



CHRONIC CONDITION RESCUE PRESENTS

DR. CHRISTINE SCHAFFNER

3 LYMPHATIC ACTION STEPS

[04:58]	The Lymphatic System: An Overview	4
[00:11:41]	Creating Flow: 3 Lymphatic Action Steps	7
[25:28]	7-Day Lymphatic Rehab Blueprint	14
[33:29]	The Glymphatics & Sleep	18
[40:34]	The Glymphatics & the Cervical Lymph Nodes	22
[44:56]	Q&A	24

Shivan Sarna: Hello, hello, hello! It's so good to have everybody here. My name is Shivan Sarna, founder of [SIBO SOS®](https://sibosos.com) and the creator behind multiple summits including the [Lymphatic Rescue Summit](#), and very recently, the [Dental Health Connection Summit](#).

SIBO is small intestine bacterial overgrowth. It <https://sibosos.com/gaba-cream> is the number one underlying cause of IBS. And that is sort of what, I would say, I'm known for in the health area for the past five years. And my company is called Chronic Condition Rescue—Chronic Condition Rescue, and then SIBO SOS®, get it? Rescue and SOS? Yeah! I had some time on my hands when I was thinking of that.

Anyway, that's why I expanded into dental and lymph. And next year (depending on when you're listening to this, March of 2022, I am doing the Liver & Gallbladder Rescue Summit.

And then, we have a Fascia Summit coming up next year, about a year from now. If you were on the first session with Dr. Schaffner and I about the lymphatic system, we had it a while ago, then you saw that idea bubble up.

Dr. Christine Schaffner: I remember that.

Shivan Sarna: It was a moment. And the Kelly Kennedy, the "Lymph Queen," and I are doing it together. And of course, Dr. Schaffner has agreed to be on the Fascia Summit.

So, we're very excited about some upcoming events. Save the dates and you'll get the emails. But I'm very happy to get a little bit of background about me—but it's not about me, it's about you and Dr. Schaffner connecting about the lymphatic system.

So, who is this incredible woman with the best hair in the world—not just the best hair on TV, but the *best* hair.

Dr. Schaffner is from Seattle. She does telemedicine. She's the creator of Immanence Health. She has a great apothecary called Ipothecary (which we'll be talking about along with some special discounts for you and some goodies). And she's going to tell us today about action steps we can take for our lymphatic system.

She was one of the number one most-requested follow-up speakers and also one of the most listened-to professional in the recent Lymphatic Rescue Summit. It's always a pleasure to be with you. Take it away, Dr. Schaffner!

Dr. Christine Schaffner: Oh, thank you, Shivan. And I'm always so grateful to be able to speak to your audience and your community. We just love talking about the lymph. And so I'm going to take it away with my Powerpoint. Is it okay if I bring that up?

Shivan Sarna: Please do! Share that screen, we'd love that.

Dr. Christine Schaffner: So, I'm going to make sure the right thing comes up. We're good here... alright!

So, Shivan asked me to come on and just solutions and some tools and tips that I really share with my patients and my community every day. And I really am so grateful that Shivan created a whole summit on this topic because, again, I feel like this is one of the most overlooked and under-appreciated systems when recovering from a chronic illness and really to maintain our health in general.

So, we're going to talk all about the lymph today. And we're going to really do an overview. Many of you already know about the lymphatic system, but I just want to make sure we're all on the same page.

I'm going to give you three action steps. They're not just three bullets, but three slides of ideas that you can hopefully bring into your daily life right now. I was able to create a 7-day Lymphatic Rehab Blueprint. It's a really easy-to-digest course that we'll be going over. And Shivan has shared this before. And it's just something that I'm just so grateful. We've put all of these information in one place so that you have it at your fingertips. It can be really solutions-oriented.

And whenever we're talking about the lymphatic system, we have to talk about the glymphatic system. I treat a lot of neurological illnesses, and I treat a lot of people with insomnia and brain fog, anxiety and depression. And we have to understand and know about this system to have a healthy brain.

So, we're going to be talking about the glymphatics and sleep because our glymphatic system isn't really only working when we sleep.

And then, when we think about the glymphatics, we need to also think about the downstream lymphatic system to make sure that that lymph is draining and emptying where it needs to be.

And then, I created two products that Shivan is wanting me to share with you to help you have deep sleep so that your lymphatic system can work better and also helps to heal and repair your brain—[Somnium](#), and also Lympha-Gem (which is honestly one of my favorite products that I've created. And we have it in a little [roller](#) and then a [body oil](#) now. So I want to talk about that and why we feel like that's a great tool for you to use in your daily life.

[04:58] The Lymphatic System: An Overview

Dr. Christine Schaffner: So when we talk about the lymphatic system, the lymphatic system is highly interconnected with the circulatory system. So you have the circulatory system and you have the lymphatic system. And as blood leaves your heart, it's filled with oxygen. So it's red in this depiction. And this again is a very simple overview of the lymphatic system. But when we get into the tissue space and all the nooks and crannies in our body, we enter the capillary space—so these are the little arterioles and venules in this little web-like depiction here. And then, blood leaves this area, and gets returned to the heart to get oxygenated. But a lot happens in this capillary space.

Fluid actually leaves the blood. And some of it returns and it goes back to the heart. But a lot of it stays. And a lot of it stays in this extracellular interstitial space. And it becomes lymphatic fluid. And as it leaves the blood, it brings oxygen and nutrients and all these good stuff to the cells. And then, it really helps to remove waste. And it drains into the lymphatic network—that I think is my next slide.

So, this is just drilling down that space of the capillary bed. So you can see the capillary bed which is the red, purple, blue and the mid-green. The green is always the lymphatic color in anatomical pictures. And then, you're seeing all of these cells and then the space between the cells.

So, the blood capillaries, that's where the fluid leaves. And then, it's entering that space where all the action is, the cells, the extracellular matrix. But that fluid has to

drain somewhere because it's removing waste from this tissue. And this is going to the lymphatic network. And it starts with the lymphatic capillaries.

And the lymphatic system is this one-way highway back to the heart. It's in the small space. It then goes to bigger vessels, then lymph nodes, collecting ducts. Then it has a one-way valve system directing the lymph back to the heart. So that is an overview.

And again, when we talk about the lymphatic system, we have to talk about the extracellular matrix. And your future co-host of Fascia Summit, Kelly Kennedy, and I, we both are really big proponents of bioregulatory medicine. And this is a system that came out of Europe. And it really acknowledges the body's ability to self-regulate and heal and that we're all designed to heal.

But when we're not in a healing state, or we have imbalances in our body, we have to look at this from all these angles. And our job is to help identify and remove them so the body *can* self-regulate.

