contains the brain and the brain stem, and the beginning of the autonomic nervous system. It's controlling everything, and if that doesn't work well, then it makes it much harder for the liver, the kidneys, the heart, and all the other organs to work well--if the captain of the team isn't working, the underlings aren't going to work very well. If the bottom of the hourglass, and this is a specific hourglass, it's not one you flip, it's one you fill and it empties out. The top of the hourglass you fill with sand, that sand is good organic food and good pure water, good fresh air. The bottom is peeing, pooping, sweating and bleeding.

**24:56 KK:** So the sand has to come out of the bottom--if they don't pee, if they don't poop, if they don't bleed appropriately--how many of your clients and ours go, "Oh, I don't bleed appropriately. Either I don't get my period anymore or it's too heavy, or I've gotten on the pill because I don't want to get my period because it's so heavy." Any dysmetria is a sign of illness, and it's a sign that the lymph is stagnant. I tell everybody, "As we start to move your lymph, two things are going to happen. Your period is going to change for the next three to four months and you're going to become more fertile because as you get healthier, you become more fertile." And much of your lymph is in your gut and in that lower abdomen. Not the majority of it, but a lot of it, as

there's a lot in your neck as well. We have lymph in every joint in our body, deep lymph. You have superficial lymph, you have deep lymph. And so a lot of people, when they look at lymphedema, they are looking more at the superficial lymph, not at the deep lymph nodes. We have lymph in our guts as well, and this is a huge part of our immune system. I know we could talk about the lymph for five days in all honesty, Christine. But going back to the analogy quickly, in regards to the hourglass, if the food is going in and nothing is coming out of the bottom, then nothing's going to come out of the head. But if it's peeing and pooping and sweating, that's great, everything's draining out. But if the tonsils still don't work, nothing's coming out of the head, so you need all the drainage of the body to work, the peeing, the pooping, the sweating, the bleeding, then you need the tonsils to work, and then and only then will the head drain.

**26:28 CS:** Yes, I've come to the same conclusions in my practice. I think this is just such valuable information, and you've given us a lot of feedback about what to fill the hourglass with. I love that analogy. In your clinic, how do you work with patients to get their lymph draining when their bodies are overwhelmed by environmental toxicants and pathogens? What are some tools and techniques that you'd like to share?

**26:54 KK:** Thank you. We have a variety of techniques because we see clients from everywhere to, "You can't touch me." To, "Go ahead and go fast and hard." Just like your client base. So we do everything from a vibration platform to start to get them lymph to mobilize, to inversion tables to foot baths. And then primarily we use a manual technique called Flow: fascia, lymph, overall wellness. It's a trademark technique that myself and my friend

Desiree have created in New Zealand, which is using the physical body during a body-centered therapy to open up the fascia and the lymph. Then there is a technology that I've been involved in the creation of with my friend, Desiree De Spong, she's a lymphologist of 30 years from New Zealand. She's the actual specialist. I call myself the lymph queen. She's the lymph goddess. I knew nothing about lymph really until I met Desiree De Spong. She created a FLOWpresso unit. We've used other technology, we used ArcStar, we've used ST8, we've used a lot of the technology out there, and they all have certain limitations. What we realized, more than anything is that most people need to relax and recover.

**28:12 KK:** When they're in that parasympathetic mode, their bodies will move their lymph, but most people don't get in that mode very often, and the lymph doesn't have its own pumping mechanism like our heart, so the lymph has to be moved. Sedentary lifestyle creates lymph stagnancy. So what this does is, it's a suit, and we can give you some information about how to find information about it. But you essentially wrap-up, I say, "I wrap you up like the gift you are, because everybody is a gift." You wrap up your feet, your legs, your abdomen and your arms, there's a piece that also stimulates your shoulders, and there's some pulsive magnetic field technology put into it as well to help release some emotional pieces. And what this sequencing of hugs throughout your body does is, it also warms your body internally, because there's an infrared component to it, it puts you in this lovely napping relaxation mode and allows your lymph to do its job and to drain. Most people get off the table and feel, first of all, like they shouldn't drive for about a half hour because they feel so relaxed, they feel a little not conscious, which is a beautiful place to be. Most of them have an amazing bowel movement within the first couple hours after getting off of it.

