Caspar (00:00:00):

Do you find yourself grappling with chronic pain, fatigue, battling illnesses such as Lyme disease, fibromyalgia, CFS, IBS? The list goes on. What if you knew that within each of us lies a remarkable system capable of combating and alleviating these ailments? Today we're privileged to welcome back a previous guest to help us unveil the secrets of what may be with the most powerful and often overlooked healing system within us all. This is the Story of Lymphatic Drainage with Dr. Perry Nickelston. Dr. Perry, so good to have you back on.

Dr. Perry Nickelston (00:00:35):

Thank you so much for having me back, my friend. I'll take any opportunity I can to talk about lymphatics and my love for that system. <Laugh>.

Caspar (00:00:44):

Hey, I, I really appreciate that. I, I know you are a man who truly <laugh>, you know, gets the lymphatic system, the importance of it. In our last conversation, I feel like we were just touching on it and yeah. Maybe we could start where we left off because you, you made a very good case for the lymphatic system being one of the most powerful and often most overlooked systems for healing. Can you go back and just maybe recap what brought you to that realization that the lymphatic system is so, so crucial in healing?

Dr. Perry Nickelston (00:01:17):

Well, I'd be happy to thank you very much for being able to share that message. Honestly, it was what saved my life, and it is not a sugarcoat for sure. I mean, I was really lost in what I call the quick sand or the abyss of illness, where no matter what I was trying to do to help myself, I just was sinking fast. Kind of like quicksand, honestly. Yeah. Like the more you try, the harder you try, the more things you do, the faster you sink. So it's a perfect analogy. And I realized first thing you do in quicksand is they say, breathe. Mm-Hmm. Which is a good thing to do. Relax, calm yourself, look at your surroundings and begin to think differently.

Caspar (00:02:02):

Mm-Hmm.

Dr. Perry Nickelston (00:02:02):

<Affirmative>. So that's what you have to do. And it's a perfect analogy for the body in healing. You have to calm yourself and relax and typically have to have a different thinking process to change how you're feeling. 'cause That's what it's telling you. Like, whatever you're doing is not working well, I need you to shift something and the first thing you do is how you think. So I stopped and I began to think differently and I, the branch I grabbed to prevent myself from going under was the lymphatic system. And when I began to implement the working on the lymphatics and then changing it up a little bit based on everything that I've learned over my 30 years prior of knowing about the body and the different systems, I began to pull myself out. And within honestly, a matter of days, I felt the significant shift and how much better I felt and my energy came back, and then my outlook for the possibility of healing came back <laugh>.

Dr. Perry Nickelston (00:03:09):

And then it's, I think it's going on like 10 years later now. And I'm just, I'm trying to be that branch for other people. And that's why I love shows like this because it's the simple fact of the awareness of that system that can change your life because you don't know what you don't know, and you can't control something until you have some awareness about what you can control. And does that make sense? So

when you know about the lymphatics and you begin to work on it, you're gonna say the same thing. Wow, this stuff is crazy. It really works and I feel different and I feel better. That's gonna happen.

Caspar (00:03:59):

Yeah. And it's, it's wild there because so few have that awareness of even what the lymphatic system is. And I'm, I'm talking about even doctors out there. I was at an event I was telling you about this before we got on, lost my voice at, but you know, we were presenting, we had European, my father's European biological doctor, he started off in Europe coming from Poland, and we had Dr. Rau there from Switzerland. And you know, they were focused on this, Hey, you got a detox and drain and drainage too. It's not just detox, it's drainage, it's lymphatics, it's moving, getting that out, restoring inner milieu, right. The terrain. And even a few doctors there that, that were more conventional training, you know, came after me afterwards and we were like, we, we did not know that. Like, this is brand new to me, this is lymphatic system is something we don't talk about. Really, we don't bring up, I mean, toxicity in general isn't something you bring up that much in conventional medicine. Mm-Hmm. Why is it that so much of medicine, healthcare and what we think health and wellness is, is overlooking the system? Because we do focus sometimes on liver, right? We drink too much. Yeah. We say, oh, take the milk thistle, detox the liver. It's like, well, that's just one organ. I, it's important, but we never look at the lymphatic.

Dr. Perry Nickelston (00:05:12):

Yeah, that's a great question. That's pretty much my mission in life and why I'm doing what I do. But, you know, honestly, I really can't blame them because that was me. Yeah. At one point, I, I mean, it's 10 years I've been doing it. So let's say 20 years of being in healthcare, it never crossed my radar. I learned about it just briefly in chiropractic school. And the same thing for whatever professional degree you went through, you probably covered a small 20 minute, 30 minute session. Be lucky if you get an hour in it of what the lymphatic system is. And even when they teach it to you they don't put a lot of importance on it, which you say, well, I mean it's probably not important then 'cause they're not spending a lot of hours on it. Right. That just makes sense. But even when they talk about it, they, they put it in this small box of relevance.

Dr. Perry Nickelston (00:06:04):

So what do I mean by that is that you'll look at the lymphatic system when you have a diagnosed condition most often called, you know lymphedema. Mm-Hmm. <Affirmative>. And it's a condition where the lymphatic system valves can become not function as optimal or injured. And then edema on the part of that lymph part is stuff gets very puffy and gets swollen. Sometimes grotesquely so, 'cause the fluid can't drain. And then they say, well you have, you know, lymphedema, but then they usually will only look at the body part that's swollen as the part of the lymph system that's dysfunctional. And they often disregard the other 99.999% of the body that also has to use the lymphatics. Or it'll come across your radar when you hit, we hear the big C word. Mm-Hmm, <affirmative>. Mm-Hmm <affirmative>. Mm-Hmm <affirmative> because many people have had, you know, lymph nodes removed or they have cancer in the, throughout the lymphatic system.

Dr. Perry Nickelston (00:07:06):

And the reason it is, is because the lymph system is a huge part of your immune system and its job is to try to kill cancer cells all day long so you don't get it. Mm-Hmm. <affirmative>, right. That's to, to kill 'em. So then if, if people don't have those conditions, well then they say, I don't need to look at lymph. And that's what I did. And it was only after I realized that, wow, I'm, you touched on it before. It's the system of keeping your body clean. The, what could you call the milieu, which is a fluid-filled environment around the cells and it's a major player in your immune system and a major player in your vascular system, which is your blood flow system and controlling inflammation in the body. Those are

probably the three most important things you could check off. That's, if you don't have those, then you just can't heal.

Dr. Perry Nickelston (00:08:06):

So now I automatically default to, you have some type of lymphatic system issue, you just don't know it yet. And it just depends on to what extent that it's there. And they're, they're starting to catch on now because of people are beginning to feel better when they do lymphatics. So that puts you on the radar and they're like, okay, what's going on over here? Everybody's telling me how much better they're feeling, let's take another look. And so they're doing some research and saying, I think these people might be onto something. And I know they are because it's just based on how physiology works. Once you understand that, you, you kind of kick yourself of I should have been here the whole time looking at this system. And another reason it's really coming on the radar is I've seen a big connection between a poorly functioning lymphatic system and brain health.

Dr. Perry Nickelston (00:09:01):

And because of the exponential increase in brain-related issues called neuroinflammation from Parkinson's and Alzheimer's and all these things, they're just gotta say, what's going on here, man, we must be missing something. And that's a big piece of it. That's a big piece of it. So they, they're coming around and when they see shows like yours and then the general population that is beginning to say, you know what, I'm gonna have to learn to take care of myself because medicine just is not doing it for me anymore. They tried, if you're lucky <laugh> and it's not working, then that's when you start to look in all these different places that you never even thought to look out of one thing, necessity.

Caspar (00:09:58):

Right.

Dr. Perry Nickelston (00:09:59):

You had to save yourself. Or very often it's the people that are trying to save a loved one in their life and they'll find it. That happens a lot.

