


SIBO SOS® SPEAKER SERIES PRESENTS

# DR. CHRISTINE SCHAFFNER 3 LYMPHATIC ACTION STEPS

SAVE THE DATE MAY 28, 04:00 PM EASTERN

 **SPEAKER SERIES**

**Shivan Sarna:** Thank you all so much for attending. I'm Shivan Sarna. And I have a lot of different platforms like SIBO SOS® and I've done a lot of different summits like the Microbiome Rescue Summit and of course the SIBO SOS® and IBS Summits. I have Digestion SOS™. So I've really been operating with a lot of gut health lately—you know, over the past five years.

And then, I was called by my intuition and my heart to do the Lymphatic Rescue Summit. And almost a hundred thousand people came to that summit. It has been tremendous. And then the ripple effects I see going out into the world are beautiful.

And one of the people who has been so instrumental in helping me connect with other speakers and get inspired—I've already been pretty inspired because, remember, my mom had lymphoma. And so I really wanted to share the information about the lymphatic system with people around the globe. But it had to be the right information with the right people. And Dr. Christine Schaffner who's here with us today from Immanence Health was one of the people that was so instrumental in making sure I really got connected with the right people.

So, I wanted to say thank you, Christine, for being a friend, and also, for sharing your professional insights with me about the lymphatic system, but also connecting me with your network. That's a real honor and compliment. So thank you...

**Dr. Christine Schaffner:** Thank you Shivan. And thank you for creating this summit and reaching so many people because this is a topic that I'm passionate about as well. Team effort, right?!

**Shivan Sarna:** Right, right! It takes a committee. Absolutely! Team effort. So today, we have Dr. Schaffner who is going to be talkin to us about three key things that you can do for your lymphatic system.

Now, before I even decided to really—maybe it was about the same time that I decided to do the Lymphatic Rescue Summit, I took a class of Dr. Schaffner's. And she's one of my doctors personally. She's helping me with my cavitation surgery right now—which is a whole other story. I'm going to be doing the Dental Health Connection Summit.

**Dr. Christine Schaffner:** Another summit!

**Shivan Sarna:** What dear?

**Dr. Christine Schaffner:** I said it's another summit!

**Shivan Sarna:** It's happening in Sep 2021, the Dental Health Connection Summit, where I have 36 at least—it's probably going to be up to 40 different presenters dentists and also doctors who are not dentists but have gone through dental experiences that are really interesting, biological dentistry and how it impacts your whole life.

And then, my own personal case study, I just had special cavitation surgery a week ago. So, that's going to be part of the summit too. That's happening September. I'll tell you all about as we get closer.

But also, gut health, the whole thing... it's so cool, you guys! That's going to be fascinating. I have learned so much. And we're just sort of going through the details of it together. We already have most of the materials. And my team is making dentist appointments left and right. It's crazy, the stuff we're learning. So I can't wait for you all to learn it.

Anyway, today, we're learning about the lymphatic system, three key things of how you can impact your lymphatic system, actions you can take quickly and easily. And we also have a course that Dr. Schaffner is presenting.

And this is a course that I personally bought and paid for last year and I got so much out of. I wanted to make sure that everyone else knew about it too.

There's also some cool stuff Dr. Schaffner has been doing in the background, which we'll discuss in a little bit.

[phone ringing]

**Shivan Sarna:** Oh my gosh! Hold on a little bit! I don't know what's happening.

**Dr. Christine Schaffner:** Mercury in retrograde.

**Shivan Sarna:** Yeah, yeah, yeah. So we're just going to go with the flow. You might like to take things seriously. But I'm also not overly formal. But I'm very committed to making sure people get the information that they need.

That being said, Dr. Schaffner is an incredible naturopath who is the founder of Immanence Health. She is in Seattle. And she does telemedicine. She's really created this institute there where people can come and physically be there, but also do telemedicine and get helped in imaginative, evidence-based ways that are not the norm. Yes, the norm will be addressed... and then, *beyond* the norm.

We do have a request that we speak slowly and clearly today, Christine. So we'll do that. And I'm going to hand things over to you. And if you guys do have some questions, we'll try to save a little of that towards the end. Put your questions in the Q&A box, if you don't mind, versus the chat. Chats are for like, "Hey, I'm from Georgia or whatever," and then put your questions in the Q&A box. It's easier for me to manage that.

But then also, last and certainly not least, I wanted to do the Q&A and I hit record. I'm just going through my mental list to make sure I got everything. Well, I'll remember, it'll come up... and we're good!

I'm going to turn things over to you, Christine. Thanks for being here.

**Dr. Christine Schaffner:** Oh, thank you so much. And thank you for the warm welcome. And it's really an honor to be speaking to your community today. I have a powerpoint... can I share...?

**Shivan Sarna:** Bring it on in!

**Dr. Christine Schaffner:** Okay, I'm a powerpoint person. So...

Okay! We're going to definitely hit all the points Shivan has requested. And just because this is such a topic I'm passionate about, and everyone's coming who's listened maybe to the entire

summit, or maybe you got pieces, I just want to make sure that you set the stage for everybody, and we're coming to this topic with a lot of the same foundational knowledge. We're going to be talking about solutions and be very solutions-focused today.

So, I want to share a little bit about the overview of the lymphatic system, really dive into those three action steps that I've created for us. And then, as Shivan mentioned, we get this question so much from our community and from my patients, many of my patients. I was even talking to Darci before this call, and we were saying, "I think I often say a hundred percent of my patients have lymphatic issues." And I don't say a hundred percent about anything. And so I just know this is such an overlooked and an important system to treat... and really rewarding. When we get movement in the system, that's when health starts flowing, and people feel better.

So out of that desire, we really tried to make a course that was very succinct, actionable and people could implement right away. So we'll go over that.

And then, I wanted to take some time to talk about one of my most favorite topics because I see a lot of chronic illness, I know patients with a lot of neurological illnesses—the role of the lymphatics (and that's the lymph system in our brain). And so we'll talk about what that is, how that's tied into sleep, and then how we also have to look at downstream lymph to help the flow of our lymph out of our brain. So we'll talk about that so you have an understanding. And then, solutions.

Is that cool, Shivan?

**Shivan Sarna:** Oh, my gosh, please! I can't wait... your lymphatic system will change your life totally! Very exciting, you guys. Anybody who suffers from migraines, they need to know about this... but we all need to know about this.

Yeah, that sounds like a great plan... let's do it!

**Dr. Christine Schaffner:** Okay! So just interrupt or speed me up or slow me down whenever you need. But I will dive in here.

**Shivan Sarna:** Okay... slow, just go slow. We're all absorbing.

**Dr. Christine Schaffner:** I know, the biggest feedback I always get is that I talk too fast. And being from the East Coast, I just get excited!

**Shivan Sarna:** I know, we do too!

**Dr. Christine Schaffner:** So, I will talk slow!

So, when I talk about the lymphatic system, I love this slide because it brings to life how the lymphatic system is interconnected to our circulatory system... and how they really work in tandem.

So again, quick overview—many of you are already experts and pros after watching the Lymphatic Rescue Summit. However, I just want to tie in that our lymphatic system is this body-wide network of lymphatic capillaries, lymphatic nodes, lymphatic vessels, organs, glands.

And the role of the lymphatic system is really to remove waste from the body as well as engage our immune system so that we're surveying our environment and mounting the appropriate immune response to the things that we engage in.

And so, how the system works is that we have blood that's oxygen-rich that leaves our heart, it gets pumped from our heart, it goes through a whole network of what we call *arteries* (so that's the red, the arteries are going to be oxygen-rich), and then it leads in the tissue space of what we call *capillaries*. And this is where these arteries basically wind down, to these small capillaries.

And then, actually, in the space, what we call the *tissue space*, so we're in the *extracellular matrix* and we're in the connective tissue (which we'll show in a moment), in this space, actually, fluid leaves our capillary system. And some of that fluid basically returns to the veins and then essentially makes its way back to the heart to get re-oxygenated.

But a lot of that fluid stays in the tissue space. And that's what we call *interstitial fluid*. And it bathes our cells and our tissues with oxygen and nutrients. And then, a big part of its job is to remove waste, just basic cellular debris, but also waste that we get overwhelmed with by our environmental burden.

So, this interstitial fluid drains into what we call *lymphatic capillaries*. And that's where the lymph meets its way to the vessels, nodes organs, glands, and then returns to the heart.

So, that's just a wide, open view, a big view, of the lymphatic system.

And this kind of goes in a little deeper. This is the intersection between the capillaries and the lymphatic capillaries. So again, as that fluid leaves the capillaries and bathes all those cells and brings oxygen and nutrition, it removes waste, and that fluid becomes lymph. It basically drains into these lymphatic capillaries. And then, this network basically goes into nodes and glands and different organs, removing wastes and engaging with our immune system.

So, let's say we meet a virus. Our immune system recognizes that virus and mounts an immune response. And then, the immune system takes care of that... ideally.

So, again, this is the part where I'm super passionate about because this is the area that I feel my medicine is really working on. This is what we call the *extracellular matrix*—and again, another visual of this space that I just shared with you. So we have interstitial fluid leaving the capillaries. And then, you can see all of these action that's happening in the extracellular matrix.

So the extracellular matrix is the space in between the cells. So there's cells that have their own life going on inside the cell. And then, outside the cell, there are things that we call structural proteins.