And a big area of focus in this form of medicine is not only looking cellular health and mitochondrial health, but looking at the space, the space in between the cells. I've already discussed, "Okay, here's the capillary, here's where food is going to be leaving," but look at the space... we have collagen (so collagen is not only a structural protein, it's also a communication fiber optic network in the body. This is what Shivan is going to be talking about in the Fascia Summit. The collagen is a big part of our fascial system), there's also hyaluronic acid and things called proteoglycans and also different types of immune cells like mast cells (so people with mast cell activation, this space is not working optimally. And that can be one of the triggers for mast cell).

So, there's a lot of activity in this space. And so, as the fluid becomes pre-lymph, it's bringing oxygen and nutrients and all these good stuff here to make sure this area is thriving. But it's also removing waste and pathogens. And then it's driving into those lymphatic capillaries that become vessels.

And so, the take-home that I really want to share is by doing lymphatic therapies, you're actually draining this space. And that is huge for cellular communication. It's really important for our epigenic expression.

Dr. Rob Cas writes on one of his books: "Everything that comes out of the blood takes a somewhat complicated route through the connective tissues to the parenchymal cells"—these are the cells in the space—"and then into the lymphatics. The ECM regulates the cellular milieu"—the space inside the cell—"And since the lymphatics are highly intermeshed with the ECM, we can change the terrain"—which is what we do all day long—"by lymphatic therapies."

So, lymphatic therapies are really big. They're really big in how our physiology maintains its health and that we don't get stuck with toxicants and pathogens and we start having disease.

So this is the take-home message there. I'll just pause because I know Shivan always wants me to speak slower. So any questions about that, Shivan?

Shivan Sarna: Can you just backtrack a little bit? I know you're going to talk about the lymphatic system, but can you just define that for everybody because there are some people who may not have even heard of that system because it's been identified in such a recent timeframe.

Dr. Christine Schaffner: Yeah, yeah. Absolutely! So, this is like kind of the lymphatic space in the body. And then, as you mentioned—and I have some slides toward the end. But the lymphatic system is the glial-dependent lymphatic system.

The *glial cells* are often what we call *astrocytes* in the brain. They're a type of immune cell in the brain that regulates lymphatic flow. And the job of the lymphatic system is to do all of these in the brain. So we never knew that the brain had this. It was newly discovered I think 2015. And when I've learned about this, "That just explains so much!" But it's still not common knowledge to many of you.

So, the lymphatic system is really important because, again, we see a lot of complicated illnesses. But really, it's a simple equation at the end of the day: "Is the body able to eliminate toxicants in a greater fashion than essentially it's accumulating?"

And that actually sets the stage for what we call a terrain. So that supports our immune system. It supports all these other systems in the body. So we really want to be able to take out the trash in order to have a healthy body. And the lymphatic system is designed to do that in the body.

Shivan Sarna: Thank you.

Dr. Christine Schaffner: Yeah, of course.

[11:41] Creating Flow: 3 Lymphatic Action Steps

Dr. Christine Schaffner: And then, this is just kind of a moment to say what I just said in a different way. Really, this is complicated, but at the end of the day... health is flow. The more flow that we have in the fluids in our body—the blood flow, the lymphatic system, the nervous system, the more flow of communication that we have—the more health that we have.

And then, when we have obstacles or roadblocks that impede blood flow, that impede lymphatic drainage, that impede our nervous system because of neurotoxic substances, that's when things break down.

So, we really want to make sure that, as we're creating movement in an area that's been stagnant or stuck or congested for a while, that we're also anticipating that the trash is going to come out and that we need to also support the body with binders and drainage and all of the things that I think I mentioned here—if not, in the 7-Day Lymphatic Blueprint. But I'm totally happy to talk about it here of course.

So just again, as we talk more about the lymphatic system, sometimes what I hear is that when people really get started in all of this work, it can be a little uncomfortable. Some people get a little flu-like in the beginning. Some people have what we would call a detox reaction. I try to minimize those with protocols that I often do. But every now and then, it happens. And that's not a sign that you're doing something wrong. It's actually a sign that your body really needs the support. But you need to work with a practitioner or a community that doesn't push you too fast too hard.

And so, that is the point of this slide.

And we are in the three solutions, I believe. I have three solutions which are all of three slides.

So really, a lot of us, when we think about the lymphatic system, we think about movement. But I wanted to say "create flow" because we want to really create this lymphatic flow towards the heart so that this lymphatic circulatory system keeps moving, doesn't get stuck, and that the body can clear toxicants and make sure it's having the appropriate immune response to what's in the lymphatic fluid.

So, we have **movement** like **walking**. Even if you're chronically ill and really can't move a lot, even just getting up a few times a day and simply walking can be very helpful.

Many people have those **rebounders** (which are trampolines essentially) that move lymph fluids up and down in the body. And this is just a little infographic showing how, when you're bouncing upwards, you're closing the valves. And when, you're moving downward, you're opening the valves. So you're getting that upward and downward motion, moving fluid in the lymphatic valves.

Vibration plates are really great. That can also create a vibratory movement in the fluids in the body.

Dry skin brushing is really wonderful. I'm using a **gua sha**, my 3-year old gua-sha.

Shivan Sarna: Here you go. This is what you're talking about.

Dr. Christine Schaffner: Yeah, exactly.

Shivan Sarna: So, I'll just pick it up and put it on my face. That's a really nice movement for the body.

Structured water... without going down a rabbit hole here, we do have a whole section on structured water in the 7-day Lymphatic Rehab. But structured water is exclusions on water. It's a form of water in the form of H_3O_2 instead of H_2O . This water has a lot of properties that are very unique and very important for our health. It stores energy. It excludes toxins. But it also creates movement. It actually creates fluid movement in the system.

Kelly introduced me to the **FLOWpresso®**. And that is a wonderful piece of equipment that Desiree DeSponge created out of New Zealand. It is a compression suit with infrared and nano-vibrational technology. So it's a piece of lymphatic equipment that we all love getting. It creates a very deep parasympathetic state. And it creates lymphatic movement in the body.

So, that is number one. Find a way to create flow in your daily life—move, jump, vibrate, brush, use the gua sha, drink structured water or get out in the sun or your UV and infrared lights, create exclusions in water, or come to an office like mine or Kelly's or anyone in Shivan's community that has lymphatic drainage equipment or a therapist who also can get your lymphatic system doing. Again, create flow.

Breathing... breathing is such a portal into so many aspects of not only our physiology, but also a way to get into a deep parasympathetic state and to reduce stress—who doesn't need to reduce stress these days? Also, there's a lot of breath work that opens our consciousness up and helps us to connect to whatever you believe in.