**29:36 KK:** And it allows the body to start to mobilize its lymphatics. There's some knock-offs like there is in everything else. But I will say this, the technology that we've created, we've just launched here in America, it literally just came out...The launch about three weeks ago. The prototype that three of us had been using across the globe was amazing. We were amazed at the difference on the heart rate variabilities and the amount of parasympathetics, and the recovery that people were getting with one session. And then she upped the ante on us because we used it for a year and we found all these things that she could change and she did, and now, the HRV before and after is so silly, ridiculous. You're like, "That's just crazy that you can get that kind of a shift in the tissue in the parasympathetics in one session." And when that person gets up and goes, "I don't want to get up." That's the best.

**30:39 CS:** This is just so amazing. I hope people, of course, understand that you're speaking from such a depth of experience. So to be excited about what you found is such a gift, because I know you've done so much great work leading up to this. I'm always saying to my community, "I'm always trying to search for the most elegant path to healing." Meaning, how do we make this easier? How do we shorten the time it takes for people get a shift in their body? And so it's so exciting when you layer and pair these technologies and this experience into a beautiful treatment to see people shift that day. I think when we treat chronic illness, that's what we all want, to see those shifts happening more quickly, of course in the extent that the body can hold it, but it's so exciting. I'm just so happy that you have this partnership and this creativity that you're able to bring to the world. It's just so exciting, Kelly.

**31:41 KK:** Well, thank you so much, and it's funny because I had wanted to really understand the science between how he helped my body heal itself that day, because I had done a lot of other work prior to him. And then once I met him, I started taking all the supplements and I started doing the drainage and the detox, and I took handfuls of stuff for years and years and years. I was always working in the physical world trying to make my body better, competing with him a little bit, "Oh, I eat better than you. I exercise more than you, I do more yoga, I do more meditation. Look, my CRT... Oh, it's still not as good as yours. Look, my HRV... Oh, it's still not as good as yours." And two years ago that finally shifted. My husband is 16 years chronologically older than me so my CRTs and HRVs should be better than his. But until two years ago that didn't switch around, and what changed that was when I was introduced to a piece of technology out of Austria called Sound of Soul. It opened my heart in a way that made me aware that after all the search I had done for 20 years of finding the logistical and the tangible to change my physical body--the answer was always right there in my heart, which is what my husband taught me when I first met him, before he was my husband. The healing comes from the heart. And Christine, I think that's why you and I have met, because we both know that. You can do all the right things, but if you haven't healed the emotional piece, if you haven't healed the heart and the soul, it doesn't matter how much Artemisinin you take, it doesn't matter how much Biocidin you take. And {there are} those that are walking the planet with silver fillings in their mouth, with root canals and cavitations, happy and joyful and blissful and have no disease and illness in their body because of their joy and bliss.

**33:31 CS:** That's such an important message now more than ever, because as we're recording this, we're in the throes of what we've already talked about, a completely panicked and fearful world, and so it's going to be these

tools and these messages that really create the healing that we need right now, I'm a big believer in that. The thing that intrigues me so much about what you've shared with the Sound of the Soul and that equipment is that I see all modalities have a place for one person, so what works for one person may not work for another, but we have this wonderful wide array of tools that work for people. What you've shared with me and what I hear through your experience, it's a very visceral experience, and we don't need words to heal what needs to be healed. I think, of course, there's a place for talk therapy and EMDR, and all these other counseling modalities, I'm not saying that there isn't. But the real shifts happen on this deep somatic energetic level that really kind of transcends all parts of ourselves, and those are the shifts that happen, and I know that they happen quickly and swiftly, and what feels instantaneous, that's where the magic is, right? And that's what we want for people.