Collagen, many people have heard of collagen. Collagen is the most abundant protein in the body. It's a structural protein. But it also has a big role in communication in the body.

We also have things like proteoglycans and we have hyaluronic acid. And we have fibroblasts and mast cells.

There are a lot of patients that has mast cell activation. And part of my working theory of that is that there's a lot that is overwhelming their extracellular matrix that makes these mast cells more easily trigger-able. So then they're overwhelm and releasing histamine more.

So, one strategy is, with this kind of concept, one common denominator is, with whatever chronic illness or whatever health challenge you have, the more you drain the space, and the more that you get the space moving and the lymph draining into the lymphatic capillaries, vessels, nodes, organs, that that's where health is. That space, if the lymphatic system becomes sluggish, remember, everything is (through fluid dynamics) draining into that space. So if this space is becoming overwhelmed and stagnant and congested, there's going to be back flow. There's also not going to be enough flow into the lymphatics. And then, if the

lymphatics are overwhelmed because of all the things that we're talking about, then the space doesn't drain as well.

So it's kind of like this hydraulic system that we need to make sure there's movement in. And we get into trouble when there's not enough movement because of all the secondary effects from toxicity, immune dysregulation, poor cellular communication.

And then, again, my summary here... Rob Cass who's a doctor who created a line called *Physica Energetics* (and I use a lot of his products), he says, "Everything that comes out of the blood takes a somewhat complicated route through the connective tissues, to the parenchymal cells"—those are the cells in the matrix—"and then into the lymphatics."

"The extracellular matrix regulate the cellular milieu. And since the lymphatics are highly intermeshed with the extracellular matrix, we can change the terrain by lymph therapies."

So, what he's saying is that we can change our cells and what's happening in the cells so much... but that's where our DNA is expressed, right? So we can change the course of an illness, the course of our epigenetic expression, the trajectory of our health by treating the lymphatic system.

So, let's take a moment. Anything that you want to share, Shivan?

**Shivan Sarna:** Let's absorb that. That's huge... huge, huge.

So, we do have the possibility of impacting it. But a question that I have off the top of my head that I think will help here is... how much of that lymphatic fluid is water?

**Dr. Christine Schaffner:** A high amount of it. I have a slide that talks about the composition.

**Shivan Sarna:** Okay, okay.

**Dr. Christine Schaffner:** So there's water. There's also protein. There's glucose. There's oxygen. There's electrolytes. So there's all of these normal metabolism.

And then, what happens in this space is it gets overwhelmed by cellular debris—toxicity, toxicants, pathogens.

However, you're hitting a good point which we talked about in the course... the role of structured water in our lymphatics. There's this water called *structured* water or *exclusions* on water that are from Dr. Gerald Pollack. And that actually is a big part of our intracellular fluid.

But also, the water around that collagen that we just talked about—so collagen, the most abundant protein in the space—has water that organizes around the collagen. And there are lots of thoughts of what that water does. But it helps propel motion. It helps to store energy. It helps to get rid of toxicants.

So yeah, water is a big part of this system.

**Shivan Sarna:** I was just curious about that. I just wanted to sort of put that piece of the puzzle. On we go!

**Dr. Christine Schaffner:** So again, just to catch everybody up to speed of the lymphatic system, the key aspects that I'm thinking about is it's tied to our circulatory system, it's really important in our immune system, our waste clearance, that draining the lymph and keeping your lymph moving actually is one of the best things that you can do for your health because it's going to actually help to change your epigenetics expression of your DNA. The more that your cells are able to detoxify into that interstitial space (because there's not backup and congestion), the healthier the cell will be, the better they'll communicate and so forth.

So again, really oversimplifying it, *health is flow*. A big part of the Lymphatic Rescue is to create movement and flow in the system so that the system can keep draining and moving and the body can remain healthy.

This is just a quote that I often refer to: "Health is the free flow of the process of life through thousands of channels in our body. Disease is caused by obstacles to this flow."

So, even though these modern chronic illnesses are quite complex that I see in a regular basis, there are principles and common denominators of how the body works that, if we work with creating more movement and flow, especially in the lymphatic system, health flows from there. And that's from Memser, a German physician back in 1734.

So, again just talking about clearing the blocks and looking at not only the lymphatic system as one of the key parts and routes of detoxification, but also interrelated to other organs of detoxification and organs of elimination, I just have a little note here...



So when you're thinking about the lymphatic system, we always support our organs of elimination which are liver and our bile, our colon, our kidneys, our skin, our lungs. And so that's really important.

And then, just to plug, as we move the lymphatic system, it's really important to also think of binders because binders help to bind toxicants and biotoxins and remove them via the biliary system in the colon. Anything that you create movement in, so we can keep the system flowing and the exit routes open, they actually get removed out of your body, rather than re-circulating.

So, just a little plug as we talk about the lymph. I don't want to ignore the greater picture, the organs of elimination. And also, binders are really foundational—as we've talked about, Shivan, right?

**Shivan Sarna:** Right, multiple times.

And we do have a quick question from one of our friends, Naomi. I want to just insert this right now because it's so appropriate. Do you have a list of binders off the top of your head that are most appropriate for lymph-related conditions.

**Dr. Christine Schaffner:** Yeah, there's a number of binders I love and I work with. I work with two companies primarily with binders. And again, this is just what I'm used to. But one is a company called BioPure. They have a really clean chlorella which is a blue-green algae that helps to bind a host of different biotoxins, mold toxins, but also environmental toxicants like heavy metals such as mercury; also, other persistent organic pollutants.

We also use a special zeolite powder called *ZeoBind* that is a silica molecule that helps to bind and absorb aluminum. It also decreases histamine in the body and mycotoxins.

And then I love the work of CellCore. They have a direct-to-consumer line called Microbe Formulas as well. However, they have a special type of fulvic and humic acid binder. Their binders actually revolutionized my practice in a lot of ways because their binders can be taken with or without food. Some of my patients...

**Shivan Sarna:** Okay! Hold on! Hold on, hold on, hold on... okay, hold on. You're blowing my mind. It's called *Microbe Formulas*?

**Dr. Christine Schaffner:** Yeah, from CellCore. CellCore is the product line. That's their physician line. But they do have a direct-to-consumer. For people who are going to google them, they have a direct-to-consumer line called *Microbe Formulas*.

There are slight differences in the formulas, but they're excellent! They're specialized fulvic and humic acid. One part of the binder stays in the intestine while the other is released systemically to mop up more toxicants outside of the digestive tract.

**Shivan Sarna:** This is so important you guys and gals (and anybody who identifies with whatever pronoun). We have a lot of international people right now on this webinar from Ireland to Poland to South Africa. So welcome one and all! I don't know if CellCore sells internationally, but that's worth finding out.

Immanence, your apothecary at your organization, do you guys ship internationally, Dr. Schaffner?

**Dr. Christine Schaffner:** We do, we do.

**Shivan Sarna:** Okay. So, that's something you guys can reach out about. I happened to go to your site yesterday to see of Carboxy which is by CellCore, right now, it's sold out. But that doesn't mean it will be always.

**Dr. Christine Schaffner:** Yeah, CellCore... I know, that's one of my favorite binders. I have a secret stash still before. It's not completely sold out. But they're going to be re-releasing it.

And then, they have another one called HMET, heavy metal, environmental toxicant binder. They do a lot of work with glyphosate, herbicides and pesticides. Those are moved out of the body as well.

And then, biotoxin binders... that helps a lot with biotoxins and mycotoxins. And then, there's one called ViRadChem. So they're more radiation, as a toxicant, to help removed, as well as it helps with the viruses and retroviruses.

I'll introduce you to Todd. And you should interview him...

**Shivan Sarna:** I already have, I already have. I'm just doing the beginner's mind for everybody.

**Dr. Christine Schaffner:** Yeah, yeah. I'm like, "You should know Todd," yes.

**Shivan Sarna:** I do, I do.

Okay! Don't forget to put your questions in the Q&A box. The chat box is if you have any tech issues. Let's keep going now.

We know about the system now. We want to talk about how we can manipulate it ourselves.

**Dr. Christine Schaffner:** Yeah, absolutely... getting into solutions. I have three slides for solutions.

The number one thought process around the lymphatic system is: how do you create flow in the system?

I didn't specifically say it, but going back to the lymphatic system, the circulatory system is different because we have the heart which is pumping the blood in the circulatory system. However, the lymphatic system because of the one-way valve structure that brings the lymph back to the heart, it has these valves that actually rely on our movement. And so, in order to get lymph flowing in the lymphatic system and returning to the heart (where it ultimately returns and gets recycled), we need to move our body.

So, we have to have good blood flow and circulation because that's a key to pushing the lymph around the body and draining. But these are from simple to more complicated ways to move your lymph:

Movement... walking, just get up and move. Walking, movement... even if you're sick and struggling out there and you don't have a lot of energy, however you can just have a practice of moving your body at whatever level you can, that will help the lymphatic system.

And then, they have home tools like rebounding, more sophisticated vibration plates now that can help move your lymph, dry skin brushing (that's a naturopathic treatment that helps. You actually apply dry skin brush topically to your skin always in the direction of your heart.

I like to also open up upstream rather than downstream so that you're kind of paving the way where the lymph has somewhere to go. So that is really good.