And so, breathing... people get it, but it sounds like work and we don't make time for it. So breathing actually calms our lymph. When we're breathing in and out, we're having movement in our thoracic cage. And that's where we store our lungs.

There are two big points in the body with the lymphatic system. On the left side, right around the collar bone, it's called the *thoracic duct*. That's a big area that our lymphatic flow gets dumped back into circulation so that the blood can flow.

And on the right side, it's the right lymphatic duct. And so these areas are important. So when we're inhaling and exhaling, we're pumping the rib cage which is creating this pumping action in these areas to move lymph.

So, I wrote here: "During inhalation, fluid returns in the superior vena cava where the lymph fluid is dumped into the heart via the thoracic duct." So we're inhaling, things are getting dumped in. When we're exhaling, that's when the *cisterna chyli* empties into the thoracic duct allowing lymph to flow in the next inhalation to the venal system.

So, the cisterna chyli is this fluid sac right in the center of your abdomen. If you have a lot of digestive issues and a lot of lymphatic stagnation in your abdomen, this is a really important drainage point that we want to make sure is open so it can flow upward to the area where the lymph needs to exit.

And so, this is showing just the movement of the diaphragm down and up and how, when it's down, the lymph gets shoved back into the blood, and when it's up, it's getting into the cisterna chyli which is in the abdomen. So yeah, just try that.

Ten deep breaths a day... if you can do that, then do it twice. I follow a lot of different meditation practices that really incorporate breath in them. Everyone has access to their breath. Your breath is free. It's our life force. Why don't we use it as a wonderful tool to move our lymph every day?

So that was number two. We're going to create flow. We're going to breathe. There's so much I want to say, so I've got it all in one side here.

The third one is **remove lymph cloggers in the extracellular matrix** and the lymphatics. So this is a big part of what I do every day. I look at people's toxicants, pathogens and trauma.

And I love the lymphatic system because we can talk about all of that through the lens of a lymph. And this is kind of an area where things get stuck in the body. And that's why these things can take hold and create symptoms.

If we have **toxicants** like heavy metals and glyphosate, those can get trapped in one we call the extracellular matrix and break down cellular communication and just create kind of a pooling or stuck energy in the lymphatic system.

So again, the lymphatic system is like a hydraulic system too. If there's congestion in one area, that can have an effect in distant areas as well.

Heavy metals, because of their charge, they can get locked on to different structural proteins in the extracellular matrix. **Glyphosate** is a glycine analogue, meaning that it's very similar to glycine. So the body, in the presence of glyphosate, can sometimes incorporate that glyphosate into our collagen because glycine is one of the main amino acid that makes our collagen. So then we have this collagen structural system that has glyphosate in it. And that can actually be a trigger for autoimmune illnesses like connective tissue disorders or scleroderma and also just create poor structural integrity.

And also, I see collagen as a communication system in the body—and that's why I think one of the many reasons why glyphosate is so insidious and so harmful to our health.

And other **pathogens**... so I treat a lot of what we would call *stealth pathogens*. These are things like Lyme and co-infections, viruses, parasites. Mold and mycotoxins are kind of in that area too.

And a couple of things about pathogens... Lyme loves collagen, it loves elastin. So it's staying out in the extracellular matrix. And also, if that area has a high pathogen

load, that can also be a trigger for our immune cells (like mast cells) and that can create these chronic inflammatory pictures.

And then, **trauma**... this sounds a little woo, but a lot of wonderful people are trying to bring kind of a scientific explanation to this: "The living matrix holds trauma."

So, what that means Dr. Oschman he is a brilliant man. And he wrote a book called *Energy Medicine*. And what he talks about is the "living matrix." I'm talking about the *extracellular* matrix. When we talk about the body, we think about compartments. But at the end of the day, we're not just these compartmentalized beings. We're these wonderful, communication networks. There's a lot of information that gets exchanged in our bodies. And the living matrix is from our skin to basically the nucleus. We're connected by the collagen, the fascia, the fluids in the body. So we can create a lot of change by body work and myofascial release and lymphatic drainage.

And what he's talking about too is that the water in the living matrix that's structured can actually hold information and memory. And that's a thought we know a couple of people have different [explanations] as to why this happens.

Maybe some of you might be out there and have had a body work session or a craniosacral session, and you're deeply relaxed. And all of a sudden, you start crying, or you have a thought or a memory or what we would call a *somatic release*. There's this release of information and energy that, basically, a practitioner who's in tuned and understands this understand how to communicate with that tissue and open up the flow. Then the body does what it needs to do. When you have the right people at the right time, the body will need to do what it needs to do.

So, that's a thing that I really want to show too because, when we think about the lymphatic system, we also have to think of our stored history or traumas that can be affecting us.

So, just take inventory. Think about toxicants. Are you aware of these? Pathogens, are you aware of these? Your trauma history, are you aware of these? And these are

things that, living on a planet, we all have exposures to these. It's just some of us do better than others.

So, that's the third one, Shivan. Any questions about those three points?

Shivan Sarna: There's a new book by Oprah called trauma. But there's an older book that is called *The Body Keeps Score*. When I was reading the reviews for the Oprah book—nothing wrong with Oprah, awesome sauce!—but some people were saying, "Good for her, getting it out there," super important obviously. But they were like, "If you really want to read something powerful about trauma, get *The Body Keeps Score*."

And then, I've become obsessed with TikTok.

Dr. Christine Schaffner: I have not started yet, yes.

Shivan Sarna: And by the way, you can judge me. It's okay. I judged everybody who I thought was crazy because they were on TikTok. But I've learned so much. It's like bizarrely educational in the niches that I'm interested in. But I say that to basically put pressure on myself to actually...

Dr. Christine Schaffner: Yeah, you're trapping yourself.

Shivan Sarna: Yeah, I know exactly.

But anyway, one of the woman that I saw on there was talking about how she was reading the intro to the book and just started weeping. And she's like, "Okay..." I'm warning you now... it's a very powerful book. It's called *The Body Keeps Score*.

Dr. Christine Schaffner: Yeah! No, it's a great book. And I just love the title as well because it just summarizes exactly the point.

Alright! So, the next slide, let's see what I've got.

[25:28] 7-Day Lymphatic Rehab Blueprint

Dr. Christine Schaffner: This is a digital course that I created really with the intention of I want all of my patients to know this information—really, not only with working with me, but also for those who don't work with me. So I just really wanted to put all these information that I've learned over the years of what I feel is really vital to our lymphatic system.

So, we broke it down into seven days. We call it the [*Lymphatic Rehab Blueprint*](#). There's a nice, pretty workbook in there. And then, there are seven topics and exercises. And we educate you, but also give you tools and also experiences.