**34:57 KK:** It really is. What Rasmus Gaupp-Berghausen who designed and created Sound the Soul figured out was Master Emoto's work, he's the water Crystal guy, he's the one that figured out if we talk to water crystals and we say beautiful words and we pray, they will create beautiful water crystals. And we're 90% water, 70% water somewhere in that vicinity, right? So if we talk beautiful things to ourselves and we trust in faith and have love, then beauty is going to be the output, it's the concept that what you put in is what you get out. Well, what Rasmus figured out is it not everybody could create beautiful water crystals with their minds, however, when he hooked up their heart rate variability, when he took their heart beat up to the water crystals and let the water crystals respond to the frequency of the heart, everybody made a beautiful water crystal, and he was like, "Oh, the answer is through the heart." And that is the answer, because through all of this, I was raised in a home

where I was told about heaven and earth and hell. I never understood growing up why everybody was so sad when everybody died, if the whole point was to go back to heaven and go to be with the source to begin with, what's the point? What's the worry?

**36:13 KK:** And I think, I feel, I don't think a lot anymore, I feel so much of what's going on on our planet right now. I know you and I have said it. Even though I don't know this specifically, I can almost guarantee that you've said that the world needs to change, that people need to wake up. That everybody's chronically ill. I know I've taken initial intakes and they go, "Oh yeah, I'm really healthy, except for the three cancer diagnoses and the Lyme disease." You're like, "Well, you're not healthy, you can't deal with all of those symptoms and feel healthy every day." So the world needed to wake up anyway, and this is a great way to wake us up, I guess, the virus had to wake us up to learn how to be. And the first thing Ian said to me when I started to work for him, now I was his client for three years, and then I started to work for him and his wife, and about two weeks into it, they're like, "So we're going to send you to the monastery for a week" And I was like, "Huh?"

**37:11 KK:** They realized I wasn't well. I was pain-free, but I wasn't really healed because I was moving all the time. They made me go and sit by myself for a weekend, and all my pain came back. And they made me aware that my heart wasn't healed. Because I wasn't quiet. And so I spent the next 20 years being quiet with myself trying to figure that out, and it wasn't until Sound of the Soul...All the somatic work I had done--I've done constellation therapy, I've done EMDR, I've done it all. And it was all very, very helpful in the conscious mind. But with the Sound of Soul, when I hooked myself up to that, I felt exactly what you said, it was visceral. I felt my heartbeat reached

me through music, through harp, it converted my heartbeat into harp, converted my heartbeat into rain, convert my heartbeat into the piccolo or drums. Every time I do it, I'm blown away at how it makes me physically feel in my body. I've never felt so much love, so much kindness, so much connection, so much joy in my entire life than when I listen to my Sound of the Soul. And now, I live there and my son listens to his or mine all the time. We listen to it every night when he goes to bed because it helps make him settled and relaxed, and it helps me heal, it helps everybody heal because when I listen, it's my customized sound and I'm completely resonant with my own sound, and when I'm resonant, my vibration increases. When my vibration increases, I'm at a higher level of vibration, and the highest level vibration is at a 1000, which is where you're in your Nirvana. I know we just talked about 14,000 scientists for people, but your average client that's listening to you is a little more savvy than the average, I know that because they listen to you and I'm thinking they can probably follow along with that. But if not, I'm happy to field questions about that as we move forward. My friend, Desiree and I, and Christine, when I met you, I brought you into this world as well and said, "We have to heal people's hearts, we've got to get them to relax and we've got to help them open their hearts." When we can do that, they will need less dependence upon supplements and everything else to make their bodies better because they will heal from the inside out.

**39:39 CS:** This is such a timely conversation and you and I are so aligned. Putting this all into context, I did that Body Electric summit and of course work with Dr. Klinghardt. In my work, I've always been very drawn to biophysics and trying to understand that nature of ourselves. And me dumbing it down, what I find is that we all came to the planet with our own signature frequency. And that frequency becomes misaligned or unbalanced because of life. And

so, what a beautiful medicine to remind us of our own signature frequency and get back into resonance with it, I think that's such a different way of looking at health and being on the planet, and I just love that vision. If we can just remind ourselves and give our bodies that feedback, like the tuning fork, getting our own unique frequency to resonate, yes, just our signature frequency we came to the planet with, what better medicine is there than that, right? I think it's just so beautiful and I can't wait to collaborate more and share more of this with our community and our patients. Kelly, you've shared so much today, and I know that we could be speaking all day and I know we will continue to have many conversations. Is there anything you want to share with our community before wrapping up? Is there anything else on your heart or on your mind that you want to share with people?