You're doing Kelly's lymphatic pumping, right? She keeps our lymph flowing.

And then, you mentioned water. Hydration is really important because the more hydrated we are, the more movement we have in our system. But I'm really into this concept of structured water. And the more structured water we have in our lymphatic system, that's going to help our circulation, but it's also going to help our lymphatic fluid move. So that is something we can talk more about.

And then, Kelly introduced us to this piece of equipment I have in my office that we love. Again, we're starting with simple, but if you're a practitioner, or you are someone who needs to go find a practitioner who does more hands-on lymphatic drainage therapies, there are lots of different techniques from Vodder to more deeper pressure. But the FLOWpresso is a unique system. It's compression with infrared and PEMF. So we use it in-office. You can deeply relax.

Have you been in a FLOWpresso yet, Shivan?

Or you're on mute, sorry.

**Shivan Sarna:** Sorry, I'm doing that because in case I make any noise, the camera doesn't jump on me.

Several times... I love it.

So what is structured water? Let's go back and add a definition to that.

**Dr. Christine Schaffner:** Yeah, okay... so structured water is the fourth phase of water. Regular water is called  $H_2O$ . structured water is  $H_3O_2$ . And so it has this other hydrogen. And it has this negative charge in the water because of that.

This is water that naturally occurs in the body. And even people from Dr. Thomas Cowan thinks that we're actually—he was in my Body Electric Summit. And he went on to say: "We don't even have cells. We're just structured, crystalline water." And that's how our body dynamics, our physiologies, really meant to move energy, move fluids in the body.

And so, you have one end of the spectrum is out there. But the way that I think about it is that we actually know when [inaudible 25:49] has looked at the cell, structured water naturally organizes around the cell membrane. And it pushes out toxins out of the cell. It's also called *exclusion zone water* because of the way that the biochemistry excludes toxicants where the

water is. And then, because of that negative charge, it actually helps to maintain voltage in the cells. So that's a storage of energy in the cell.

And then, because of also its organization, it helps to create movement. So it's going to help propel fluid in the body. So that's like the high level summary.

**Shivan Sarna:** Yeah... no, no, that's awesome.

So, we see some of these supplements out there that are like hydrogen water, "Put this in your water, it makes it hydrogen water." Is that what...?

**Dr. Christine Schaffner:** Yeah, that is part of it. And then, there are natural things that you can do that actually...

So, it's two-fold. You can actually ingest water that's structured that can do work in the body. Also, we can structure the water within our own bodies by different things. Infrared, that light that you have on your floor here. The SaunaSpace photon helps its near and infrared...

**Shivan Sarna:** This thing, guys, it's so cool!

**Dr. Christine Schaffner:** Yeah, that's one of our favorite tools.

**Shivan Sarna:** It's so hot, you know what I mean.

**Dr. Christine Schaffner:** Yeah. So infrared, there are different spectrums, different wavelengths of light, that they have found to structure water in our bodies... so UV and then infrared (also going out in sunlight because it's that whole spectrum of different wavelengths of light that we have. So you can be in the sun to structure the water in your body).

Grounding actually helps too, putting your feet in contact with the earth. It actually helps to structure the water in your body. Those would be the main ones.

They've studied different substances so there are different things. Cold-pressed green juices tend to have more exclusions on water. Turmeric tends to help to structure the water in your body, coconut oil. These things, Dr. Pollack's lab looked at different substances to see the impact of structured water on the body.

I often say, the more that I learn about this, that our health is really a direct reflection of how much exclusions on water or structured water we have in our body. So it's really important to our lymphatics.

And that's why I think also the FLOWpresso works so well, because it has infrared. We're not only getting movement through compression, but we're getting infrared application which organizes the water in our body to create more movement. Does that make sense?

**Shivan Sarna:** It does. The FLOWpresso, if you watched Kelly Kennedy's presentation from the Lymphatic Rescue Summit, she's sitting in front of a massage table, and she has the FLOWpresso in the back. And then, she has one of her assistants come in and actually get in and stuff. And so did Desiree DeSpong—which I may have just mispronounced your name, I'm so sorry—who's the creator of it.

Imagine like a body suit that inflates and deflates but has this PEMF.

Tell us what the PEMF is.

**Dr. Christine Schaffner:** Yeah, PEMF is a form of acknowledging that we have this electrical nature to our body. So it's actually adding a voltage into our system to increase cellular voltage. So we not only think of having the right electrolyte balances in the body. But we think about energy in the cell from the measure of millivolts. And so that has a lot to do with our cells ability to communicate and create action potential. It energizes our body. It adds energy into the system.

**Shivan Sarna:** Okay, cool, alright. And that's what leads to the anti-inflammation, et cetera.

**Dr. Christine Schaffner:** Yeah, because it's our cells' ability to do work and communicate. Through the work of Dr. Jerry Tennant, *Healing is Voltage*, so chronic disease...

**Shivan Sarna:** Not everyone here knows Jerry so you have to act like we don't—again, beginner's mind. So talk to us... who's Jerry again? Tell us the name of his book.

**Dr. Christine Schaffner:** Yeah, Dr. Jerry Tennant. Sorry that I'm going down this rabbit holes, Shivan. I don't know if this is...

**Shivan Sarna:** I love rabbit holes, it's fine. I love them. We're asking these questions as they're coming up, and that's cool.

**Dr. Christine Schaffner:** Yes, so Dr. Jerry Tennant, he wrote a book called *Healing is Voltage*. He was ophthalmologic surgeon. He did surgery in the eyes. And he got very sick because he was exposed to viruses by working so closely with these people. He had chronic fatigue. For like 12 years, he was bedridden. And then he read about the principles of physics in the body and also got connected with a German device called the SKENAR that actually worked with the principles of PEMF and voltage.

And so he realized that sick cells are cells that are low energy or low voltage. And to heal from a chronic illness, we have to increase the voltage in the body.

He actually came to talk in one of my classes when I was an undergrad. So he was kind of like a pivotal figure. He lives in Texas. He's I think in his late '80s now. And he has really helped people look at our body from this bioelectrical standpoint.

**Shivan Sarna:** It's fascinating guys. And that's why you've done this amazing *Body Electric Summit*. It's a lot of that information. Find those in HealthTalks Online you guys.

So quickly, just to recap, there are a lot of questions about this, structured water. Do you have a supplement at your site?

**Dr. Christine Schaffner:** Yeah, you know, how I work with structured water on my own body is more through devices. So there is this woman, Gina Bria, she has this thing called the *Aqua Energizer* that I use.

There are other things, other kind of more devices to help structure water. Then I have a SaunaSpace photon that I have in my desk. I put infrared light in front of my body a lot (and of course, to share with my patients).

The best hydrogen tablet if people are looking for that, I like QuickSilver's Hydrogen Tablet. That one, I use a lot in practice as well.

And then, again, you can buy things too. But ground, get in the sun, those things can structure water. And drink green juices. That can be a start.

**Shivan Sarna:** Okay! Okay... so your green juices. The hydrogen tablets that you're talking about are from Quicksilver Scientific. You pop them in.

**Dr. Christine Schaffner:** Yeah, you put them in, and you have to drink them within 15 minutes because, again, the tablet turns into hydrogen gas that you drink.

I have a hydrogen water filter at my house. But you don't have to make it that complicated either.

**Shivan Sarna:** Okay! Oh that's very cool. I didn't know half of that stuff. So I'm thankful. I'm sure a lot of other people...

**Dr. Christine Schaffner:** Yeah, we can just talk about this on one...

**Shivan Sarna:** Well, you have another webinar on structured water as I recall...

**Dr. Christine Schaffner:** Yeah, we do... I've done a lot of them. And actually, within our 7-day Lymphatic Rehab Blueprint, we have a whole one day about water.

**Shivan Sarna:** Oh, thank goodness! Okay, okay.

**Dr. Christine Schaffner:** I'm like, "Yes, we talk about this. And we're going to dive in..."

And Sheila, she's a dear friend. And she works with Gerry Pollack. So Gerry Pollack, he wrote the book *The Fourth Phase of Water*.

**Shivan Sarna:** *The Fourth Phase of Water?*

**Dr. Christine Schaffner:** *The Fourth Phase of Water*, yeah. And then, Gina really is committed to helping his research and get this word out to more people. She has an organization called *TheHydrationFoundation.org*, a lot of free information on that site. And then, we interview her on the *7-day Lymphatic Rehab*. So this is again something she goes in-depth in. And she'll explain it way better than I am in this brief time.

**Shivan Sarna:** So here's what we're going to do. We're going fast and we have a lot still to cover. So what I'm going to do, anybody who's watching this, past, present and future, as a gift, I'm going to have this transcribed. And we'll make sure that you guys get it via email or whatever. I haven't figured that part out yet. But we'll get it to you.

We will transcribe it because there's a lot of good works flying at me. And frankly, my brain is going to explode. I can't take notes that fast and multi-task. And you're welcome everybody.



Applause for the gift of the transcript! Thank you for being here. We love you. We'll get you the transcript.

**Dr. Christine Schaffner:** I'm speaking slow. I'm speaking slow.

**Shivan Sarna:** Really? I love you, but not really.

**Dr. Christine Schaffner:** Yeah, no... Shivan and I are dear friends so we could laugh at this moment.

**Shivan Sarna:** We are dear, dear friends.

Okay! So...