Caspar (00:10:11):

Yeah. And it seems like there's this perfect storm brewing because, you know, one of the things you mentioned that we have more toxins entering the body than ever before. We're having a hard time getting it out of the body. But then you're gonna also talk about such a sedentary life, such a, we're not moving as much. We're, we're, we're not active, we're not outdoors, we're not breathing as well. So that starts to build stagnation. And so those toxins have nowhere to go. But the connective tissue in your milieu, create cellular havoc, you know, on regeneration, these things. And then chronic disease comes about. What percentage would you say are lymphatically unhealthy? 'Cause I've had Dr. Casey Means on recently and focusing on the metabolic and she put that number at 93% were metabolically unhealthy in our society. Yeah. Do you see the same with the lymphatic? Would you, if you had to put a ballpark number on it, is it the majority? What are we looking at here?

Dr. Perry Nickelston (00:11:08):

Yeah, I'm gonna say 99.9999999%. Wow. <laugh>,

Caspar (00:11:12):

That's a lot.

Dr. Perry Nickelston (00:11:14):

No, let's think about that logically of why, 'cause like, ah, come on doc, you're be a little melodramatic. No, that's just how the body works. Okay. First of all, nothing gets anywhere in the body without being in a fluid

Caspar (00:11:26):

Mm-Hmm, <affirmative>.

Dr. Perry Nickelston (00:11:28):

Just catch that. And then what are the primary fluids that you have in your body? Well, you got blood, right? And then that's the, that's the big route for all the nutrient stuff. And let's go back to that metabolic one. Like everything's a metabolic process. It's an energetic process, but nothing is gonna be metabolic if you don't have a transport system of stuff to be metabolized. Does that make sense? Absolutely. Like oxygen or nutrients or amino acids. Once stuff goes in your mouth hole, it's gotta go in through the digestive system and then it goes through the blood, right? So the blood is going to take that to its end target where metabolism happens. You know, kreb cycle, ATP, everybody's going after mitochondria. I'm like, that's great. But when you make all that metabolic energy, you always make waste. Every single time. That's what happens.

Dr. Perry Nickelston (00:12:25):

I call it cell poop. Metabolism is cell poop. That's it. And then when the cell poops, that's gonna be metabolic waste and that's gotta get out. And then my next question is, how do you think it gets out? The next answer would be fluid. And then I'm gonna say, which one, and this is when you say lymph, okay? Because the lymph cleans the fluid that the cells live in. That's, that's what they live in. Okay? That's the milieu if you will. And also veins remove it. Okay? And that's part of your cardiovascular system, your vascular system. Those are two primary ways out.

Dr. Perry Nickelston (00:13:13):

And then once that goes out, it's gonna go back into the circulatory system again. And then it has to go outta the body through your, your elimination organs or, 'cause every organ you have is pretty much the detox organ. And some people don't like the word detox and I just call it a waste management organ. Mm-Hmm. <Affirmative>. Because that's what it is. So you're gonna pee it out, you're gonna poop it out, you're gonna sweat it out and you're gonna breathe it out. Those are the biggest ways. And then I go back to my same question. How does it get to those organs?

Dr. Perry Nickelston (00:13:51):

Then you gotta tell me the same thing. The the fluid route system through the blood flow, right? So if you get a compromise and route systems of fluid where stuff can't get out, it stays inside of you. That's not gonna work out well for you because stuff is gonna increase inflammation in the body because you're stuck full of stuff that's not supposed to be stuck in there. And your body just does its natural healing thing of, okay, we gotta kill it and it kills it through symptoms, fever, tiredness, fatigue, lethargy, mucus, sneezing, colds, you name it, all those things. I don't even call 'em sickness symptoms. They're healing symptoms. They're there to prevent you from, first of all dying because it's really hard to heal when you're dead. And so these fluid systems need to move. So what I'm gonna contend is that people just don't know that these fluid route systems have been not functioning as well as they can stagnated or blocked usually for decades.

Dr. Perry Nickelston (00:15:07):

But it wasn't to a point where it was so blocked that you knew it yet. So for me, when you get pain or when you get chronic inflammation or an autoimmune disease, already know you're stuck full of muck, otherwise you wouldn't be where you are. Okay? So now you're supposed to get sick and you're supposed to not feel that great. You get injuries, you get trauma. But the operative word is you're supposed to heal from that. And then I always ask myself, well why in the world is pe are people not healing? Why are they stuck? Why is it chronic? Then I'm thinking there's gotta be, it's something right in front of me that's so simple, I just know it. And that's why nobody is seeing it 'cause they're overcomplicating the hell out of it because everybody's still suffering. So it's gotta be something really elusive that nobody's seen yet.

Dr. Perry Nickelston (00:16:03):

Maybe. But I know that you're never gonna get to complicated if you don't know basics first. Mm-Hmm <affirmative>. And nothing in the world is more basic than stuff has to get to a cell. So we can use the nutrients and make new, stronger ones, more resilient ones, and then get rid of the waste when it uses it, period. Like that has to come first. Now, one of the things that I think will put lymphatics on the radar is that don't just think about the lymph as lymph. It's a system that's not isolated over the ear and you know, middle of nowhere, it works with all the other systems of the body and it always has. That's the thing you need to know. And it is an intricate player with your vascular system. So if you, if you tagged lymphatic health with vascular cardiovascular health, it'd be up up here, okay?

Dr. Perry Nickelston (00:17:00):

Because everybody goes after one of the top causes of death in the United States at least is cardiovascular disease, heart disease. You cannot, cannot, cannot talk about heart health without talking about lymph health. It's impossible because the two systems are interconnected. And I know I've been talking for a while, but I wanna take a moment 'cause I brought this up before we started, I wanna read you something please. From the preeminent number one textbook on medical physiology that I know anybody who's a healthcare professional, you've probably read this book. The problem is, everybody forgot they read the book. All right? And I'm gonna take it back and just listen to it and, and think about what I've been talking about. So this is from Guyton and Hall's textbook of Medical Physiology, which is one of my all time favorite books. I mean, it's a thick sucker.

Dr. Perry Nickelston (00:17:57):

Mm-Hmm <affirmative> it's big. Alright, we're gonna talk about circulation. Okay? The function of the circulation is to serve the needs of the body tissues. So already, you know, it's gotta be kind of a big deal to transport nutrients to tissues. That's how it gets there. Yep. Right? Just 'cause it goes into your mouth doesn't mean it's getting to the tissue. That's a big thing to understand. To transport waste products away, transport hormones. So hormones gotta get to places too. Everybody's got a hormone problem and the lymph also carries hormones and has a lot to do with hormone balance from one part of the body to another. I want you to let that sink in for a second. One part of the body that means that all the parts talk to each other. So if you have an issue with blood flow or lymph flow in one part of the body, it affects the whole organism and they can feel symptoms anywhere else from one spot having a problem.

Dr. Perry Nickelston (00:19:07):

That's why you never ever isolate. First of all, it's not possible. And in general to maintain an appropriate environment, that's the milieu, the cellular environment and all the tissues for this thing. I added the, this thing survival and optimal function of the cells. Let just let that one paragraph sink in. Okay? And I skipped over that when I first started reading the book but not slowed down. And I went through, 'cause you'll you'll miss a lot of, of the, the cake when you do that. And I read it, I'm like, that's it. That's what I've been looking for. That's the basic, there's nothing more basic than that my friend. And it cycles back to something that we, we have talked about on the prior episode that they talked about in classical

osteopathy since the late 1800. It's like the arc of the covenant and you know raiders of the lost ark, it's just buried somewhere, but it's there.

Dr. Perry Nickelston (00:20:15):

And it was this from Andrew Taylor still who said drainage precedes supply. Drainage precedes supply. What's supply. I already told you what that is. That's the blood flow part. Yeah, that's the nutrient part. That's the oxygen part. That's your breathing part. And to me that's the easy part, brother. Those are easy. Okay. What's the drainage part? Well that's the waste part. Yeah. That's also part of the blood flow that goes out. But that's the lymph part and that's the detox part of all the organs. And what's precedes mean? Order matters is what that means. Okay. You can put all the stuff you want into here and into the body that it's good and this is the, this is the take home then I'm gonna be quiet. <Laugh>, no matter what you put in the body, whether you think it's good or bad, which is arbitrary 'cause it changes based on the person's body that you're dealing with. Because sometimes kale can be bad for somebody. It all hang on for it. They all become metabolic waste in the end.