**41:12 KK:** Just two things. One is my Facebook Live, I do Facebook Lives every Wednesday, and about six or eight months ago I did one about how to dry brush because I think most people completely dry brush the wrong way because they don't really understand how the lymphatics work. There is a lot to be learned about the lymphatics, and we have classes that Desiree and I are designing to help people learn more about the concept of flow and how to work with lymphatics. I'll actually repost it on my Facebook when we repost this podcast so that they can be linked because people need to learn how to dry brush properly, number one. And then go to our website. We have two websites, [thetruewellnesscenter.com](http://thetruewellnesscenter.com), which is our clinic website. And it describes all the different techniques and therapies that we've talked about today. We're in Pennsylvania. And then [notmeds.com](http://notmeds.com). So Notmeds has been a creation of mine for quite a few years, and Notmeds is finally being released with the launch of Sound of Soul and FLOWpresso. Notmeds was a vision

that came to me, and it stands for: naturally oriented therapists, medically enlightened doctors and specialists.

**42:30 CS:** You're so creative, I love it, I love it.

**42:34 KK:** Well, Notmeds came to me, I said it to my husband, and he literally had that come out of his mouth, that's how we work. Notmeds is really about that, it's about informing people. I'm not a doctor, you don't have to be a doctor to know how your body works, we are very happy there are great, brilliant naturopaths and medical doctors like you and Dr. Klinghardt and so many others that we can depend upon for your knowledge, but we don't have to be a doctor to understand how the body works. We can be very enlightened because there are many parts of the body, not just the physical body. You have the emotional body as well, and that's a huge piece of this, 90% of us. And so focusing on looking at other areas to heal your body rather than just in the physical realm is where I would like people to start to focus, which is absolutely comical when I actually say it out loud at times, because that's exactly the opposite of how my journey started. That's just a little twist of the universe telling me, keeping me laughing about it all because you can't take any of this so seriously, you need to enjoy it and have some fun. Oh the little bit of a cosmic joke that the virus got us all to stay home and be with each other and be with ourselves and face ourselves. That's really quite funny.

**43:48 CS:** Yes, I think that is the silver lining, I keep on trying to reflect in my life, in my community, what is the silver lining of all of this? I think that absolutely is something we're all being forced to encounter. And we can resist it, hide from it, and try to run from it, or just really come in this place of acceptance and exploration. We have to look at the gifts, right?

**44:17 KK:** Absolutely. And we're going to be doing podcasts about Sound of the Soul that will be starting next week, so we're going to have a lot of information for folks on Notmeds where they can access it, there's already some information up there if they want to access it. But as the podcasts start to come out, it's going to be all about me interviewing other docs and enlightened specialists about the concepts of how to use the biology that we've been given to actually help our bodies heal, because that's all we need.

**44:46 CS:** We'll link all of this information in the show notes, Kelly. I'm just so grateful to know you and to have this conversation.

**44:55 KK:** Oh, me too.

**44:55 CS:** I know that we're going to be having many more conversations down the road, so thank you so much for sharing this information with my community today.

**45:03 KK:** Oh, thank you, Christine, for all that you do for all of us out there. I said it at the beginning before we got on the podcast, and I just want to let everybody know that I really give the Sophia Health Institute a huge round of applause because they have kept the information flowing and they have kept it clear and concise. I think Dr. Dietrich Klinghardt and you, Christine, were two of the first people that actually came out and educated people about what they can do to safeguard themselves. And we really appreciate all the education that you give us every single week and all the things that you do for all of us. So thank you.

**45:41 CS:** Thank you Kelly. I'm grateful for our amazing team. I really, really appreciate that. We're all in this together. So thank you.

**45:50 CS:** Hi everyone, thanks so much for listening to my podcast today with Kelly Kennedy. Please check out her website, [www.thetruewellnesscenter.com](http://www.thetruewellnesscenter.com). And I hope everyone is doing well and hanging in there and have a beautiful day.