**Dr. Christine Schaffner:** So this was just action step #1. This was just action step #1.

**Shivan Sarna:** Go with the flow, go slow and breathe.

**Dr. Christine Schaffner:** Oh, that's a good lead-in, breathing.

**Shivan Sarna:** There we go, perfect!

**Dr. Christine Schaffner:** The second action step that we have... we all have access to our breath. And our breath actually is a huge lymphatic pump. And inhalation, breathing in, our chest expands, our diaphragm lowers... that actually is like a nice abdominal massage. You're putting the pressure of the diaphragm down.

But also with that expansion, we're actually pumping. The thoracic duct is leaving the lymph and getting returned to the heart. So that's happening in inhalation.

Exhalation, we contract when we blow out. And then, what happens in the stomach when the diaphragm goes up? There's a place in the abdomen called the cisterna chyli which is part of the lymphatic system (I'm sure someone talked about it at the Lymphatic Rescue Summit). This is a big lymph center in our abdomen. And basically, lymph leaves the cisterna chyli, goes in the thoracic duct where it's making its way back, going out streaming where the lymph is returning to the heart.

So the inhalation, we pump the lymph. There's so many wonderful benefits of breath work. It's in parasympathetic. It's a way to even get into deeper levels of consciousness. So this is

creating this pumping action. And by pumping our rib cage, we're not only affecting the lymph that's returning—and I'm pointing to my lymph. The left is where the thoracic duct basically enters and connects to the superior vena cava where that's part of the venous return to the heart. So essentially, this is a big point of entry where all of that lymph that just moved throughout the body is going to return to the circulatory system to go do that all again.

The less stagnation that we have in this area, the more movement that we have coming from our lower body, returning all these lymph from our lower body back into the thoracic because it's making its way up, the more lymph can drain in our bodies.

So breathing is not only going to oxygenate your body, get you into parasympathetic, do all these wonderful things. But it's actually a pump for our lymphatic system.

I'll keep that one short.

**Shivan Sarna:** Great, okay.

**Dr. Christine Schaffner:** You know me, I'm trying to pack a lot of information. And I want to give a lot of people a lot of value and tools and feel empowered. So we're going to create flow. We're going to breathe. And then we're going to think about all the things that we could be affected by that could be congesting our lymph.

And why I love the lymphatic system so much is that it gives me the space to talk about all the things I treat in my office. I treat toxicants. I treat pathogens. And I treat trauma. And the extracellular matrix draining into the lymphatics is really the action of all of this. So toxicants like heavy metals, glyphosate, you name it, all the persistent organic pollutants can congest our lymph, affect all those structural proteins I was talking about (from collagen to proteoglycans to cell membranes), they can disrupt cellular communication, create stagnation in the matrix that affects forward and backward movement of the lymphatics into the capillaries. So we really need to basically avoid those as much as possible. But also to get better, we got to get those out of that space and drain through our lymphatic system so our body can really eliminate them for good.

And then, pathogens... again, I treat a lot of stealth pathogens and looking at the whole microbiome and the relationship with our immune system. And this extracellular matrix and the lymphatic system is a key area where stealth pathogens hang out. So Lyme and

co-infections love this space. They degrade collagen and elastin. Viruses and retroviruses like this space.

And actually, everyone knows, when you're sick or when you have a viral infection or an acute viral infection, that your lymph nodes get swollen. So the lymph system is really trying to mount an immune response. It can congest the lymphatics that way.

Parasites also can be problematic and congest the lymphatics.

And then, trauma—you know, going back to structured water—there are people like Dr. Oschman and also this biophysicist, Mae Wan Ho, that have studied how the body holds memory.

Just as an aside, if you've had myofascial work or body work or craniosacral, some of these hands-on modalities, you may—I see this a lot, you may not have, or you might've heard somebody, or you might've had a personal experience. You might've had a thought, a memory or an emotional release during somatic work, body work.

And how we try to make sense of that is that this water that's structured that surrounds our connective tissue or fascia or collagen that's part of our extracellular matrix and lymphatics—it's all interconnected. That's why we call it the *living matrix* because we think of the body in compartments, but it's really all interconnected. So it's coming from that idea.

And so, Dr. Oschman and also Mae Wan Ho think about this fluid and this water hold memory. And that's where we could hold trauma. So often, when you get your lymph moving, you might also have these experiences. You might have a memory, thought, or emotion be released from the system. And that's good. Just as much as getting glyphosate out of your body, you got to release those parts or yourself so that you can have more flow and movement in your system.

So, just a checklist to think about... if you have been moving your lymph, but not getting the results, let's think about these things. If you have a chronic illness, and you're trying to deal with all of these things, the more reason to get your lymphatics moving.

And then, again, not only lymphatic therapies, but if you are really sick, working with a skilled practitioner who can also help you as these things start to move and really help facilitate the

removal out of your body so that you don't have any what we call *detox reactions* or *healing reactions* if you did that alone.

**Shivan Sarna:** Great! And that's where the binders come in too for the physicality of it.

And I was just watching somebody's little mini-podcast the other day. And she called it the *biology of trauma*.

**Dr. Christine Schaffner:** Yes, I know. Amy, right?

**Shivan Sarna:** Amy, right, right.

**Dr. Christine Schaffner:** She's great, yeah.

**Shivan Sarna:** There's going to be a trauma summit in the very near future. I'm on it. Are you on it?

**Dr. Christine Schaffner:** I'm on it, yeah. We'll talk about this more, yeah.

**Shivan Sarna:** I'm sure it's fascinating. But I love her terminology, *the biology of trauma*, and how the people who are therapists that do talk therapy don't pay attention, per se, to the intercellular matrix and all that. And then, most therapists and healers who are dealing strictly—she said doctors, whatever, MD's or whatever. I don't care because some MD's are amazing. They aren't dealing with the mental health aspect of trauma.

So it's very interesting. I know Oprah just has a book out right now about trauma. And there's another book out there. I'm going to find it. I think it's called...

Do you know what I'm talking about, Dr. Schaffner? It's like...

**Dr. Christine Schaffner:** *The Body Keeps Score...?*

**Shivan Sarna:** Blue cover... *The Body Keeps Score* or...

**Dr. Christine Schaffner:** Yeah, yeah. *The Body Keeps a Score* by—I can never say his name—Bessel van der Kolk.

**Shivan Sarna:** Yeah, good job. For Oprah's book, people were like, "This book is good. However, you guys should all be reading *The Body Keeps the Score*." So if that's resonating with you, I just wanted to mention that.

**Dr. Christine Schaffner:** Yeah, yeah. I think it's such an important topic. And the lymphatics is a window into this. Trauma is a huge part of the healing process. And trauma affects our physiology, right? It affects our limbic system, our vagus nerve, our heart-brain coherence. It affects so many things. And there's many routes to explore how to release and heal that part of ourselves. But I love that the conversations are getting more and more widespread, that this is just as important as looking at root canals or glyphosates. We have to look at these parts of ourselves.

**Shivan Sarna:** Okay, *The Body Keeps the Score*, confirmed from the attendees. That is the name of it, thank you.

On we go, Dr. Schaffner. Thank you very much.

**Dr. Christine Schaffner:** We did the overview. We did the three action steps which are three jam-packed slide of things that you can think about for your lymph.

And then, we go deeper in the 7-day Lymphatic Rehab Blueprint. So thank you for letting me sharing this with your community. And this, again, came out of, really, the desire to condense this information and make it really actionable and succinct so that we walk through a lot of these ideas that I've shared and we've talked about, but go in more depth.

I talk about the lymphatic system; again, what could be clogging your lymph; self-care techniques to improve your lymphatic drainage. Gina Bria is there talking about water and their lymphatic system. My dear friend, Katie, is helping us do yoga and breath work. And then, we talk about the lymphatic system and sleep—which I'm still going to talk about here.

And then, we talk about the lymph system in the abdomen. Also, for women, the lymphatic system related to our breast health and how to look at that and support that part of our body.

So, it's just seven days... seven days to rehab your lymph.

**Shivan Sarna:** And by the way, men have breasts too. So you need to pay attention to their boobs too.

**Dr. Christine Schaffner:** Yeah, they do, they do.

**Shivan Sarna:** Okay! Do you have any more slides, Dr. Schaffner.

**Dr. Christine Schaffner:** I have a couple more.

**Shivan Sarna:** Okay, put them on!

**Dr. Christine Schaffner:** So we wanted to talk about the glymphatic system, right? I just wanted to spend a few moments on the glymphatic system because this is such an important part of my work and a place where Shivan and I have really connected and I still think it's often not talked about enough and overlooked.

And so, again, really succinctly, the glymphatic system is the glial-dependent lymphatic system. It's the lymphatic system in our brain. We've known about it since 2015. And so what we've learned is that this is part of what happens and why sleep is so vital and valuable to our brain. When we sleep, our brain shrinks, and then lymph basically moves along the arteries. So all this blood goes to our brain. And then, lymph essentially bathes our neurons.

So, these are glial cells. They're astrocytes. They have these little aquaporin channels...

**Shivan Sarna:** What's an astrocyte? You just have to go slower for the anatomy on this.

**Dr. Christine Schaffner:** So this is an astrocyte. It's a star-like glial cell.

**Shivan Sarna:** And the glial cells, what's the glial cell?

**Dr. Christine Schaffner:** Yeah, the glial cells, that's where glymph is. It's a type of immune cell in the brain that helps to clear waste and survey the immune system.