Caspar (00:21:31):

Yes.

Dr. Perry Nickelston (00:21:32):

So no matter what the supply is, all becomes waste and the body will not, will not let you put anything in that it cannot get out. That's just the laws of physics too. It's the capacity to be able to let something in when there's already too much stuff in there. Right? Yeah. That, that, that's a really big thing for people to understand. And that's why I got the answer to why they struggle 'cause everybody's dumping in supply. Yes. And even when they did detox work, like you said, they did some supplements, they tried to do a liver detox, but they never ever directly went after the lymphatic system itself to clear that stagnation. And I'm gonna tell you right now, when it's stagnated, the only way you're gonna unstagnate it is to get in there and move it manually and physically by hand. Period. That's it. Like it's gonna move when you move. So when you move your body, all fluids are trying to move, but sometimes they're so stuck that you can move yourself 24 hours and it's not going anywhere.

Caspar (00:22:53):

Yeah.

Dr. Perry Nickelston (00:22:54):

And the other way is through breathing. So if you can optimize your breathing 'cause if you think about it, breathing is movement, right? You take 22 to 30,000 breaths a day, that's a big pump. But sometimes that's not enough either because you're too stuck and the only way you're gonna unstuck it is to get in there and get your hands in there and move it.

Caspar (00:23:21):

You know, the, the supply to waste, you know analogy there is is really a one that's, that's so important because we focus on the supply always, we focus on what we put in that that's just known. You know, it's everything what we eat. Let's talk about air, let's talk about breathing techniques. That's the sexy part of it. That's the part where you get to look at it, pick it out, say I eat this way, you know, take pictures of it, show all these things. But we never focus on the waste. It's the unsexy part. No one wants to talk about the garbage men. But New York City, when there was a garbage strike, people started to notice. The rats came out in full effect, smelled a lot. You couldn't walk around too much. And people started to say, pay

those garbage men 'cause we gotta get this waste outta here. It's starting to build up and I can't live like this. And I can't live like this. so, yeah.

Dr. Perry Nickelston (00:24:12):

Well that's the thing. And too is that what I want people to understand is, is that that's a question started to ask myself too of like why if we're doing all the, you know, good nutrition, people are doing really good nutrition and they're taking a lot of supplements and sometimes too many supplements. Yeah. But, and why they should be getting better. Like, like why are they not then you have to stop struggling in the quicksand. Right. And then that's when I realized that all those things are going into a system that it's too stuck. Yeah. Because a lot of people take supplements to try to detox, right? Mm-Hmm

Caspar (00:24:52):

<Affirmative>.

Dr. Perry Nickelston (00:24:53):

Which is good 'cause you know you need those things because you don't get it enough from the food supply and the world we live in right now, it's virtually impossible. So you need the help. But you're all, you're back to what I mentioned before is that you need the garbage men to come out and pick up the stuff that's already at your curb.

Caspar (00:25:14):

Yes.

Dr. Perry Nickelston (00:25:14):

Before you start adding the stuff in. 'cause there's no supplements to take away that garbage but <laugh>. That's right. You gotta pick it up, put it in the truck, get it out, that's it. And then when you do that, all the nutrition and all the supplements work even better. Or the way that they're supposed to 'cause I got really frustrated man. 'Cause I love functional medicine and I've, I've gone to a lot of functional medicine people. I have many people who've gone to multiple, multiple ones. But unfortunately that world can be just as toxic. And I chose that word for a reason then the traditional approach because sometimes people come in there, they get cookie cutter programs, they get put on these diet programs that are really difficult to follow and they get charged $10,000 and they get the same program somebody else did for $10,000 and they leave with 30 supplements in a bag.

Caspar (00:26:12):

Yeah.

Dr. Perry Nickelston (00:26:13):

And what I'm gonna tell you is that, that you're likely gonna struggle with that because you're already stuck full of too much stuff. Yeah.

Caspar (00:26:21):

You're forcing more into a system that's already stagnated and can't handle anything else. You know, additionally, even if it's good right?

Dr. Perry Nickelston (00:26:30):

It's about capacity. Yeah. Yeah. It's about good because when you understand that if you eat a yuhoo and a ding dong, I'd prefer you not <laugh>. That's gonna be metabolic waste. Yes. But if I gave you the best perfect organic meal, a nice piece of steak vegetables, and I would say that's the most perfect meal you're ever gonna eat. Guess where it goes? Same dump. Same dump. And what I'm gonna contend to you is even if you did eat the good stuff, what if it can't get to its target 'cause you're too full of muck, what I call muck, then the good stuff can't get where it needs to go either. And I, I always, I always put the analogy of the fish tank, right, of the body aquarium of how your body is just like a fish tank with fish in it. And, but you have cells, trillions of them and no matter what kind of fish you have in the tank, they're all pooping no matter.

Dr. Perry Nickelston (00:27:33):

And that's the same thing with your cells. And no matter what you put in the tank for the fish food, that also becomes waste. So, so I need you to think about that for your body as well. And I knew I was on the right track brother because I was that person we just talked about who was trying all these nutrition programs and supplements, but I couldn't get better. And then when I started this holy cow, I got the order right? Imagine that. And then the body could do what it's designed to do, which is to heal itself. It doesn't forget how to do that. It just needs the necessary ingredients to do so. So if you can help get outta your own way by removing the garbage. And then I said, well maybe I'm a one-off. You know. So then I went back and I started to do the same game plan to the people that started to find me once they heard about my story and I did the same thing for them.

Dr. Perry Nickelston (00:28:32):

And what do you think happened? Holy cow. They started to get a little bit better too. And the reason being is it's just based on physiology and biology and physics. So it always works, it just depends on to what extent that it works. And that's when I realized that what you choose to do is really, really important. But the order that you choose to do things in is even more important than that. That's the difference between drainage preceeds supply and supply preceeds, drainage, they're, they're the two same things. But if you flip those around, you get a different result.

Caspar (00:29:16):

Oh, absolutely. And isn't this part of the reason why people that deal with chronic disease, especially in the infectious nature, whether it's Lyme disease, EBV, these things that become chronic and are very difficult to remove. Mm-Hmm. It's not that they're just difficult to remove and antibiotics, just make more of a mess of it 'cause you're creating more waste based off of that antibiotics or you know, anti-life really. And just cause a lot of death and decay and, and more toxicity within the body. And if you can't remove that, where does that go? I Isn't that a big portion of why so many patients with infectious diseases just year after year after year after trying to go after the microbe, the pathogen do not succeed?

Dr. Perry Nickelston (00:29:59):

Yeah. Well once you're back to the same environment. I mean the pathogens live in the same environment that your cells do. And you know, because you've got quote unquote good bacteria, bad bacteria inside your body, you're mostly bacteria anyway. Right? And you have a lot of viruses in there. You got parasites, you got fungus, but you need those things 'cause If you didn't, you'd be dead like yesterday. I mean yeah, it's, that's called an ecosystem. But what's the ratio? But what you, what you soon learn is, is that the, those bacteria and viruses and parasites and fungus, they love it when you got garbage everywhere. They freaking love it 'cause the rats come out. That's a rat. Yeah. Yeah. Perfect. The rats,

Caspar (00:30:42):

Their cockroaches, they're insects. Right? They love that stuff. I

Dr. Perry Nickelston (00:30:45):

Got a great food supply here man. Let's just stay and munch out. And then what they munch on is you,

Caspar (00:30:51):

Right.

Dr. Perry Nickelston (00:30:52):

Right. And if you want proof of that, go out and nature and look at water that flows.

Caspar (00:30:58):

Yes.