So, day 1, I just dive a little deeper in showing what the lymphatic system is. Day 2, again, diving a little deeper and what could be clogging your lymph.

And day 3 is really doing some self-lymphatic drainage massage. We walk through how to use dry skin brushing. I interview Kelly on the Lymphatic Blueprint.

We talk about water. My good friend, Gina Bria, is on there. And we also show these beautiful videos of how the fascia is actually a water irrigation system where we have exclusions in water.

We're going down the water rabbit hole on day 4. And then, day 5, my good friend, Katie Strakosch, does a yoga practice and a breath work practice that you can incorporate in your daily routine (you don't have to just do it once). But it's all around lymphatic drainage.

And day 6, I talk about the glymphatic system—which I'll add a few more slides on the glymphatic system here.

And then, day 7, we talk about the lymphatics of the abdomen because I think that often gets overlooked, especially if you have chronic digestive issues. The lymph in the abdomen can really create a lot of stagnation for your entire lymphatic system.

And then, for women (and men) breast health is very important. And it's a window into our lymphatic system as well—and so just understanding that, understanding what could be compromising that, and then some solutions and tools.

So, that's the blueprint.

Shivan Sarna: I just want to intervene here and just say something. I bought this course. Prior to me doing the Lymphatic Rescue, I gave Dr. Schaffner money. I wanted to do this course. I did it live. It was fantastic!

You know when you think you know about something, and then you're like, "Oh wow! I know now how much I don't know about something"? It happens to me all the time based on all the research and communication I'm doing with all these world-renowned experts. And it's very exciting. I've gone from beating myself up about it to just like—I'm an adventurer, there you go! It just really helps, that attitude adjustment.

So, this course is fantastic. And we have a special value for you. We also have a discount coupon on the [Lympha-Gem Oil](#).

But Dr. Schaffner, I don't know what your next slide is, but do you have a second to—I didn't talk to you about this beforehand. I've been looking for my login. I thought I had it saved, but it's not there. Can you share your screen for the course itself?

Dr. Christine Schaffner: Oh yeah!

Shivan Sarna: That would be really helpful. I love doing that. If anyone has come to any of my courses, I try to do free airings, I try to do open houses, so you know exactly what you're getting into. So thank you, Dr. Schaffner, for sharing!

Dr. Christine Schaffner: Yeah, perfect!

Shivan Sarna: Pull back the curtain.

Dr. Christine Schaffner: I know that's the fun part.

So we have here again the workbook that we'll share with you. And then, the whole powerpoint with slides and transcripts, again, around understanding your lymphatic system.

We have then day 2. And Eva who's worked with me over the years, she really walks you through like "how do I dry skin brush." She does a great job! There are beginners and full body videos there.

And then, day 3, Kelly and I talk all about lymphatic massage. And then, there's a whole manual on how to do that for self-care. Kelly is always looking at your armpits and seeing if you have armpits or arm puffs. So she goes through that. She's quite funny!

And then, day 4, is Gina. Gina has the hydration foundation. She's a wonderful woman who's really passionate about structured water. And so we talk about what that is, what that means, tools, and then the fascia—isn't that beautiful? That's fascia. That's our crystalline water in our body that communicates so much.

And then, day 5, Katie Strakosch, my dear friend, she was with us at the retreat we just did. And she does a whole “yoga for lymphatic flow” and “breath work.” So even if you just walk away with one exercise class and a meditation, you can use those regularly in your routine.

And then, I talk about the lymphatics and sleep. And this is where we go through the lymphatics of that. And then the breast. And then, we have a workbook!

So that’s what you’re getting.

Shivan Sarna: It’s really phenomenal. So, the story for me—some of you may know, some of you may not—is that in the ‘90s, my mother, Anetta Marie Brown Sarna, had lymphoma. She passed away in 1997—actually, it was in the ‘80s that we found out that she had. She lived for 10 years. And I took care of her during that time. And I’ll never forget the moment that she told me that she had lymphoma. I was like, “What?!” There were a lot of emotions going on. But logically, I was like, “Lymph? Like these things when you get a sore throat? What are you talking about? Do you have a cold?” I mean, it was horrible.

And then, her oncologist—it’s a whole long story of tragedy—was very primitive. Removing her lymph nodes was a brutal experience for her. And we really just did not know what was going on. We did not know.

And so, this is one of the reasons why I was so excited to get this information out to the world. I want to make sure that you all know about this and that you have an opportunity to take advantage of it. **We do have a special price with the coupon: SHIVAN.** And then, we also have a few other things.



Now, we are going to get to Q&A. Dr. Schaffner. Dr. Schaffner did a great job of speaking slowly and still going through the material. I really love you for that.

Somebody is asking about the workbook... yes, there is a workbook. So please don't act as if there isn't one because there is. And are there transcripts?

Dr. Christine Schaffner: Mm-hmmm, yeah... everything is transcribed.

Shivan Sarna: So "unknown," whoever's saying you are hearing impaired, we appreciate that situation, everything is transcribed. So hopefully that will help you. And I'm glad you're here.

So, thank you for showing us that.

Dr. Christine Schaffner: Oh yeah, absolutely. And then, let me just get back to the powerpoint.

Okay! So that's our course.

[33:29] The Glymphatics & Sleep

Dr. Christine Schaffner: And then, I wanted to just take a few slides to talk about the glymphatic system because we are also going to be sharing the [Somnium cream](#) and having the understanding of why that works.

And so, the glymphatic system, as I shared, it's our waste-clearing system for our brain. It really works when we sleep at bedtime. And so this is a picture I use all the time to describe it because I think it does such a beautiful job.

We have blood flowing in the arteries. And we have this lymphatic fluid flowing along the arteries. So the better blood flow we have to the brain, the better lymph flow we have to the brain. And these glial cells or *astrocytes*—they look these star cells—they have these little aquaporin channels. They open and close, and they regulate that flow of lymph. And they move these waste. And then, the waste just flows along the veins and out of the brain.

And then, if you have traumatic brain injury, or you've had a car accident or a head injury, why these people tend to be more prone if you don't address it to dementia, cognitive impairment and things like that is because the glymphatic system gets damaged. And they can repair and rebuild. But if you don't know what is happening, and you don't treat it, this is when things can go wrong.

So then these injured astrocytes get kind of disorganized and can't regulate this water flow as well. And then, waste, even amyloid beta, will build up in the space, concentrating the neurons. And then, that leads to neuronal cell death. And then, that leads to cognitive impairment.

We all want to keep our brains healthy as long as possible. And I think this system is critical to that.