So essentially, these little aquaporin channels on the end feet of these astrocytes, they open and close, and they regulate lymph flow.

And so, this is a neuron. So all this influx of fluid, lymph, is bringing oxygen and nutrients to the neurons and removing waste.

And then, the lymph flows out of the brain along the veins. So you have to have good drainage out of the brain to move lymph out of the brain.

And then, they've studied unfortunately the brains of people who've had head injuries and why they think their head injury is so detrimental to the brain—which can be resolved and recovered from, you just have to know what you're dealing with—patients who had brain injuries tend to be more prone to cognitive impairment or Alzheimer's and dementia and one of the mechanisms is they damage their glymphatic system. So then they have this built-up of waste. Part of what builds up when we have poor sleep, what builds up in the brain can be amyloid beta actually. And amyloid beta is associated with more risk of dementia and Alzheimer's.

And when you get waste build-up in the brain, cells die. And when cells die, there's lack of communication. And that's when we see these symptoms.

So, I've been talking about this. I'm super excited about this. And then, through my work, I started to learn more about, "Okay, I've just been talking about sleep. But it's not just about sleep. It's about the right type of sleep and making sure that you have enough of essentially deep sleep and REM sleep."

So, I just have this really quick overview on the phases of sleep because I'm going to just talk about not only how we want you to have a good night's sleep, but we want you to have the right type of sleep to really heal your brain and also heal your body. I mean, sleep is so critical for so many things in our system.

So, we have non-REM sleep, and then we have REM sleep. And we go through these three stages of sleep: N1 which is light sleep, and then the brain's rhythm can slow down, and then we go into deep sleep which is called N3.

A lot happens in deep sleep. I'm not going to go into all of that. But it's a really healing time for the body.

And then, REM sleep, although we dream in actually all phases of sleep—which I didn't really realize before—but REM sleep is the type when we're really dreaming. We're paralyzed, but our bodies actually are pretty awake. Our heart rate goes up. Our breathing rate goes up. Blood flows into the brain.

And so, I talk here that, really, the glymphatic system, we really need appropriate levels of deep and REM sleep. So if you have sleep trackers—I don't wear one yet. I probably will

because I'm super in the rabbit hole with this topic. But there are more sleep trackers like the Fitbits and things like that that measure how much deep and REM sleep you have.

And so, deep sleep is associated with slow brain waves. It's known as *delta brain waves sleep*. They're high amplitude and low frequency. And a lot of things happen during this phase. Glucose metabolism increases. The pituitary gland secretes growth hormone which is important for healing and repair. We actually get into the parasympathetic.

And then, there was a study where they looked at animals, and they looked at the glymphatic system. And they felt that this deep, slow wave sleep is very critical to the movement of fluid and lymph in the brain.

And then, not only is it deep sleep, but REM sleep actually is associated with more blood volume. And so increasing all these cerebrospinal fluid, that is going to translate into more glymphatic activity.

So again, you deep sleep for the type of brain waves that assist the fluid dynamics in the brain. And we need to the REM sleep to have all the blood and the lymph moving in the brain.

So I deepened my knowledge and my understanding and study of this. And so I really not only want to get people to sleep, but really to increase their deep and REM sleep. And Dr. Ruscio who's been a friend of mine, he helps me formulate products. He's brilliant and he was on to this. And so what he found is, through transdermal GABA—so GABA is an inhibitory neurotransmitter that calms our brain down. A lot of people like alcohol because it increases GABA in the brain. So it has that more inhibitory/sedative effect. And there's a lot of GABA out there. But when we absorb it through our mouth, we don't always get it to where it needs to go—especially in the brain.

So GABA through the skin—and his background is he has done a lot of work with microbial chondroitin sulfate. And chondroitin sulfate is one of those proteoglycans in the extracellular matrix that I talked about. So the GABA combined with the chondroitin sulfate, when you put it in the skin, it's like a highway into the interstitium of the lymph, and it can cross the blood-brain barrier.

So the GABA does a lot of things for the brain. But it helps to decrease noradrenaline (adrenaline in the brain). So when we have a high stress modern life, when we're sick, when we're traumatized, we might not get enough deep and REM sleep because we have too much



adrenaline in our brain. And so, GABA helps us to decrease the adrenaline in our brain, so then we can get the benefit of deep and REM sleep and improve the lymphatic system.

And again, the more I learn about this, it's this vicious cycle. When you are stressed, and you're traumatized, you need to sleep. But your brain can't get into the sleep because of the physical effects.

And so, one of the interesting things that I've learned is that REM sleep is the time when our brain is completely devoid of noradrenaline. So it's like this time when the brain can completely reset and relax and restore the limbic system.

I'm just super passionate about this, not only because of the lymphatic system and the way that we can get into deep and REM sleep for the lymphatic benefits. But I think this is such a wonderful tool to help pair with whatever trauma therapies people need or limbic retraining people need because I think they go hand-in-hand.

And of course, as I mentioned, sleep is really part of healing and repairing our hormonal production and also even with memory consolidation... all of these things! So, this is really exciting.

And then, Michael actually did a little study with his sleep tracker. And all stages of sleep improved with the application, but especially deep and REM. So that's just showing that. If you decide to experiment on yourself, you can use a sleep tracker and see your improvement.

And then, again, this is the sleep benefits, the brain benefits, how it of course allows us to get into REM, get into deep sleep and improve our lymphatic system.

And then, when we think about the lymphatic system, we have to have an exit route, right? So if we have lymph congestion in our neck, that's going to make it harder for the lymph to drain out of our brain. So we always really try to open up downstream the lymphatic system, especially in the cervical lymph nodes.

When we're thinking about brain health—again, I think even in my talk for the Lymphatic Rescue Summit, I talked a lot about why these things can impair lymphatic drainage. But for today, I really wanted to focus on the lymph nodes in the neck called the *cervical lymph nodes*.

And then, another product that we pair this with when we think about, “Okay, we’re going to improve your sleep, we’re going to improve your lymphatic system,” before bed, like please open up your drainage in your neck, this is a product I made. I just put a lot of my favorite herbs—red root, calendula, nettles, cleavers and then an essential oil blend of frankincense, geranium and helichrysum. You could apply that on your neck (or really, wherever you have lymphatic congestion to create movement of the lymphatic system).

So I’m done...

**Shivan Sarna:** There are so many things to discuss. Know this is in order of importance. We do have some coupons. You know I love those coupons! Use code SHIVAN to save 20% at checkout. The link is in the chat box.

Here’s the deal, you guys. How do you say it? Somnium...

**Dr. Christine Schaffner:** Somnium, yeah.

**Shivan Sarna:** Somnium GABA, it is 20% off. And Clarissa, did you pop it in the chat. Oh my gosh! Is it in the chat? I think it is. So we just need the link there, Clarissa. Clarissa is behind-the-scenes. She knows everything.

So what happened was we’re doing this lymph webinar for you guys. And I’m like, “Ooh, I love this. Can we please talk about that?” It wasn’t really part of the original plan.

**Dr. Christine Schaffner:** It’s so perfect because I think it’s really essential when we think about really getting the lymph moving in your brain. So we want us to sleep well.

**Shivan Sarna:** Exactly!

Sorry, there’s the link. It’s in the chat. So we do also have a link for... yes, we looked at their other stuff up too.

Do we have a link for the essential oil as well?

**Dr. Christine Schaffner:** Yeah, you should have a link to this page. Look, we have your beautiful picture on this page. And the two products are there. So just remember to use your code.

**Shivan Sarna:** Use code **SHIVAN**.

So back to the course—you know me, I love a good product—back to the course, talk to us about that and what we can expect. We have the seven days there. Guys, you got the free booklet, the workbook. We're going to get you this transcript as well. So make sure that if you're watching this through Facebook, that we have your email. And you can get a hold of us at [info@sibosos.com](mailto:info@sibosos.com). We'll loop you in. We have plans to email you back.

This is where that water is so important because everybody wants to get all these lymph drainage going and have this drain work. You've got to move it. And you've got to make sure you have enough fluids to get rid of it. So this course teaches you all of that.

The course is ridonkulously good! How's that? Yes, use your words, Shivan. Why use a \$5 word when you can use a 50 cent word? The course is fantastic! It allows you to basically be coached about what you need to do to be a better lymphatic citizen. And that's why I'm so excited about sharing it with you.

This has been part of my plan because I knew that after the Lymphatic Rescue Summit, people were going to want to have information about how to actually take some of those steps and put them into action.

So, how do we know where in our body our lymphatic congestion is?

So, I want to just also say this. If you have not had the chance to see the Lymphatic Rescue Summit, or maybe you own it but you haven't watched everything yet, watch Dr. Schaffner's presentation there. Watch Kelly Kennedy's presentation there. Watch Naomi's presentation there. You're going to get a lot of techniques that are basics to get you started. And then, you want to get into the course.

In the emails you're going to be receiving, you're going to also receive the link to the course (but it is in the chat). And I'm going to click it right here for a second. And I'm going to share my screen because I wanted to...

**Dr. Christine Schaffner:** Do you want me to stop my share?

**Shivan Sarna:** Oh sure! Oh sure. And here we go!

Alright! So here it is...