Dr. Perry Nickelston (00:30:59):

Moving water first of all is energized from the movement and in contact with the earth. Right. So it gathers that. And then I want you to go to a pool that's sitting in the middle of nowhere that is a cesspool basically. It's very stagnant. What do you see over there? A a lot of yuck. Yeah. Like bugs and yuck and filth and animals are smart enough. Don't drink from there man. You're gonna be dead pretty quick. Go drink from the moving water. So that's what it's like inside of you. If your water is stagnant and doesn't move MOVE, we're back to that. So that's a breeding ground for the bugs. So what if you're trying to kill the bugs and you do kill the bugs from your supplements, where's the bug waste going? Right. The same place man. Same answer. Yeah. Right. And you're

Caspar (00:31:57):

Just creating an environment that attracts more bugs. Right. <laugh>, you're just adding on top of the garbage piles. So <laugh>,

Dr. Perry Nickelston (00:32:04):

Well this is what the, a few things got to me here is that one somebody said once, I can't remember who said it, you cannot get well in the same environment you became ill within. And then I thought, well what environment? Well your external environment, you know where you live, the environment of your relationships. That's kind of a big one. The environment of your thoughts sticking around in your head. And then what about the environment that your cells live in? There is a good one to go after. Mm-Hmm. <affirmative>. Right. Because what I'm saying is you can improve all those things on the outside and that's a really good start. But don't forget about the environment on the inside because they always work together. And so it hit me if that's kind of like the terrain theory as opposed to the germ theory. Yes.

Dr. Perry Nickelston (00:32:51):

Right. And people are still battling about that today 'cause people like to fight about everything. I don't really care which one. I still want you to clean your tank. That's all I want you to do. Yeah. Because no matter which one you believe in, it's gonna get better from cleaning your tank. So it's a mute point. But that, that terrain is a, a big deal for you. And when you get that, that stuck muck or that poor flow, oxygen significantly decreases. Okay. If not throughout the whole body it can in regions and parts. Why? Because some places have better blood flow than others.

Dr. Perry Nickelston (00:33:35):

And then when you don't give oxygen to tissues, they can't heal. They can't recover 'cause they're not getting nutrients and pain is gonna show up somewhere. And bugs love it when there's low oxygen. Mm-

Hmm <affirmative>. That's like party at the beach man. Okay. And what many people forget is this. And when you hear it you're like, what? Duh. Yeah. But we forget it. When people have an injury or they have a trauma or they, they all of a sudden have an autoimmune disease. Yesterday you were okay and today you're not. What's up with that? That's, that's something that happens over decades that doesn't pop you overnight.

Dr. Perry Nickelston (00:34:14):

How well you recover from whatever that is you're going through depends on the state of your body systems before you got injured. So what I'm gonna contend is this, if I had a poorly functioning lymphatic system but didn't know it and then I get an injury and I can't get better, maybe, just maybe it's because now that stuck lymphatic system is the block for you recovering from that when somebody else got the same injury you did and they're better. What's the deal with that? Why? Why? Yeah. So I'm not saying that if you clean up your fish tank and you do the lymphatics that you know it, it's gonna be unicorns and rainbows and pain magicly that goes away and stuff heals. Okay. Sometimes it does. But what I will contend with you and I'll stand by it until I'm dead. If you have a dirty fish tank, you're always gonna struggle.

Dr. Perry Nickelston (00:35:10):

Absolutely. Your chance of getting better with a clean fish tank and putting new fish in a clean tank with filters that work, they're probably gonna live longer than if you put new fish into a tank that's still crappy, they're gonna die just like the other ones. And that's kind of what the disease process is, right? We have to be able to make new cells that work well that have resiliency. Longevity. 'Cause they die all the time. 'Cause one they're supposed to. So you can make new ones and they die from trauma. So your ability to make a new cell that works depends on what I just told you. Nutrients in waste out. Because if they don't get that flow, they can't. Even though they really, really want to trust me, they want to, they're programmed to do the best they can with what they've got in the moment it's in. And your body doesn't want you to be sick anymore than you do. It doesn't wanna be in pain anymore than you do. But it's the only thing it's got to work with.

Caspar (00:36:19):

Well it's interesting how the,

Dr. Perry Nickelston (00:36:20):

And that's it,

Caspar (00:36:21):

Right? Yeah. I mean, and you go back to that terrain verse germ theory. Like in medicine it's really interesting that debate still rages on when there's so many examples even within medicine that you have to clean a wound, provide oxygen to it. All these things if you cut, not because of a germ theory because that's the environment, if you let it fester and everything, that's where the germs will come into play. So I don't think you, you, you don't have to say it's either or, but like you said, like have it clean fish tank and it won't matter as much. Germs are always there. We're not saying that is not the case, but it's, it's just such an interesting debate that rages on since Bichamp and Pastor and it's like a hundred years later we're still doing this thing, but we're sicker than ever 'cause I think we've gone too far to one area and said, you know, who cares about the terrain?

Dr. Perry Nickelston (00:37:14):

Yeah. To me they're just words and it's all semantics. Yeah. And then people love to just debate about anything 'cause they love to debate, but it still hasn't changed to how physiology and physics work. Like

Caspar (00:37:25):

Absolutely.

Dr. Perry Nickelston (00:37:26):

If you break the laws of physics, this stuff ain't gonna work. It's if Elon Musk tells you all the time. Right. And that's all this stuff is. And so even if it's a germ theory, well if you have a crappy tank, you're gonna have a lot of germs.

Caspar (00:37:40):

Yes.

Dr. Perry Nickelston (00:37:41):

Right? And, and then that, that's the terrain theory of, of what it's living in. And then it's that age old question of why if you're in a room full of 20 people and a person sneezes and six gets sick and the others don't, what's up with that? Well there I just gave you the answer. Yeah. It's the state of your systems before you got exposed to something or injured that determines how well you're going to recover from whatever that was 'cause y'all got exposed to the same quote unquote insert here, whatever it is. But the outcome is different. Yeah. And that's when you learn that, well that's your, that's all the body systems, right? And that's where your prior history and your stories and whether you're the one who has been following a semi-decent nutrition plan or whether you exercise a lot or do any breathing patterns a lot.

Dr. Perry Nickelston (00:38:43):

But then I have some people who say, well, you know, I, I do all that stuff and then I, I still can't move. But I have somebody who does all this crazy stuff over here. They drink and they party and they don't have anything. And I'm like, well the operative word is yet. It doesn't mean that the hammer's not gonna fall on 'em. But then I'm also gonna go back to that person who's doing all those things. And I'm gonna ask a simple question, have you done anything directly for your lymphatic system? Yes or no? And most often the answer is no.

Caspar (00:39:16):

Right.

Dr. Perry Nickelston (00:39:17):

And I just want them to start to add that into the mix and then see what kind of changes they have and all of the other things. Right. That, that's a really big thing to understand there is that when you, when you work at the lymphatic system and you have the cellular environment, that's the system that determines how well all the other systems can function.

Caspar (00:39:47):

Isn't this part of the conversation on long haulers as well? We're seeing this more and more. I mean if, if you were practicing medicine for a long time before even Covid came around, you'd understand a lot of infectious diseases become long haul. Again, EBV comes to mind, you know patients know this. They have EBV and it just continues on and on. You can almost eradicate it. Yeah. You get a long haul response, you get almost an autoimmune response after time to it. And there's tons of different viral

infection, bacterial infections that you could go into long haul just only recently become a much bigger subject matter. But isn't that in part due to poor lymphatic drainage?

Dr. Perry Nickelston (00:40:30):

I would say yes 'cause you're back to the same model that we were discussing before, which are overall terrain like. Yeah. And what was it like before you got whatever it is? You know, because we made the mistake of thinking in at least in the western world. But I think it happens everywhere that we assume just because somebody looks healthy on the outside and they look really great and you know they got a six pack and they do exercise every day that obviously they're healthy on the inside. There's no correlation to that whatsoever.

Caspar (00:41:02):

Yeah.