So, I talked about the glymphatic system a lot. I knew this. But you think you understand it, but then you don't. All sleep isn't created equal. We have different phases of sleep and different things going on in our brain during different phases of sleep. And it's really important to have a really healthy, well-rounded sleep cycle at night. And when some of us have insomnia or impaired sleeping, we could have one phase working better than another and not enough of one. And this is tied into the glymphatic system.

You might know that we have non-rapid eye movement sleep and REM sleep. We have these four stages of sleep. N1 is kind of when we're starting to dose off, get into light sleep. N2 is when the brain is starting to slow down into this rapid, rhythmic brainwaves. And then N3 is deep sleep which is really important. It's deep delta wave sleep. A lot happens during this time.

And then, REM sleep, it happens every 90 to 120 minutes. And that's typically when the most dreaming occurs. It's not the only stage that dreaming occurs. So this is where the most activity for sleep for dreaming, but it doesn't all happen at this stage.

So, that's what our brain is going through. So delta and REM are actually very important for our immune system, our glymphatic activity, for our brain to organize and for us to also heal our emotional state. I think I've done a couple of powerpoints just on that.

So then talking about the glymphatic system (because we're talking about the lymph system), we really need to have optimal amounts of deep and REM sleep because, again, for deep sleep, this is when glucose metabolism in the brain increases, and this also supports short-term and long-term memory. It's when the pituitary actually supports growth hormones. So if you're having any hormonal issues or things to support imbalances, sleep is really important.

And then, there's also an increase parasympathetic neuronal activity and a decrease in sympathetic neuronal activity. So we're all leading again to the parasympathetic state to heal and repair. This stage of sleep supports that.

And then, this whole deep, slow wave sleep also helps again the flow of fluids in the body. So during, it's kind of when the brainwaves get into this pattern, we have more cerebrospinal fluid flowing that supports the glymphatic system. So deep sleep is supportive of lymphatic activity.

And then, also, REM sleep is interesting because you're asleep and you're dreaming, but your body is like more active. And so what happens is there's actually more

blood volume, more cerebrospinal fluid influx during this time. So actually, while we're dreaming, our lymphatic system is moving more. And that's detoxifying the brain.

So, we need deep sleep and REM sleep to have a healthy brain and a healthy lymphatic system.



And so, I worked and I partnered up with Dr. Ruggiero who has created some products for me. And this is a really fun product. And it works for so many different things.

It's a topical. It's a topical form of GABA. So GABA is an inhibitory neurotransmitter. It's very calming and very relaxing. And it can be poorly absorbed. There are other oral products that are a little more better. But this one is

really a fast tool to get GABA into the brain.

And so we're using GABA with chondroitin sulfate. So the chondroitin sulfate, you saw the pictures of the extracellular matrix, you saw that proteoglycan, chondroitin sulfate is one of those. And so this helps to shuttle things into the lymph, into the brain. And Shivan, it's not animal-derived.

Shivan Sarna: Thank you!

Dr. Christine Schaffner: And chondroitin sulfate in itself has a lot of wonderful properties. It's antiviral. It's immune-modulatory. It's anti-inflammatory. So this GABA really gets into the brain. And it works pretty quickly.

And this is really fun! You know there are all these sleep trackers now. So Marco studied this. And it really improved any stage of sleep. But for the purposes of today and thinking about the lymphatic system, it improved deep sleep score and also REM sleep. This is what we need for our lymphatic systems to be working optimally—and then, all those other benefits, right? I'm just focus on that for this talk.

But it's also for your hormones to balance, for your trauma, for your parasympathetic nervous system to be more active.

So I think we're getting there as a culture. But I think we still pretty much under-value sleep and understand how important this is. This product kind of took my conversation around lymph a little more deeper. This is some of the benefits.

[40:34] The Glymphatics & the Cervical Lymph Nodes

And then, when we drain the brain, we also need to make sure we're opening up the lymph in the neck in order to make sure—again, we have these two places here where the lymph gets recirculated between your brain and there is the neck. And so we have a lot of different tools.

One of my favorites—we have two of them. We have this really fine [roller ball oil](#). And then, we created a [body oil](#). This again is just to provide area blend. It has a number of different oils including castor oil—not a lot of castor oil, but just a little bit to get that effect. And then, some of my favorite herbs we infused: red root, calendula, nettles, cleavers and red clover, calendula. And then, it has three essential oils, frankincense, geranium, and helichrysum. So all of those move lymph. They're good for your immune system. They move lymph.

And so, we can take things internally. But of course, why not use the living matrix and the topical application to really get it into the lymph more quickly.

The roller thing can be very fun to put on the vagus nerve point along the cervical nodes. Also, you can put it on the thoracic duct point and the right lymphatic duct point.





And I actually love using this body oil at night. But you can use it during the day as well. Again, everything is interconnected. So if the rest of your lymphatic system isn't draining, that's going to not allow your brain to drain. So I use the lymphatic body oil. And you can put the [Lympha-Gem](#) all over your body.

For women, it's really good for breast health. It's good for your abdomen if you have many digestive issues.

Because it has a little castor oil, you can use this in place of a castor oil pack. So it's a lot of fun. And it smells good.

And so, my routine is I put my [Somnium](#) oil at night. And I put my [Lympha-Gem Body Oil](#) on my body at night. I do take a little melatonin and some binders and stuff too. But that's my nighttime routine. And that is what I've got for you.

Shivan Sarna: That is all great! That is all great. Thank you Dr. Schaffner. That was awesome.

I do want to direct everybody to the chat because Clarissa has put the links for the Somnium cream as well as to the course. And the coupon is 'SHIVAN'. That's my name. Hello! And we have 25% off on the Lympha-Gem Oil. And we have \$50 off on the Lymphatic Rehab Course.

Okay, guys, thank you! Obviously, I highly recommend this course as well as the products. I use my body oil, my Lympha-Gem. I love it! And I use my gua sha tool—which you can get from Dr. Schaffner (or you may have one already). Or you can use something else... you can use a spoon. And also, my cream, I'm absolutely, positively obsessed with this. She doesn't even know how obsessed I am!

Dr. Christine Schaffner: Yeah, I didn't. I didn't.

Shivan Sarna: I have sleep problems. I was in deep denial about my sleep problems. I was like, "Oh okay! I was in bed for however many hours. I feel a little bit better than

when I went to sleep." But the fact is I was not sleeping well. I was not at all. And I'm a worrier.

Kelly Kennedy is here. Hello!

Dr. Christine Schaffner: Oh hi!

Shivan Sarna: So I was waking up just in the middle of the night worrying or peeing. And then, I would wake myself up enough to worry.

This just helps to smooth everything for me. If I take GABA, it crosses the blood-brain barrier. You've got it in your gut. I don't like to take GABA. I like the topical application. That's what I wanted to say.