**Dr. Christine Schaffner:** I'm talking. I'm in mid-sentence there.

**Shivan Sarna:** You've got to get those thumbnails taken care of. You got to make sure your team gets those thumbnails in there. It's not bad. I've had much, much worse!

But we have a bonkers coupon on this that's going to drop the price down to \$47. So dude and dudettes, come on now, it's seven days of incredible content for \$47. I don't feel that you are wasting your money whatsoever—even at \$97, even at \$197, \$297. This is a fantastic course.

I want to get into some of the questions right now. I am not going to stop the recording because I want to let everybody get in on this great information. However, you have enough information right now to make a decision about the course. If you go to the link that I just clicked (and it's in the chat), this is the page that comes up. This is the information that we basically have covered, all these issues. There it is... it's crazy that it's \$97. But we have the coupon that takes it down to the \$47.

So I'm going to stop the share and get into some questions.

**Dr. Christine Schaffner:** Great!

**Shivan Sarna:** Alrightee! Let's see...

Well, you have a friend who's saying hi. You want to send your comment to [info@sibosos.com](mailto:info@sibosos.com). Or do you have a customer service email address? And by the way, ignore that in front Dr. Schaffner's face is the word "Juliet." It's one of her assistants. So that's why her name is there. Don't worry about that part.

What's your email if people want to get a hold of your organization?

**Dr. Christine Schaffner:** Yeah, just [info@drchristineschaffner.com](mailto:info@drchristineschaffner.com).

**Shivan Sarna:** Okay, great, because all we're going to be doing is forwarding the email to that... so do that. One more time, Dr. Schaffner?

**Dr. Christine Schaffner:** [info@drchristineschaffner.com](mailto:info@drchristineschaffner.com)

**Shivan Sarna:** Okay, great.

"Why do you tell us to be using the Q&A when you seem to be presenting everything in the chat?"

Johnny, breathe... you're fine. Do you how many...? Yeah, that's adorable. So Johnny, just take a breath. We're getting to you darling, just hang on. There are literally hundreds and hundreds of people joining us right now which is so exciting!

Okay, let's talk about lymphedema as it relates to a histamine issue. Do you find them to be related?

**Dr. Christine Schaffner:** You know, in my slide around the extracellular matrix and the lymphatics, one of the main cells that surveys the extracellular matrix is a mast cell. So mast cells produce histamine. And histamine is really important when we come in contact with something that we need a histamine response with. But it should be a short-lived response. And what we're seeing nowadays is that this response is prolonged or the mast cells are really at too high of an alert, let's just say it that way. So things that should be normal in the environment and we quickly recover from are really aggravating the mast cells, so they're really increasing histamine. And that creates a whole cascade of effects.

And so I find that with the increase in mast cell activation syndrome or things on that spectrum, we need to do lymphatic work so we can help drain our extracellular matrix, remove potential toxicants that are getting stuck in those proteins, clear any pathogens that might be in that space as well as you know how I mentioned even how trauma can be in that space. So creating movement actually reduce the sensitivity of mast cells.

Again, it's multifactorial. I see parasites and mold also be underlying causes of mast cell issues.

**Shivan Sarna:** How does stagnant liver and/or lymphatics contribute to a very important topic that is not talked about enough... hemorrhoids?

**Dr. Christine Schaffner:** So when you look at anatomy, and you think about fluid movement in the body, when there's congestion in one area, that can create a pool and even stagnation problems in a distant area, right? So when we think about hemorrhoids, which are engorged veins in the rectum, when we think about the blood supply and what it's connected to, it's connected with the portal venous system, the blood that goes to the liver.

So if there's a lot of liver stress, liver congestion, bile stagnation, that can create congestion in the liver that can have a downstream effect, creating enlargement because that blood can't get moving and can't circulate back to the liver as well.

So when we think about hemorrhoids, there are local treatments. But also, whenever a patient has hemorrhoids, I think about their liver. How do we get their bile moving? How do we support phase 1, 2 and 3 detoxification and a lot of things along those lines?

**Shivan Sarna:** Have you heard about putting sugar on the hemorrhoids and how it sucks back into the body?

**Dr. Christine Schaffner:** I haven't used that before. But I like that...

**Shivan Sarna:** It's an old-school technique. And then, another question is: "What is your opinion about the [Piran] technique? How does her work link to your work?" Are you familiar with it?

**Dr. Christine Schaffner:** Are we talking about hemorrhoids still?

**Shivan Sarna:** Nope, we changed the subject darling. I'm sorry.

**Dr. Christine Schaffner:** I don't know. What was the technique called?

**Shivan Sarna:** It was called the [Piran] technique?

**Dr. Christine Schaffner:** I don't know of that technique.

**Shivan Sarna:** Okay. What about varicose veins? Don't worry, we're going to get off the veins in a second, but I think that's an interesting...

**Dr. Christine Schaffner:** Yeah, yeah. Remember when we were talking about the circulatory system and the lymphatic system, the veins return deoxygenated blood back to the heart. So it's just kind of how I was talking about the brain. So if there's a congestion and pooling in the venous system, that can affect neighboring and distant tissues because the fluid in the capillaries might not be draining. There's a traffic jam, just think of it that way. There's a traffic jam in the veins. And that can then have effects downstream. And then, fluid can't move in and out of that space as well.

So, varicose veins and lymphatic congestion can go hand in hand. So, people who have varicose veins really might have more lymphatic congestion than they realize in their lower extremities.

**Shivan Sarna:** So guys, this is just a side note. I didn't know that. My mother who had lymphoma—this whole project started because of her. She passed in '97—she had terrible varicose veins. So that is very, very interesting. And those were like decades before the problem.

Kelly Kennedy is with us. She's answering the question for you, Miriam. I don't know if you can see that or not.

**Shivan Sarna:** It's full service here. It's full service. I love this part.

So Miriam is saying how often should one do FLOWpresso. Connect with Kelly Kennedy. It's nano-vibrational technology similar PEMF, but not that. I'm not sure what you're answering there, Kelly. So I think it really depends, Miriam, on your personal condition.

And Kelly Kennedy, if people want to get a hold of you, what email do you want them to use? Remember Kelly from the summit? And if you do not know her, she is astonishing. And I met her through Christine. And I will forever be grateful.

But Ms. Debra was "mis-diagnosed for breast cancer when the dissection of the nodes happened." I don't know, choppy comment here. "It feels bruised again after 13 years. But now I know dairy causes mucous. It develops inflammation which makes the bruising that I confused with breast cancer." Oh, that's interesting. "It was proven. And they called it cancer. But I believe it's cells gone rogue due to inflammation. Must stop dairy." Got it!

Thanks Kelly Kennedy. Nano-vibrational technology is a little different than PEMF. Just making the distinction. Okay!

Let's talk to you, Shelly. Shelly: "I have cervical cancer and lymphedema in my thighs, more on the left. I've got a lot of pain in the left groin area lately. And I'm wondering if you have any suggestions to help with the pain, so that I can get back to moving my body." Bless you, Shelly. I'm thinking of you.

**Dr. Christine Schaffner:** Yeah... when cancer is part of the equation, you always want to work with your physician and team just to make sure everyone is in the loop of what you're doing.

But as we think about where the cervix is in, it's in the pelvic bowl of the body. And there's a huge lymphatic system in the pelvic bowl. And when we think about the bikini line or the groin

area, there are groups of lymph nodes. That can be overwhelmed, congested, working hard. That could affect the return of lymph from the lower extremities back upstream.

I would, with a skilled provider who understands cancer, work with how to safely support your lymphatic system to get drainage so that you're out of pain and that your immune system can do the work it needs to do as well.

**Shivan Sarna:** All these questions are not related. But Leslie is asking a question about dental implant replacement. She needs teeth before September and the Dental Summit. So I understand that. I will just say, since I've been investigating this, there are different kinds of materials that are being used. You want to find a good biological dentist. Dr. Schaffner, do you have a quick comment here of resource that she could find quickly to go to and do some research on?

**Dr. Christine Schaffner:** Yeah, I would look up zirconia implants. Those are ceramic implants that tend to be less reactive and that gum tissue adheres to more easily than what is standard out there, the titanium implants.

Titanium implants can have less gingiva grow around the implant. And then they can also create hypersensitivity in the immune system as well as make you more sensitive to EMF's. So we could recommend zirconia implants.

**Shivan Sarna:** Okay. And they're not perfect. They're not perfect. Very few things are perfect.

**Dr. Christine Schaffner:** Yeah, nothing is. And I think this is the best that we know at this time. But I do find, for the patients that I treat, I would recommend zirconia over titanium. I would zirconia over titanium in 98% of the cases. But I would say, yeah, it's all individual with what else is going on in the mouth and the complexity. But yeah, it's the best we have at this time... until we can re-grow teeth.

**Shivan Sarna:** Ooh, that sounds like a fun project.

Miriam, Kelly Kennedy's email is [kelly@notmedsglobal.com](mailto:kelly@notmedsglobal.com). It's not a personal email, you guys. But she does monitor that email. She feels comfortable giving it out. But Miriam, you can connect with her there.

What's lipedema?



**Dr. Christine Schaffner:** Yeah, I don't know as much about this but I'm aware of it. This is when people have fat pockets within the connective tissue... lipid, lipedema. It's basically fat deposits within the connective tissue that create a lot of problems.