Dr. Perry Nickelston (00:41:03):

That's the person who looks great and they're running, then they drop dead of a heart attack. You don't know what's going on underneath that. I have people that come to see me who, I mean I'm like gee, what could be wrong with you? Right. but they're a seething mess of inflammation when I check the body by hand and I see it in elite athletes a lot 'cause they always break themselves down from training. Mm-Hmm. And they have a high tolerance and capacity to adapt to stress even though they're breaking down so they can hide it well, but it's just a matter of when it breaks or when the performance takes a hit and there's things that you're not gonna be able to find in regards to inflammation on any blood test or any MRI or CT scan. Some of that stuff. And a lot of those things show up of how many, does this sound familiar to some people we can't find anything.

Dr. Perry Nickelston (00:42:01):

Mm-Hmm. <affirmative> everything looks okay in your blood work. Does well Can you answer me why I can't get outta bed? Can you answer me why I still have pain? Nope. Or they'll just say, you know, the insidious onset. Right. Which means I have no idea what you got. What you got or idiopathic means. I don't know. Hey then the first thing I'm going for is fish tank like lymph. 'Cause you'll find it through touch because I know this, if I touch a part of the body and somebody has pain, there's inflammation somewhere. Somewhere. Right. And it, I would just watch and feel their reaction. What is the area feel like to the touch that I've had people that, you know, they, they'll get an MRI on something, they don't find anything and then I go around the area and I touch it and they jump.

Dr. Perry Nickelston (00:43:05):

That's inflammation. And if somebody has inflammation, what do I already know? They have a fluid flow issue. Mm-Hmm. 'Cause that's what inflammation is And you're supposed to have inflammation, you really need it 'cause otherwise you would die like quick. You just don't want rampant inflammation that just never shuts off. There's no on off or dimmer switch. It's just full blast kill everything. That's kind of fight or flight survival mode. Same thing with stress. You know, people think stress is bad. No. I mean you need stress to become strong and resilient so you can adapt to more stress and be a monster. Right? Yeah. But then I'm just gonna look at the pathways of what might cause inflammation. And here's what I realized. Well you know what if I can't get blood flow to something that's trying to heal itself or if I can't get blood flow away from something that's even bigger in my world that can't get away from the inflammation.

Dr. Perry Nickelston (00:44:18):

Mm-Hmm. It gets trapped. It gets stuck And then you stay in this pro-inflammatory state because it can't get out. Right. Because when you injure something the immune system comes in through the blood, try to kill that stuff. Right. That's what it does. But when it kills it, guess what tt makes? Waste. And it's gotta get out. And I'm gonna say, how does it get out? You should say veins and lymph once again. Yeah. Right. But what if you got, let's say somebody picked up the garbage in front of your house but the exit from your street is blocked, you're still gonna acute, you can't get rid of the garbage. You have to, you have to clear the whole pathway for it to go. So remember when I said that the lymphatic, that the system like circulates. So the blood I think makes its way around your whole body within 30 to 45 seconds.

Dr. Perry Nickelston (00:45:11):

Somewhere in that ballpark. Supposed to is the operative word to circulate through. But if there's blockages and it can't get through, well then you slow down your supply chain and your waste management chain. And then that's when I realized what do people do when they get hurt? Oh, they treat the spot of pain. Which is good. Which is good. So lemme give you an example. Yeah. Hurt your right knee. Right. And you wanna treat the knee. So the body's gonna put swelling and inflammation there to try to kill it and prevent it from, from spreading. 'Cause it's gotta kill it. But then we go in and we treat the knee and we do everything in there to try to what? Reduce inflammation and increase what? Circulation. Right. That's, that's the fluid flow. But then I'm gonna ask people, how does it get to and from the knee? Where does that come from? That's always higher up, from the heart. Mm-Hmm. <Affirmative>. That's where it comes from. And then it goes from the heart. And I say, how does it get to your knee through your fluid pipes? So what many people might not know is that they've probably been compromised in the fluid flow pipes for tightness in the hips, tightness behind the knee, tightness at the neck, the collarbone, all those areas where they may have had prior injuries and they don't have good flow there.

Dr. Perry Nickelston (00:46:51):

And if you don't have good flow there, the knee is really gonna struggle. Really gonna struggle. Yeah. So that's why you can't just treat one area of the body because all these parts talk to each other. It, it's just one, it's one piece and it's one, this is really important for it's one flow pipe. Mm. It it has different names. But that doesn't mean they don't talk to each other. They're, they're different sizes but they still talk to each other. And just because it's a different fluid system doesn't mean it still doesn't communicate with the other fluid systems. So what do I mean by that? That all these fluids flow into each other and out of each other. They just change names when they get to a new place in your body. So lymph eventually travels into the veins at the neck and then the veins and then it changes names and then, then it goes from the veins into the heart.

Dr. Perry Nickelston (00:47:58):

And guess where it goes again? Out into the artery. So everybody thinks it's a different fluid. No it's not. And even the fluid that surrounds your brain and your spinal cord and your nerves, the cerebral spinal fluid. I always ask people, where do you think that comes from? Your vascular system. Mm-Hmm. <affirmative> The blood system. This is a choroid plexus up here. So they still go into each other and then the cerebrospinal fluid flows into the lymph fluid and it comes back around. So that's one of the reasons people who have long-hauler covid type issues are suffering because all that stuff is stuck in many different places. But one of the biggest places that gets stuck is the head and neck basin. Brain. Mm-Hmm. It gets stuck There.

Caspar (00:48:54):

Isn't this precisely why, you know, something like a root canal could be so detrimental you don't have flow anymore.

Dr. Perry Nickelston (00:49:03):

Right, exactly. Because if fluids don't move, you don't heal. Period.

Caspar (00:49:08):

Yeah.

Dr. Perry Nickelston (00:49:11):

And I'll stand by that because it's physiologically not possible. And if they do flow, what's the, how is your flow? Is it slow? Is it stagnated? And it, if you're on this earth, it probably is because of the sheer amount of overload from toxins that are coming into the body, no matter what you do that they still come in, it's just impossible to prevent them from coming in. But then you also have the toxins that are still in there added on the ones that you're already bringing in. And then the, the capacity breaks. So if I can begin to improve your flow routes, then all the stuff that I mentioned before should, should work better. How, how can it not? Right?

Caspar (00:50:11):

Absolutely.

Dr. Perry Nickelston (00:50:12):

It's almost so simple. Some people tell me that, doc, come on doc, it it, can it really be that simple? I don't like, yeah. It, it can 'cause effective things don't have to be complicated. But everything in the body is, is based on like processes and interactions. In order for something to happen at step 15, you need some stuff to happen with one through 14. And you, that's the way the body works. And if you miss something here, then the body has to say to us, oh boy, we're missing this one. What can we do to problem solve and try to make up for that not being here. Then it just pulls from anywhere that it needs to, to keep going. That's, that's its job. It, it's called compensations and adaptations and resilience. And your body does that all day long until it runs out of options.

Dr. Perry Nickelston (00:51:06):

And when it runs out of options, it tells you, I can't do this anymore without your help. I've tried. And the only way that it gets your attention most often is it's I'm gonna hurt you. Mm-Hmm. <affirmative>, I'm gonna send you some pain because the pain is gonna knock and tell you, hey, change something up. Like you might not know what it is, but it's telling you stop or shift and humans like we do, ah, I'll worry about you later. And then the body says, okay, I'll keep going. I'll do what I have to do. That's my job. And then it says, alright, I'm coming back. I'm gonna scream louder. I'm gonna hit you harder. And that's what it does. And eventually it won't go away 'cause it's gonna be like the pebble in the shoe. You're gonnaa have to stop walking and figure it out of what's going on. Right. So all of these symptoms that you're getting are communication signals. Yeah. And what I read once in a physiology book, I can't remember who said it, I wish I could, but it said that most of the symptoms that you're experience are a healthy reaction to an unhealthy environment. Mm-Hmm. <affirmative>. Like, just let that sink into your database for a second. And then what have we been talking about all day long? Cellular environment.