[44:56] Q&A

Shivan Sarna: And I also wanted to get to your questions. We have a few minutes. And I'm going to get going on that. But definitely grab those links in the chat. And hopefully, you can cut and paste them easily. And we will send them out in an email hopefully tonight with the replay.

"Can an episiotomy cause issues with lymph drainage? Where would lymph not flow to or from?"

Now, what is that? What is that?

Dr. Christine Schaffner: So, episiotomy scars, it was more common in the past when women give birth. They cut the perineum so the baby can come out more easily. And so that scar actually can be an interference field. I didn't even talk about scars. Scars can be a huge block to the lymphatic system.

You can use the [Lympha-Gem Body Oil](#) on that scar very comfortably. If you're in an area that has a neural therapy practitioner, you can actually get the scar injected. I know it sounds painful, but it can really open up the flow of stuck energy there.

Episiotomy scars can affect the lymphatic system in the whole pelvic bowl, the bikini line areas. So you might, if you don't want to think about the whole injection thing, use a light to actually help break down the scar tissue.

But use the oil. That's a good start. It's a great area to treat with.

Shivan Sarna: Also, if you could get the treatment, just put a little lidocaine there. Okay, moving on...

Dr. Christine Schaffner: You gave birth, right? So...

Shivan Sarna: Right exactly! And now, you know why I do not have children. As a child, I was like, "That looks like it would hurt." And that was it for me!

Okay! Do you do international shipping?

Dr. Christine Schaffner: Yes, we do. It's a changing world. I used to know this. But with everything changing all the time, just check in with our team. But we do send internationally.

Shivan Sarna: Okay, great. So that's your answer there.

"Are there emotional release therapies or types of lymphatic drainage that are better suited for releasing emotional blocks that keep the body from healing?" So you've addressed that. A lot of people have been asking about the book. And I swear to you, talk about synchronicity, my dear friend, Miles (who's my videographer and editor and old, old friend), while we were talking, he texted me about the book, *The Body Keeps Score*. I was like, "Oh, are you in the webinar?" He's like, "What are you talking about?" So there's a little synchronistic moment for everybody. He's like, "The book is blowing my mind." I'm like, "Okay, cool!"

So, did you want to just quickly address that?

Dr. Christine Schaffner: Yeah, no problem. So there's a lot of different ways. And everyone could have their own path. And I just encourage you to find something that resonates with you.

In my office, we do *trigger therapy* which is a type of vibrational body movement to help with trauma and get the system moving. Also, craniosacral can be very helpful, the FLOWpresso, the Sound of Soul that Kelly also recommends. Neural therapy can actually be really wonderful to help release emotions.

There's also EMDR that can be very helpful for supporting the brain process things. There's limbic retraining.

But as far as body work, I would say craniosacral, trigger, lymphatic therapies, and neural therapy.

Shivan Sarna: "In regards to chronic viral infections, I've had shingles and some other skin eruptions during the past months that clear up but still come back even after taking prescribed antivirals. What keeps viruses such as the ones that cause eruptions on the skin from clearing up completely? What can I ask my practitioner to look into?"

Dr. Christine Schaffner: When you have a persistent pathogen that keeps expressing, we always think, "What are some interference fields that could be potentially keeping the body from self-regulating and healing?"

Always look in the mouth. Go and check out Shivan's [Dental Health Connection Summit](#) and learn why. Look for any untreated scars in the body.

Also, I'm a big believer of the terrain. So if you're not clearing infections, I do think there can be, not only unhealed emotions, but also a burden of toxicants in the body. I would work with a practitioner that's looking at heavy metals and glyphosate... and just a lot of good drainage and detox work.

[side conversation]

Shivan Sarna: "What is ECM?" It's the *extracellular matrix*. That's what that is?

"What is the proper way to drain the lymph in your face and your head?" If you have dental issues, this is particularly important. That's what the course really shows you and talks to you about. And if you haven't signed up for the course, know that we have the [Lymphatic Rescue Summit](#) and all that (and I think some of you were definitely there), but that's really—hello! Hello tools. Hello [Lympha-Gem](#).

[side conversation]

Be sure to do that lymphatic massage. And be sure to start here so you open the toll booth. I definitely, definitely recommend the oil and the gua sha tool... and getting the course. There's also videos from Kelly Kennedy that I highly recommend for lymphatic massage. It's all in this course as well.

Oh, scars? I got mine treated because I had a bunch of stuff with neural therapy. And it really helped!

"What types of doctors provide lymphatic therapy?" – Rick

That's a great question! Lymphatic therapy is actually not really mainstream in the medical community. It is more about massage therapists. But there are specific lymphatic drainage experts. And that's what you really want to find.

And it's not all massage therapists that are great at lymphatic therapy. It's a very specific technique. If you've gone to other massage therapists, and you're like, "Ooh, get that knot! Ooh, that hurts so it must be working." That's not what you're going to be experiencing. You're going to be like, "Did anything even happen?" And the answer is yes. Those ducts that Dr. Schaffner showed us, the little valves, one-way valves, are extremely delicate and sensitive. So it's a very light, lovely massage.

"Dr. Schaffner, would you recommend LMD?"

Dr. Christine Schaffner: I think it's Iomatium, the Barlow Herbal Formula. It's not in my every day toolkit. But Iomatium is a beautiful, powerful antiviral.

Shivan Sarna: Alright, cool!

"Six months ago, I had several very infected root canal teeth that were removed. I'm still experiencing pain in the upper left side—which was the worst in terms of infection. Rebounding has helped the pain diminish. I'm wondering if there's anything else that could help the specific area. Would infrared help?"

Dr. Christine Schaffner: Where is the area specifically?

Shivan Sarna: Upper left.

Dr. Christine Schaffner: Upper left, okay. Yeah, infrared can be very helpful—again, making sure that everything is supported and cleared, working with your biological dentist. Definitely infrared supporting downstream... you know, making sure that the lymph has somewhere to go and making sure that there's not an infection that's under-treated.

I like ozonated oils. I like HOCl. I like dental probiotics. So if something is not healing, you can have that prolonged lymphatic congestion. But definitely, gua sha, infrared, all the topicals we talked about today—and sometimes, just really working with a great practitioner to help move everything out.

Shivan Sarna: "Is it true that laser-on-skin that removes brown patches for example at the doctor's office—I think they use a YAG laser years ago or even those at-home laser devices that removes hair growing in unwanted areas—can do permanent damage of the lymphatic vessels that lay below the visible skin layer?" That is a great question! "And what can we do to those areas that were treated once heavily with the big machine?"