There are people who specialize in this. It's not an area I know a lot about. But it's related to lipids and lymphatics.

**Shivan Sarna:** Moving on here to another question... as far as stagnant liver and stagnant lymphatic system...

So next year, 2020, Shivan Sarna doing the Liver & Gallbladder Rescue Summit... I'm with you guys! I got the same questions.

So you want to touch on that combination right there please?

**Dr. Christine Schaffner:** Yeah! Yeah, I think about it in two ways. Every system in the body has a lymphatic network. So when we think about our liver health, we think about also its network of lymphatics around the liver. And then, when we think about just this global network in the body, a big part of a lot of what I do is, again, how to get the liver cells healthy, help the liver detoxify, really help to have healthy bile flow in the body.

The liver makes bile. There are all these bile ducts. It get concentrated in the gallbladder. If you don't have a gallbladder, don't worry, it still does this. And then, bile leaves the gallbladder and goes into the intestines to digest fat, but also to help eliminate all the things that the liver tried really hard to get rid of. It's really important for our thyroid and our immune system and our microbiome and all sorts of things.

And so, we have this whole lymphatic network in our intestinal tract. We have a huge lymphatic network in our small intestine. We also have a lymphatic system in our colon. And then there's also lymph behind our intestinal wall. There can be a lot of build-up with lymph in that area that can create stagnation.

So, I think what I'm hearing the question is: "How is this all related?"

So, we have the actual lymphatic network around the organ. And then, within the intestines, there is a huge lymphatic network—like in the intestines, around the intestines. And the better our bodies are able to eliminate and also move bile, that helps with absorption and elimination.

**Shivan Sarna:** That's a lot. That's a lot.

**Dr. Christine Schaffner:** It was a good question.

**Shivan Sarna:** That was a lot. Okay... so this is interesting. They're all interesting, don't get me wrong. Marilee is asking... so we're not going to be wearing tight bras, less restrictive clothing, we don't want to compress our lymphatic system. And compression socks are now not recommended for her due to blood clotting factors.

So, this is interesting because I was always totally opposed to compression garments because I'm like, "Doesn't that slow down our flow?" And when I went to an Ehlers-Danlos specialists, Alena Guggenheim in Portland, Oregon, she's like, "Wrong thinking! Fallacy thinking... that's not it. You need compression garments, go!" So, could you guide us on this?

**Dr. Christine Schaffner:** Yeah, just whether you need compression garments or not?

**Shivan Sarna:** The benefits of compression garments, and then, unfortunately, Marilee is having a problem because she's saying that compression garments socks are not recommended for her due to blood clotting factors.

**Dr. Christine Schaffner:** Yeah... so it seems like she has a unique case where there's a couple of things going on.

**Shivan Sarna:** Yeah.

**Dr. Christine Schaffner:** So, I would say understanding why is there coagulation defects going on. A lot of our patients have thick, sticky blood. And there's a reason for that. It can be immune activation. It can be a toxicant. So looking at all of the reasons why you might be clotting more...

And then, there can be nutritional factors. There's a lot that we can do. There can be enzymes and natural anticoagulants just to educate and share with that.

So, I would say, that aside, I do think compression is a tool because, as we're trying to rehabilitate the lymphatic system, that can be a really wonderful tool to override and medicate a lymphatic system that isn't draining well.

I don't know if that answers your question. But that's what I'm thinking.

**Shivan Sarna:** And then, Chris who's a PT on the webinar is saying, "BioFlects is less restrictive and might be helpful."

Does anyone want to start a thick, sticky blood Facebook group, if you do that, I will join.

There's a LipedemaProducts.com in the chat and has BioFlects. So just go there. There you go!

Let's talk about craniosacral for a second. Someone is asking: "Just how effective is craniosacral therapy and other gentle therapies on reactivating one's lymphatic system?"

I just want to say I had fibromyalgia for so long. I had so much body pain for so long. I've been rolfed so many times back in the '90s. And what would happen for me is I would feel better shortly, temporarily. And then, my body had been basically traumatized. And so the fascia would actually tighten. But I didn't know better, so I'd be like, "Oh, it must've worked! I feel good walking out of the therapist's office." And then, I was to—this is a mistake I want you guys to avoid making, so I'm sharing this quickly. I went to get craniosacral. I was in so much pain that I was trying anything and everything. And I liked it. It's kind of sleepy. The problem was is that they were not a good communicator. This is where it hurts me, when healers are not good communicators. We're all different. But I need to understand what's happening to me in order for me to appreciate it and have compliance especially if it's a process.

So, I did not continue with it. Fast forward, I don't know how many years now, 20 or 30 years, I found another craniosacral therapist for visceral manipulation. The whole idea was from Dan Kalish. And it was about my gallbladder. It had nothing to do with anything.

Anyway, this one woman I found who taught visceral manipulation was a craniosacral therapist and teacher transformed my life. And so I want to say that, if you find someone who is a good craniosacral therapist, you should treasure them.

But I want you to have someone who is obsessed with being a craniosacral therapist, not that they did a weekend seminar, blah-blah-blah... no dabblers. They can be great massage therapists. But it is a very specific and very fast healing technique. Get them to explain to you what's happening at least a couple of times. And then just zone out and enjoy. But it is a beautiful, beautiful therapy.

And for those of us who are typically over-stimulated and feel like, "If I'm not in pain, it must not be working," know that if you're going to someone really good, it is working. It's just

different. Think about nature and breeze and a little bit of dew on the leaves instead of a rainstorm.

**Dr. Christine Schaffner:** Yeah. No, I love that. And I'm in complete agreement I think that it's definitely an amazing modality. And this is where not all therapists are created equally. Everyone has their gifts and their specialty. And yeah, the people who create the most change are the people who do this all day long, I do agree.

And yeah, craniosacral, I think it's a wonderful modality. And it is using the premise and the idea that our cranial bones are not fixed or fused. But they all have a movement and a motion. And that movement and motion helps to move cerebrospinal fluid within the body. And that is related to the lymphatic system within the brain as well.

And so, craniosacral therapists are trained to feel where there are restrictions or movements that are restricted movements or kind of not in the right rhythm that can restrict the flow of your cerebrospinal fluid within the brain and the brain stem. And then it can go outside of the central nervous system as well. Many craniosacral therapists learn to work not only on the brain and the spinal cord, but throughout the body because we're interconnected.

So it's like a very deep form of healing. It's a very relaxing form of healing. It can access a lot. It's not only helping to restore fluid dynamics. But also, it can be an emotional release for the body. Some people have a lot of emotional releases for reasons we talked about today.

So yeah, I think it's a beautiful modality. But again it's one modality and a big toolkit. You just find what works for you.

**Shivan Sarna:** And we know it's a process. we know it's expensive. But that's the beauty of some of these lymphatic techniques that you can do yourself. You're in the shower, you're doing your own lymphatic massage in the shower. That's a great place to do it, et cetera.

So Johnny, welcome. I know you had the question about the chat. You're anxious to get your questions answered. "There had been a plethora of webinars on detoxing. But my main question is where the lymphatic step into the process? Colon, liver, SIBO"—bless you—"heavy metals. Do we start with hydrogen water, light therapy, sound, chelation, supplementation... too many things for a simple mind like mine to start."

I don't know, I think that's a very complicated, wonderful question.

**Dr. Christine Schaffner:** Yeah, it's a great question. And I think there are layers to the question. And I think when you heal the body and work with the body, we're not always working in a linear fashion, but the body is dynamic.

But with that being said, I do think when are laying the foundation for any detox or pathogen protocol, we have to have our organs of elimination and our lymphatic system working well. So I think those go hand-in-hand...

So again, taking a little survey and making sure that you're well-hydrated with your kidneys, you're breathing with your lungs, you're able to sweat, you're having regular bowel movements, you're able to digest your food, bile elimination, and layered in that all these lymphatic therapies, all of these lymphatic work...

I think step one is really thinking about the organs of elimination... lymphatics and binders. And on top of that, you can chelate the metals when you're ready, you can get rid of your root canal when you're ready, you can treat your Lyme. And some of these things happen at the same time.

**Shivan Sarna:** I call it "salts on the egg" and the "scrambled eggs." So you have the whole dish, right, and then you sprinkle salt on top of it. So for me, that's where the lymphatic system comes in. That's just patient to patient.

Martha made progress once her colon got moving... which is awesome! If you're not pooping, things aren't going to go well. You got to move it.

Somebody is asking about bloating. Here's my book, *Healing SIBO*. There are a lot of causes for bloating. I just want to mention this. Also, if you've ever had food poisoning, traumatic brain injury, adhesions, abdominal surgery... a lot of things can bloat you. But it also mimics parasites, candida, in a worst case scenario, a symptom of ovarian cancer can be bloating. So you need to find out why you're bloating. And you can go to [SIBOSOS.com](http://SIBOSOS.com) or get my book *Healing SIBO*—it's \$18 on sale right now on Amazon—and really cover a lot of that because that is a huge, huge topic that I talk about incessantly.

Dr. Schaffner, comments...

**Dr. Christine Schaffner:** Oh, you're the expert. But yeah, bloating is all of those things. And getting your lymph moving in your abdomen is huge to help address bloating (and of course,

all the things you mentioned internally). But castor oil packs is one of our favorite tools for that as well.