Dr. Perry Nickelston (00:52:30):

If you clean up that environment, maybe your body can finally say, Hey, guess what everybody, we don't have to turn all this stuff on anymore <laugh> because Perry finally figured it out. Waste out, nutrients in. Boom. Let's go to work. And that's what happened to me where it's 10 years later and I'm honestly at a better state mentally and physically than 20 years ago because I was not feeling that great before I hit rock bottom. Now that I look back on it. And those subtle signs and hints were there, but guess what, Perry

paid attention to supply, supply, supply, nutrition, exercise, working out, breathing, supplements. That's good. That's good. It got me another 10 years until too much garbage. Then bam, I started reverse aging. Going backwards the way you're supposed to, to feel. So simple, but really, really powerful.

Caspar (00:53:54):

And that's the thing when, when we really look at health and how intelligent the body is, it's kind of those simple foundations really are at our core, what keeps us our healthiest. If we overlook them, we will go into a disease state. But we have this amazing lymphatic system that does so much. One of the things you touched on there was the kind of mental aspect, the game of the brain in a sense and how that works. Oh, that's big. That's huge. Especially to this day and age where everything's an information age. Your brain just running, running, running. And you need more out of it. You need more focus, more concentration, more memory power. You know, we wanna up level everything. You know, and we're, our reliance on computers now is so high, but you know, the brain has its own system. You talk about it as the glymphatic system. Could you go into, you know, yeah. The glymphatic 'cause again, it's most people are saying, what, what is that word? As opposed to lymphatic system.

Dr. Perry Nickelston (00:54:50):

Yeah. Great question. So I'm so glad you brought this topic up. So this got the word glymphatic. What's the, what's the operative part of that word at the end? Lymphatic. Lymphatic. Right. What you need to know for this is that it's gonna dump into your regular lymphatics. Mm-Hmm.

Caspar (00:55:11):

<Affirmative>

Dr. Perry Nickelston (00:55:12):

Because what did I say before? Different name dumps into the same place. So it gl glymphatic is for the glial cells in your brain 'cause they have their own kind of immune cells, waste management cells up in there. They're called microglia. They're like little Pacman <laugh> that eat stuff out. And then they gotta get rid of your neuron waste, your neuron poop. Right? But that's gonna drain into the deep cervical lymph nodes in your neck that are part of your peripheral lymphatic system. Okay. So central peripheral, I mean they still talk to each other, right? So if you clear the lymphatics down below the ones, the brain waste will get out more efficiently. Okay. And so the key to brain health is not just going after the brain, it's the whole body 'cause your brain doesn't know what the hell a brain is or what a peripheral limb is.

Dr. Perry Nickelston (00:56:15):

It's just I'm me, right? You can call me a, a body mind, whatever. It's just how, it's just how I go. The fluids are still gonna work that way. And here's the one thing I started to think about. You know, whenever you use your brain, you fire neurons, yor wire and fire and the brain is probably the most metabolically active structure in your body. So if something's highly metabolic, what does it make a lot of? Waste, Right? And then I say, well, how do the brain needs a lot of oxygen and it needs a lot of glucose. And then, then I ask you, how does that get to the brain that you should say blood flow? Mm-Hmm. <affirmative>. So it gets in there and then all that neuron poop is happening and then it's gotta get out. And then I'm gonna say, how does it get out? Then you say blood flow and lymph flow. Yes. So it goes down veins and it goes down the lymphatics to the same place everything else is going right. The waste from your knee is going to the same place as the waste from your brain. But if the drain is clogged, I don't care where they're coming from, you still have to open up the clog in the brain. So if you have stuck muck in the brain and you have poor blood flow in the brain, then you're gonna get inflammation.

Dr. Perry Nickelston (00:57:52):

And it's, here's the thing, man, brains don't work well if you can't get oxygen and blood flow and waste out. And then it becomes hard to try to improve your life or change your life or make a new habit because it takes a lot of energy to make a new habit. And then people are just like, I'm so tired, I don't wanna do anything Mm-Hmm. Even though I know I should, I just don't have the energy. Right? Because you don't have the environment that's conducive towards a brain to function well and be able to make a difference in how much pain you feel because pain comes from the brain itself. So a healthy brain can dampen pain better than an unhealthy brain. And all brain health is correlated to lymphatic health. Period. You, you can't separate the two. And then when you learn, wait a minute, let me think logically about where most of this lymph plumbing sits. Most of it's in the neck. Like a lot of your lymph toilets or the garbage men are in the neck. And then I thought to myself, okay, that's an interesting stack, but why in the hell would the body do that? Oh, the brain's up there gotta clear the brain, right? And then 50% of your lymph is located in your gut.

Dr. Perry Nickelston (00:59:20):

And then I'm thinking, well that's kind of interesting. Why would it put it there too? See, body's not stupid <laugh>. That's 'cause you learn that most of your immune system is in your gut. So it makes sense to put the biggest player for your immune system right where it needs it most. And then I think where's the one place that you put a lot of toxins inside your body all day long? Through your mouth hole. And where does it go into the gut? And then if you have a gut issue, which you're, you alive on this earth, the answer is yes, you do. Then the lymph is gonna be there to try to help you out. So what happens if the lymph gets stuck in the gut and the lymph gets stuck in the neck? Where's all the muck stay? In your gut and in your brain. And then you wonder why everybody has all these inflammation issues and they're not able to get better. And I'm just gonna tell you fluid routes. That's what I'm gonna tell you. If you can open up the fluid routes in conjunction with your nutrition, in conjunction with your supplements, you're gonna notice a difference. Right? So. Many people can't change their behavior when they, even when they want to because their lymph system is so backed up. The fluid flow system is so backed up that the brain couldn't change no matter how much you want it to.

Caspar (01:01:03):

It's such an interesting take as so many patients or people just, you know, dealing with general fatigue or unhealthy habits, can't find the vitality, the energy to change them. They may have the, the want. They may have that understanding and awareness that they should change, but continuously hit that wall of change. And part of that may be because their glymphatic lymphatic system are stagnate and they don't even know it. They're saying, I have no willpower. I have no, you know, energy to do this. I can't change. They can, they, they're just stuck in a, you know, heavily toxic environment that won't allow them to change.

Dr. Perry Nickelston (01:01:45):

Yeah. So you know how I came across that? By studying neurology.

Caspar (01:01:48):

Hmm.

Dr. Perry Nickelston (01:01:49):

And I learned from you know, that, that you learned that it, it's a metabolic cost to everything. So Lisa Feldman Barrett, who wrote some great books, he, he says, you know, there's, it's like a bank account. The body's always trying to determine how much energy it's gonna take, how much can I give? And it has to decide where it's gonna send the energy at all given times. Do I need to send it here? Can I send it here? So it's always happening in the background. You just don't know it 'cause you're looking at TikTok,

right? You're doing whatever <laugh>. So there's always a metabolic cost. And what you learn is that's why you have habits. 'Cause habits have a low metabolic cost because that's repeat. Don't think. Yeah, I don't think about it anymore. I just do it. So that's why when you have a habit, it's really hard to break

Dr. Perry Nickelston (01:02:43):

'cause It takes a lot of mental energy and dedication and focus to make a new habit. Like 30 days they tell you something like that. Right? So then my next question is, what if you don't have a lot of energy to go around? Then your brain makes a decision. Well I can't change even though you want to 'cause I don't have enough energy to barely get you out of the bed. Hmm. So what I'm gonna do is I'm gonna keep you repeating the same patterns of survival. You will repeat compensation, adaptation, and survival patterns all the time just to keep you alive. And your body repeats old patterns. One, because it's easier to do. But two, they've worked. How do you know they worked? Well, you're not dead <laugh>. So they worked, that may not be the most optimal ones now, but they can rely on it.

Dr. Perry Nickelston (01:03:43):

So when you want to try to make a new habit, it can Mm-Hmm. <Affirmative>. And what happens is this man, when you start to clean the lymph and you clean the blood and you get better blood flow, then the neurons can now wire and fire and connect. First of all, 'cause I don't have crappy brain fluid that it's living in dirty cerebral spinal fluid. If you've got dirty blood, you got dirty cerebral spinal fluid. Okay? And then now everything can start to communicate and talk with each other. And then you see, tell, you know what? I actually feel a little, a little bit better today. I feel a little more energy today. And then wow, I can do one more rep. Mm-Hmm. <Affirmative>. And so your ability to change increases. So I honestly believe that people are so hard on themselves because they think they're mentally weak.