Dr. Christine Schaffner: Yeah, you know, I don't know the true answer for that. But I do know that the lasers, how they work, they have a specific wavelength of light that

targets pigments—so either hemoglobin, the melanin and the pigmentation or the hair. So I don't think it's this carpet bombing of the area. It's pretty targeted. But that's not to say that there couldn't be potential risks there.

Shivan Sarna: Okay. We've talked about sleep a fair amount. "Are there ways to push Lyme out of collagen and elastin?"

Dr. Christine Schaffner: Yeah, a lot of our work is targeted to that. What we do is we use a lot of liposomal remedies that are targeted and are better absorbed into that space so we can target and kill those areas.

We also sometimes use hyaluronic acid and other things that kind of provoke the Lyme out of the tissue and into the gut so they're easier to kill.

Shivan Sarna: "I have PCOS and IBS-D and relative issues, gastritis, GERD, and rapid hair fall"—my heart breaks for you. "Any thoughts on that?"

Dr. Christine Schaffner: Yeah, always a reason, right? I do think that, with PCOS, whenever you have any pelvic congestion, we have to think about the lymphatic system. I feel like, for whatever I'm treating, I'm always kind of doing my checklist of "Look at the mouth. Make sure you're not living in a moldy home. Look at exposures. Look at stealth pathogens. Look at a history of trauma." It sounds complicated. But once we get the body moving and opening, things start working better.

But it sounds like because of the gut issues, you probably have some gut dysbiosis that could be also making everything worse. I would start there either with SIBO testing and/or stool testing to look if there's a pathogen that's standing out so we can target therapies for it.

Shivan Sarna: "Are self-care treatments any different for primary lymphedema with no known cause?"

Dr. Christine Schaffner: Lipedema?

Shivan Sarna: What's the difference between those?

Dr. Christine Schaffner: So there's lymphedema which is the pooling of lymph. There's excess build-up in the area. There's many treatments for that.

Lipedema is actually when there are fat deposits under the skin that can affect the connective tissue. I don't know all about it. I don't treat it. I actually have a good friend, Dr. Sarah Whitney, who works out of a clinic called the Roxbury Institute out of Beverly Hills. And they actually specialize in this treatment. Typically, there are surgical interventions that are needed.

[side conversation]

Evelyn: "Have had lymph nodes in neck removed due to thyroid cancer." So sorry! "Did that affect the capillaries and valves of the lymphatic system? Are my capillaries regrowing? Could my macular edema be an indication that lymph is congesting?"

Dr. Christine Schaffner: Great questions! The last question... yes! So if you're having edema in the area around the eyes—again, just think of anywhere you have edema—there can be an area that's stuck or stagnant affecting the drainage.

And with the thyroid cancer, potentially with some of the interventions, the lymph got disturbed or disrupted. So you use all the tools to override and medicate.

It's a good question. I mean, I want to say that, of course, the lymphatic capillaries can regrow. But I don't know 100%. But the body regenerates and heals. I just don't know that to be true 100%.

Shivan Sarna: "Is clove an oil in your lymphatic neck oil?"

Dr. Christine Schaffner: No.

Shivan Sarna: "Does the appendix have any role or influence on the lymphatic system?"

Dr. Christine Schaffner: Yeah, it's part of the lymphatic system. Actually, I referred to the appendix in the diagram. Remember, the appendix is right by the ileocecal valve

which is a huge area that is opened or not working right that you can make you more prone and vulnerable to SIBO.

We think about the appendix as a storage of probiotics. It does have lymphatic nodes and lymphatic drainage around the area. So you want to make sure that that right lower quadrant in your body is healthy and moving well to create more flow in the lymphatic system in the abdomen.

[side conversation]

Shivan Sarna: “How would it help someone with CLL?” What’s CLL?

Dr. Christine Schaffner: Chronic lymphocytic leukemia.

Shivan Sarna: Oh my gosh! Okay, okay.

Dr. Christine Schaffner: With cancers, we always want you to be cautious and talking to a provider. Obviously, with any type of blood cancer, you want to be cautious. But again, the lymphatic—it’s hard. I don’t treat cancer. But it’s hard because when we think about cancer, a lot of the reasons why you have cancer to begin with can be related to what’s going on in the lymphatic system. But you want to do it safely, mindfully. You don’t want to create more harm.

Shivan Sarna: “Does tapping help with cleaning the lymph system?”

Dr. Christine Schaffner: Yeah, tapping is a really wonderful way to support the emotional body. It can help you in times of stress and anxiety.

However, when we think about tapping, you’re actually creating vibratory movement over the skin that can then drain the lymph.

[side conversation]

Shivan Sarna: Leslie is saying she’s tried the [Somnium](#). And even a small amount, it leaves her feeling foggy the next day.

Dr. Christine Schaffner: Yeah, we hear that melatonin sometimes too. And again, everyone's unique and has a unique response.

I wouldn't give up on the product. I often think that when we have these foggy feelings or fogginess, what my patients have taught is that, remember, we're increasing the activity of the lymphatic system and drainage in the brain, your brain is detoxing, and so it's actually probably the mobilization of what you're excreting that can make you feel a little foggy and not as sharp.

And so, instead of avoiding that, pairing that with a binder—a binder helps to pull things out through the gut and out through the stool—and making sure you're hydrated... that kind of thing...

Shivan Sarna: "Is it okay for cancer patients to take liposomal-glutathione or can it promote cancer growth?"

This is not medical advise you guys. That is a hot, hot, hot topic right there. However, just not related to anybody, what do you think about, in general, in broad strokes, liposomal glutathione and cancer?

Dr. Christine Schaffner: I think you should always ask your integrative oncologist that you hopefully have. I do think it's potentially a really great tool depending on what treatment you are going through and why you have cancer to begin with. I think it can be very supportive. But again, I'm not going to say yes/no, it's really an individual decision.

[side conversation]

Shivan Sarna: We're going to go really fast right now, Dr. Schaffner... just rapid...

"What's the amount of REM sleep per night that you should have?"

Dr. Christine Schaffner: You should have about three to four cycles of REM sleep at night.

Shivan Sarna: "What happens to your body if you don't get enough sleep every night?"

Dr. Christine Schaffner: A lot of things... your hormones, your immune system, your emotional state. Prioritize sleep. That's really important.

Shivan Sarna: "Will that help with hormone disruption and hot flushes?"

Dr. Christine Schaffner: Yes. And if you have hot flushes that are keeping you from sleeping, work with a doctor and they'll help you with that.

Shivan Sarna: "Can you tell us which binders you like to use?" And what shoes do you have? I'm just kidding! What kind of binders do you like to use?

Dr. Christine Schaffner: I love chlorella, zeolite from a company called BioPure. I love fulvic and humic acid. I love the Cell Core products. I like HEMT & Biotoxin Binder, modified citrus pectin, silica-based binders. We use them a lot.