**Shivan Sarna:** Do you go over how to use binders in the 7-day course?

**Dr. Christine Schaffner:** We touch on it, but it's not binder-focused. But we touch a little bit on it. I'm happy to talk about that...?

**Shivan Sarna:** We talked about that already. So be sure to go back and listen to the beginning of this and read it in the transcript. Transcripts are searchable. Just google that, "how to search a PDF." It will show you and it will miraculously transform your life.

What's FLOWpresso? Tina is asking what FLOWpresso is. Do you want to describe it? Kelly had to go. Otherwise, I'd bring Kelly on.

**Dr. Christine Schaffner:** Yeah. So FLOWpresso is essentially a lymphatic device. I have it in my office through the work of Kelly Kennedy and Desiree DeSpong who's in New Zealand who created it. She's actually a lymphologist. And so she tried to create a system that she did very well. It's compression, infrared... and then, I always say PEMF, but Kelly corrected me. It's a nano-vibration technology.

So it's using the principles of compression to move the lymph. I like it because, again, it's whole body. It's feet, legs, abdomen, arms. And then it also has infrared. So infrared is going to help gently heat the body for a detox effect, but also the exclusions water effect. And then, the nano-vibration technology is going to help to add energy into the system.

**Shivan Sarna:** Change subjects again. Donald is asking this very interesting question: "Is lymphatic system operation affected by 5G or other strong EMF's like Bluetooth? If so, what methods of remediation are available?"

**Dr. Christine Schaffner:** Yeah, I think there's a lot to learn about that. And I do think, yes, that's going to be affecting us. I think that we have a lot of mechanisms to understand why EMF affects the body. And it can affect our detoxification pathways. It can affect our pineal gland. It can affect our glutathione and melatonin. It can create a lot of oxidative stress and affect that hydrogen component in the body.

And so, I think we're in this unfortunate grand experiment. But I do think it most likely has an effect on blood flow. We actually do know this. Beverly Rubik has shown how 4G phones can

create more rouleaux a stack of red blood cells, so the coagulation piece. We could have thicker blood from EMF. And then that can directly affect the lymphatics as well.

I think we have to put pieces together. Of course, how could it not?

**Shivan Sarna:** Right! And Kelly Kennedy also mentioned it. Kelly, I don't know if you can hear, but people are like saying, "Yeah, when you listen to Kelly's talk, she talks about it." That's awesome! I love that! Cross-pollination, people, it makes me so happy.

**Dr. Christine Schaffner:** I need to listen to Kelly's talk.

**Shivan Sarna:** Oh my gosh! Let me just say... it was lively. It was one of the most lively ones. She had people coming in, body parts were getting shown. It was awesome! It was beautiful.

I love you, people. We are at an hour and a half. Therefore, I've gone way past the time.

When was Kelly's talk? It was one of the gifts from the Lymphatic Rescue Summit. Clarissa, can you pop in the Lymphatic Rescue Summit. The summit wrapped, but you can still get it. You can still get the summit. Adrienne is asking about the Lymphatic Summit and Kelly's talk there.

Where on Facebook is it available to view? Okay, that's a great question. I had not totally planned to do this. But sometimes, I do strange things and then we're like, "Hey, why not?!" So I was streaming it to my Facebook group, which everyone here is more than welcome to join in... but know this, it is SIBO, small intestine bacterial overgrowth, and it is called the [SIBO SOS® Community](#) on Facebook. There are 20,000 people on there and they are incredible. I'm streaming it there.

I wasn't really sure if the SIBO community was going to embrace the lymphatic information as much as I do... I wasn't sure. Holy smokes! You all blew my mind about how you were like, "Yup! That ties right in... boom, boom... boom, boom, boom, boom." I love you for that!

Miriam is saying the community is awesome. It's very special, [SIBO SOS® Community](#) on Facebook. Even if you join Facebook just to be in the group, lots of people have done that. It is that special. So it is streaming there. Look under *Media*, it'll be there. Under *photos*, that's where they are. And Clarissa just put it in there.

Alright! Let's wrap up. Open the email I'm going to send you. And get the 7-Day Lymphatic Rehab Blueprint course for 47-bonker-dollars. It's usually \$97... which is also bonkers. And use coupon code SHIVAN—that's my first name. Hello, it's nice to meet you if you're new. I'm half Irish, I'm half Indian. I'm all American. My father and mother loved that I could be named after Lord Shiva. And my Irish grandmother was thrilled that I was also named after the daughter of the Irish playwright Sean O'Casey. There you go!

I had a yoga studio for 10 years, and people were like, "Did you get your name in the ashram?" I'm like, "Oh, you have no idea."

Okay, so the link is in the chat. It's also where you can find the information about the sleep cream and the lymphatic oil. Thank you so much for all your kind words. I will share the nice things you're saying about Christine in the chat with her because we all need to put happy memos about ourselves under our pillows and on our refrigerator doors to cheer us up sometimes.

Thank you so much for spending this time with us, Dr. Schaffner. I hope everyone who's here goes and does take the course. I got so much out of it. It's high quality as everything with you really is.

So everyone, remain open, drink your water. Teach what you know... my gosh, keep this conversation going. Share this information, what you've learned with your friends, your family, your nail tech—I don't know if people are still getting their nails done—around the world. Portugal, bless you. We really, really want to get this word out. So whether you're able to participate in the only-\$47 course, the 7-day course, or you are just like, "Well, this was great. It's free. I got a lot of information free. Action steps, plus, plus, plus... I'll see you guys on the next go-round," that's cool too. Whatever works for you, we're here for you. And we love you. And we appreciate you.

Open those emails. We will see you next time. Enjoy!

Thanks, Dr. Schaffner. I'll hang out here for a little second. But you get on your way and have a beautiful holiday weekend.

**Dr. Christine Schaffner:** Yeah, thank you so much. Talk soon! Thank you everyone.

**Shivan Sarna:** Thanks! Bye.



**Dr. Christine Schaffner:** Bye.

**Shivan Sarna:** Okay! Glad you were here.

Cost of FLOWpresso? I'm just going to answer a couple of random questions while I'm hanging out here. FLOWpresso is sort of like a bodysuit sort of Michelin man thing that you get in and you lie down on. I don't know how much it is. But if you go to Kelly Kennedy's website, which I know we've been showing you here, she may or may not have the prices there. I don't know.

You can ultimately buy a FLOWpresso. They're very expensive. But I added up how much money I was getting done in body work... and of course, it's a balance. But depending on your situation of course, it might be something to purchase. It's thousands of dollars. But you can get individual sessions like you would go and get a massage or something like that. It's very, very helpful.

I think it's worth doing once if you're attracted to it and it resonates with you and you have some lymphatic issues. But there are not as many machines in this country as they were hoping. It's just beginning. It's just getting started. And so you're going to be part of spreading the word about it. So I hope everyone can experience it.

You're so welcome everyone. Thank you so much for being here. Laurie says she usually pays \$125 an hour.

"How do you find a provider?" Reach out to Kelly Kennedy. I don't know if she's still on here. I don't think she is. She is taking a little bit of time from her practice right now. And she is working on her website, and getting the infrastructure together, so that she can get more people educated, more technicians educated, more practitioners, more healers, and more FLOWpresso's out there.

We've covered so much today. We really did. It was not my intention to be here for so long. I was thinking maybe we'd do 40 minutes. Hundreds and hundreds of you showed up. Bless you! Thank you. It means so much to both of us—our staff, our teams, the people at HealthTalks Online, this whole global community of trying to get this information out there, wanting to shout it from the mountaintops. And now, I need your help to spread it. So tell your friends and family, I'm not kidding.

I wish I had known about varicose veins being a lymphatic issue... like of course it makes sense now. But I remember it was a big deal when my mom had those varicose veins removed. And it isn't like the way they do them now at these vein institutes.

I do care about you all. I really, really do. This work is so important. I have a fabulous other career. And yet, I'm not stopping this. There's no way because I wish I have had all these information myself so many years ago. And I wish my mom have had it, and my dad, blah-blah-blah. So please spread it.

Okay, get in on that course, you guys. That's one of the best, best things you're going to do for yourself perhaps in your whole life for \$47. That's less than the price of some supplements out in the world. So I do hope you take advantage of that.

So right on, preach it! Okay, everybody, you're the ones. You're the ones who are going to go out there and spread the word. I need you to do that. So be lymph ambassadors.

The code, Marie, is SHIVAN... my first name, SHIVAN! SHIVAN is the code to get the \$97 course to \$47.

Alright, I never like getting off of these because I like being with you guys so much. But I do have to go. I have people waiting on me because they weren't expecting me to go so long. And I love you!

Okay? Alright! I'm glad you felt it was worth your time. Check out the emails. We are mailing it out I think tonight. That's the plan. If you don't get it tonight, we will get it to you tomorrow. But I think the plan is to send the replay out tonight.

How do you get the booklet? It was in the first email. So go look for the email from info@sibosos.com. I don't know if that was the one email address that we used.

Does the code have to be capitals or not? It's not case sensitive. It's not case sensitive.

Anything else? Got anymore? Little tech questions or anything? Our email address one more time is info@sibosos.com. And we will get back to you as soon as possible.

Thank you, Clarissa, in the background. I'm sorry, I know you're going to be up answering the questions. I love you!!!

Okay, muah! I'm going to end it, thanks. I'm going to end it, but it's just the beginning.