Dr. Perry Nickelston (01:04:36):

No. It's the environment that your brain is in to where it can't give you that our house resilient human being that everyone is supposed to be. You're not supposed to be tired and fatigued and lethargic and sick and headaches and feeling crappy all the time and depressed. It's not normal. It is now. Right. But that's not the way humans are designed to live. And I get, I get really emotional with this stuff because for years I couldn't get off my couch. Mm-Hmm. <Affirmative> to go out on that driveway to play basketball with my children when they wanted to play with their dad because I could barely get outta bed.

Dr. Perry Nickelston (01:05:17):

And I wanted to, but I just couldn't. And when I found the lymphatics and then when I started to connect the lymph stuff to everything that I'm telling you now, like when you pull a string, you realize it's connected to everything else. So this was what I was looking for to make sense to what I've learned in neurology and pain science and you know, movement and psychology and all these things that they're, they're interrelated with each other. And then everything fell into place. And I see it happen all the time. People just get that spark back. When I taught the big six on your last episode, it's the six places that we have people release the lymphatics and increased blood flow throughout the body.

Dr. Perry Nickelston (01:06:10):

Every single day I get a message from people who's saying, I have been doing that program for like a few weeks, a few months or a few days. And I, I feel better. I have more energy. I'm less tired. It's just so wonderful. And the reason is, it's because it helps everything that we've been talking about for the last hour. When you do it, it just seems almost at this point, ridiculously stupid simple. When you do the big six, people laugh at it when they first see it because it is that simple. But once you understand the physiology and neurology and the fixes behind it, then you go, whoa. What? Now I actually get it doc.

Okay. It's, it's not silly at all. And the six done on a daily basis can keep you that hashtag beast mode resilient monster that you're supposed to be.

Caspar (01:07:18):

Yeah. For those that that don't know the big six, can you quickly just recap that? I know we went into that last time, but there may be new listeners right now. Can you go into that as well as some of the other points? Because we've obviously established and I think it was great to hear that. Yeah. Because you know, vitality is everything. It's not just for the super sick, it's not, it's the people that are just like, Hey, I just want to be better but I can't find the energy. Well this may be and probably is part of this reason for sure. So how do we then improve glymphatic, lymphatic drainage and everything? People are like, okay, I get it. What do I do?

Dr. Perry Nickelston (01:07:55):

Great question. And that's actually one of the reasons why I made the big six so simple is 'cause people were, didn't have a lot of energy to do pretty much anything else,

Caspar (01:08:03):

Right?

Dr. Perry Nickelston (01:08:04):

And just had to get you started man. You know, <laugh> just, just start and then when you start to feel better, you're like, bam, I'm all in. Right? So the six places that I teach you are based on where the biggest lymph node clusters gather that are basically your body's toilet system to flush out the waste. And that's where all the garbage men are to unburden your waste. And they're strategically placed around the body and the joints of the body that are supposed to have the most movement when you move. So the operative word is supposed to, and the other word is when you move, okay, <laugh>. So that's why I want you to move. And people say Move, how am my answer is yes. Just move. So those clusters around movement, 'cause every time you move, it pumps 'em through muscular contraction.

Dr. Perry Nickelston (01:09:00):

And then when you move, guess what increases your breathing. So then your pump increases. So what I tell people is close your mouth, breathe in and out through your nose whenever you can, when you're exercising, when you're sleeping, when you're doing whatever, if you can, okay. And you're gonna go to the six parts and I'll give you some bonus ones today that you can add to the six. Right? The first place that we go to all the time is the main drain of fluids in the body for the vein and the lymph, which are your waste management ones. The collarbone is always number one above and below. I would like for you to spend a, a larger amount of time in a perfect world just chilling out at number one, massaging it in many different ways with many different pressures and different speeds just don't cause pain. Okay? That's the number one rule. Don't cause pain. 'cause When I open up the main drain, all the other ones will now be able to start flowing to it automatically.

Dr. Perry Nickelston (01:10:13):

So you clear number one. And then when we go straight up to number two, which is just below the brain, behind the angle of the jaw, below the lobe of the ear, at the upper cervical they call atlas and and axis C one C two, the largest lymph node toilet in the neck sits right there and you just massage there. Okay? Same thing. Many different directions. I like circles a ton. I like circles a ton. Then you go to number three. Number three is at the shoulder joint, right where your pectoral muscle attaches to the shoulder, just massage and rub in there. That's another great reason why just putting your hands over your head and

hanging really opens that up. Like hanging is a wonderful way to help your body heal itself. Mm. So you do both sides. Then number four is where most of the lymph sits.

Dr. Perry Nickelston (01:11:18):

The entire abdomen from the belly button up to the bottom of the sternum. The whole thing. I'd like for you to spend a lot of time there too 'cause that's where 50% of your lymph lives. Use both hands rub up and down side to side. Draw hieroglyphics, like go deeper. And, and I learned this from studying Qigong and eastern medicine they do belly taps and slaps like 50 light taps on your belly, moves the muck it gets some of the blood flow going and it's a really great stimulator for your vagus nerve. Mm-Hmm <affirmative>. Okay. But the point is now four is gonna be able to rush up to number one 'cause you already opened number one. And then number five is the crease of the groin called your inguinal lymph nodes. Those get congested a lot because people sit a ton, right? Big, big trap point.

Dr. Perry Nickelston (01:12:26):

So rub across the crease of the groin in different directions same way. And you can lightly slap and tap that area too. That works quite well. And then number six would be the lymph nodes behind the knee called the popal lymph nodes. That's one of my favorite spots because that's a huge place where blood flow gets congested because of sitting a ton. Tight calves and you trap off the drainage from the calf foot and ankle. So that's why people get a lot of swelling in the ankles or varicose veins and spider veins. That's a pressure problem when you have that. But it's also in acupuncture they call that a it's a great spot for low back pain when you go behind the knee, I think it's urinary bladder 40, UB40, I could be wrong. Kind of sounds like a reggae group, right? <Laugh>.

Dr. Perry Nickelston (01:13:25):

But that's because the sciatic nerve that goes down to your leg splits off just above the knee and it gets a stick point right there. So if you're puffy behind the knee, you really cause blood flow chaos to your sciatic nerve right there. And that's gonna hurt. Okay? So you rub right there and that's versus a doc, it's the craziest thing in the world, but my back actually feels better. Does that make sense? Yep, sure does. So that's the six. And then what you would do after that is just move the body. So I always have people kind of lightly jump up and down a little bit like little slight rebounders on your calves. And your calves are great 'cause they're built in dynamic rebounders. So when they contract, they pump the vein flow back up to the collarbone. And now that you opened up all those routes, the pump can send it up to the collarbone, right? Because it's not just about lymph stagnation, it's vein stagnation. They all, you always have both. And what I thought was quite fascinating when I started to study circulation is that you have twice as many veins as you do arteries.

Dr. Perry Nickelston (01:14:42):

And I thought about that, like why would that be? Because the reservoirs, that means you put water somewhere until it can get out, it takes overflow. So when you have stagnation in the body and stuff can't get out, it stays in the body but then it stays in the veins. Mm. And then that's when you get vein distension and varicose veins and stuff like that. But you're, you're waste management drains now get stuck as well. Okay? That's why you have twice as many. So it's to me, what does that mean? It's twice as important. So your body already told you what's the more important side? The artery side or the vein side? I just told you the vein side and the veins go to the collarbone, the veins go to your collarbone. So if you add that, that's six. You can do seven, which is in the middle of three.

Dr. Perry Nickelston (01:15:43):

That's the entire sternum along the sternum. The sternum is supposed to be hard breast chest plate, like a wall. Many people have it to where it's puffy, tender and swollen and absolutely agonizing when you

touch it. That is not normal. If you have a puffy tender sternum, that means you've had a deep lymphatic block for probably a decade or more that's stuck. And it's gonna be stuck right behind your sternum, along your spine, right at the duct that's trying to go to your collarbone. That's a deep one. You have to clear that. That's a must. So you rub the sternum and just by rubbing the sternum and doing the big six, you'll start to open it up. Then I want you to find the spaces between the ribs next to the sternum and put your fingers in between the spaces on both sides. And rub right there.