Shivan Sarna: We're going to go for five more minutes guys. Thank you so much for being here. Be sure to, before you leave, type some love in to the chat for Dr. Schaffner. Grab those links! Get that course. Without hesitation, get that course. I'm telling you, it's a life-changer. I wish my mother have had that course. I just don't want to get more emotional than I already am.

"Can this help more varicose veins due to GSV insufficiency?" What's GSV insufficiency?

Dr. Christine Schaffner: I don't know actually.

Shivan Sarna: Susan, see if you can type that in.

Melissa, we talked about the binders. "What about titanium plates in my back? What are your thoughts?"

Dr. Christine Schaffner: I understand they're probably there for a reason. And that is all good. I don't love metal implants in the body for lots of different reasons. But everyone handles them differently.

So, if you're having symptoms that you're concerning that this could be a problem, there are tests called the MELISA test that looks at delayed hypersensitivity to see if your body is tolerating them or not.

Shivan Sarna: Let's do it. Let's do it.

GSV is greater saphenous vein.

Dr. Christine Schaffner: All my anatomy is coming back. She's saying that...

Shivan Sarna: She has insufficiency with that.

Dr. Christine Schaffner: Okay! So when you have venous insufficiency, remember that whole diagram with the circulatory system? It's a lot of hydraulics and pressure differentials. And so, I think you might be getting blood bleeding out of your legs in that way. That can pool in the lymphatic system.

So, you just want to do a lot of things to support blood flow as well as your lymphatic system. It really needs to be supported. I would really consider seeing a lymphatic drainage practitioner.

Shivan Sarna: "What are the symptoms of sluggish lymphatic system?" Can I start? Can I start?

Dr. Christine Schaffner: I know!

Shivan Sarna: So this is what happened with my mother. She had varicose veins as a younger woman. Swollen ankles, varicose veins, brain fog—go ahead, what else?

Dr. Christine Schaffner: Allergies, sinus congestion, thyroid issues, any intestinal dysbiosis, poor circulation, acne, skin issues, pain, fibromyalgia, fatigue... did I miss any?

Shivan Sarna: No...

Dr. Christine Schaffner: Honestly, I don't want to ever absolutes. So I won't use an absolute. I would say 99% of my patients have lymphatic congestion. There's really very little downside to treating it. And it's just one of the healthiest things that you can do for your body.

Shivan Sarna: "How much cream do you apply?"

Dr. Christine Schaffner: The [Somnium](#)? I use a very tiny amount. The bottle will last a while. So just a little, the size of a pea, put it on your eyes, your temples, and then behind the top of your ear here (that's the thinnest part of your skin) so that it can really get into the skin and start working.

Shivan Sarna: "Do you have to keep it in a refrigerator?"

Dr. Christine Schaffner: I do. I do think it's best. It's not going to go bad if you keep it out for a few days, but I think to preserve it because that's going to be about a 3-month supply in there.

Shivan Sarna: "Varicose veins in the ankle foot area got worse after DVT clotting emergency." I'm sorry!

Dr. Christine Schaffner: And coagulations, ground. Think about maybe even some enzymes, some grounding, some mats (like the Bio Mat), things that really support blood flow on a regular basis.

Shivan Sarna: There was somebody who was asking this question. A couple of things... "What's the difference between the body oil and the roller ball oil?"

Dr. Christine Schaffner: The roller ball is a little bit more concentrated because it's in a smaller amount. And then, we want it easy-to-use to travel every day. It's a little bit more point specific. And then, the body oil has a little bit more, obviously, oil to allow it to be used all over the body. This is more of an all-over body drainer. And this can

be a little bit more focused and again travel. So, they're slightly different, but very similar.

Shivan Sarna: "Could the doctor comment on the body position, head-to-toe relationship, side sleeper optimal for lymphatic (and especially glymph system) while sleeping? We sleep for eight hours." Bless you!

The question is do you sleep with your head up slightly if you want to drain the glymphatic?

Dr. Christine Schaffner: Yeah, yeah, yeah. Definitely! That definitely works. And if you're able to do that, I would sleep at a five degree incline. That helps to drain the glymphatic system at night and on your back.

Shivan Sarna: "And what do you think about compression devices to help with drainage like compression socks?"

Dr. Christine Schaffner: I think that would be really wonderful if you need them. If they compress too much, and you have them too long, there can be a downside. But I think they're a great tool!

Shivan Sarna: "Large lipoma on calf. It bothers me when something runs over it. I want it to be removed. Is that a bad idea? I had it removed 15 years ago, but it came back because they didn't get it all."

Dr. Christine Schaffner: Lipoma, definitely can be a sign of lymphatic congestion. Definitely, surgical techniques to get it removed. In our world, we call it *cyst formers*. Forming cysts or liposomas, they can be your body's intelligent need trying to wall up different toxicants. And so looking at that...

Shivan, I have a...

Shivan Sarna: I got to go! You got to go! I love you!

Dr. Christine Schaffner: You have to go too. Thank you for having me on this interview, this webinar. I'm really excited to hear how people enjoy the [Somnium](#), the [Lympha-Gem](#) and the [7-day Lymphatic Rehab Blueprint](#). So thank you, thank you, thank you.

Shivan Sarna: Thank you so much, Dr. Schaffner! Love you!

Dr. Christine Schaffner: Love you! Bye everyone. Thank you. Bye bye.

Shivan Sarna: Bye bye. Alright, that is a wrap! Thank you all so much! I'm going to wrap up the recording and say thank you all so much for being here. If you made it this far, I really appreciate it. I want to applaud you for your own self-care and help that you are giving yourself. So many of us are so worried about helping other people that we tend to neglect ourselves. So I want to applaud you for taking this time to take care of yourself because, ultimately, you're going to be able to take care of other people more effectively if you take better care of yourself.

But of course, you are a beautiful, divine vessel. And taking good care of yourself is—I've really struggled with this throughout and periodically. But it's not selfish. It's self-preserving which is a truly beautiful thing to do and our soul's purpose—as well as many other things. I just thought I throw that out there in case anyone needed to hear that today.

Check out the course. It was excellent! It was part of the reason why I decided to do the [Lymphatic Rescue Summit](#). If you haven't seen the Lymphatic Rescue Summit—or actually, that's why you are here, because you met me through that—be sure to go back and watch some of those. But the info in the course is different. It is action steps. It is truly a beautiful course. You do have long-term access to it—meaning unlimited. And I think you're going to be really, really happy that you did it.

And then, teach somebody else what you learned because you'll reinforce it with yourself and certainly help them out too. Start talking about the lymphatic system, people, because people don't know about it. So be that ambassador. Thank you.