Dr. Perry Nickelston (01:16:46):

You're welcome. And you're gonna hate it because it's gonna hurt. And here's my point. It's not supposed to hurt when it's normal. Hmm. It hurts when it's backed up and stagnated and you got poor flow. And then those nerves, when they get irritated, they'll cause pain pretty much anywhere in your body, anywhere. Need to open that up and you'll be, be able to take a much deeper breath now because you opened up the ability for those nerves to now stretch because they've got compromised blood flow at the end of the nerve. Okay? And then another place you can go is the tailbone your sacrum, right? You go to the base of the spine and you rub the tailbone or you put a, I like to use vibration massage balls, little balls that vibrate. That's why we made our own vibration balls. You can put the vibration ball on the six places.

Dr. Perry Nickelston (01:17:47):

You can even put it on the sternum and on the tailbone. The reason I go to the tailbone is because when you get stuck full of lymph in the abdomen, it backflows to the tailbone and the tailbone neurological wise, that's part of your parasympathetic nervous system. So you can relax and recover. So if you have inflammation and stuck muck around there, it can compromise the function of your sympathetic parasympathetic nervous system balance like that. And a third bonus is you'll likely have a bowel movement and you'll poop when you stimulate the sacrum 'cause that supplies the left half descending part of your colon, the poop shoot. So you can let stuff out. And that's good because you don't wanna have constipation 'cause that means you get stuck full of what? Waste.

Caspar (01:18:47):

Yeah.

Dr. Perry Nickelston (01:18:48):

Right. And then, then that backs up. So there's a lot of lymphatics going on in there, but there's a lot of neurology Mm-hmm. Going on in there and a lot of vascular differences. I'll tell you this man, if you can do those eight with that eight places on on a daily basis and then try to breathe in and out through your mouth more excuse me, your nose more than your mouth. And if you can do that for a month, you're gonna shift your healing needle. Mm-Hmm. It's impossible not to.

Caspar (01:19:26):

Do you ever recommend using lymphatic creams while doing that? Different types of ones or what? Lymphatic creams or, or even Oh sure. Yeah. Some people use oils, whether it's caster can help or, you know, I've seen other lymphatic ones from Europe that are kind of, you know, made to accelerate a little bit. Stimulate. Yeah,

Dr. Perry Nickelston (01:19:42):

Of course. Yeah. You can do those for several reasons. One, you can get a nicer glide around the skin. So sometimes it's more comfortable for somebody. Mm-Hmm. <affirmative> A lot of times I don't like the creams because I have a little bit more tension and pull from the skin. So it actually moves the lymph more because it's pulling with my hand if I friction was the word I was looking for in that region. But the

most important thing beyond the cream is to make sure that you do the correct order. Yes. That's a, that's a non-negotiable. So it has to be one through six, not six through one, because that's based on the dynamics and the physics of how fluids move. That's one of the reasons why I don't arbitrarily just start massaging body parts that have tightness or if they have inflammation or tension because yeah, I mean you're always gonna move blood flow, but the next question is where are you moving it to?

Dr. Perry Nickelston (01:20:50):

Right. And what, how's the blood flow get to where you're rubbing if you can't answer that question, I, I don't want you rubbing anything Mm-Hmm. Because you have to open up those routes and the, when you do the six, you already did that. Like you just start there. Yeah. Then you can go back and isolate other regions. So when I teach my lymphatic work, I always say do the one through six, then afterwards you can go back and focus on your hands and your arms and your legs and your back and you can massage or dry brush then. So you always go from the collarbone out. And then we go from outside in specifically for that region reason. Mm-Hmm. <affirmative>. But also, I don't care what kind of cream you use, if you do it in the wrong order, it's not gonna work as well. That's

Caspar (01:21:42):

Right. Steps and priorities are very

Dr. Perry Nickelston (01:21:44):

Important. That's non Yeah. Say it again.

Caspar (01:21:47):

Steps and priorities are very important. And it's not just with lymphatic drainage. I find that so much with just, you know, I if you're trying to push heavy metals by doing a bunch of chelation without open up the organs of elimination, you'll probably do more damage. Right. So it's again, yes, there are steps to this.

Dr. Perry Nickelston (01:22:04):

Yeah. You know, it, it's, it's just, that's, that's the processes that the, the body has to have it, it it's steps that's where not yeah, you can understand anatomy, but it's not so about anatomy. It's, it's about physiology. Mm. That's why I study that because anatomy are, are the parts, physiology are, are how the parts work, interact with each other that that's the most important part that you, you need to understand. And when you know both, I mean you're a really great clinician and a good critical thinker on on being able to map things out. But I, I read once I was studying neurology and it was something called the dynamical systems theory. And 'cause I, I, I started this study like complex systems as well, systems theory. 'Cause the body is full of complex systems that have to work with each other. They're not complicated, but they're complex humans make it complicated.

Dr. Perry Nickelston (01:23:06):

And it said this is that what happens somewhere depends on what you did before, what you just did basically. So what that means is this, is that if I, I'll give you an example 'cause it's pretty cool. I'm gonna pick two spots. I'm gonna say your right shoulder and then I'll say my left hip, right shoulder, left hip, two separate places. Right? But they're not really separate. So if I touch the right shoulder, I've influenced what blood flow, fascia, but I've also influenced the human nervous system from the touch. 'Cause now your brain acknowledges input to a correct and then of course, whatever that stimulus is, did I punch you or did I rub you? You got it. Mm-Hmm. <Affirmative>. So here comes A, what you need to know is this, no matter where you touch second is completely dependent on what your nervous system did with the first spot. Like A. So what happens with B is no longer about B 'cause then I would go to B at your hip.

But that is completely dependent on what A did, right? Yes. Now these are the same two spots. Yes. Now let's reverse the order. What happens if I go down and I touch spot B first?

Dr. Perry Nickelston (01:24:38):

Completely different outcome. Hmm. Why? Because I'm influencing blood changes from this spot. Lymph changes from this spot, which changes pressure everywhere in the body. But I'm also having a change into the nervous system of the person that I just touched by going out for the left hip, which now changes completely what happens at A. So even though they're the same spots, they're not the same spots at all. When you look at neurology, because neurology is input goes into the brain, the brain has to tell itself a story or a narrative about the input. Mm-Hmm. <Affirmative>. Then you get the output. So that makes a huge difference. What happens if a person had a surgery or an injury to the left hip that I didn't know about? What happened if that person had some sexual abuse in their past and I go near the left hip B first, you can bet your bottom dollar that happens up here at A, it's gonna have a big shift to that.

Dr. Perry Nickelston (01:25:44):

So one, I want you to know that from a neurological perspective, but the biggest thing I want you to take away from my work is that you completely shift how fluids move in the whole body from where you touch first based on flow rates and pressure rates and even the nervous system. Why? Because the nervous system is ultimately going to control circulation. Because if I put you into sympathetic nervous system, driving sympathetic nervous system input, constricts vascular flow, chokes it off. Yeah. Which it's supposed to, but it's not supposed to stay there. Right? So if I touch you in a place and it freaks you out, the whole system goes on lockdown. And that influences what happens next. But here's what we learned from the moral of the story. The nervous system is also impacted by what? How the lymph system and the vascular system has flowed for years as well. Because your sympathetic nervous system is only gonna work as well as the blood flow that gets it. Does that make sense? So people say, which came first? The the lymph for the blood or the sympathetics? Yes they did. I don't care. 'Cause What am I gonna do? I'm gonna do the big six regardless.

Dr. Perry Nickelston (01:27:08):

Right. But the reason I went through that long explanation is because that's the biggest thing that's shifted in my 30 years of practice is not necessarily what I do. 'Cause there's the billion and one things you can do. Mm-Hmm. <affirmative>. They're all gonna be dependent on where you choose to do it and what order you choose to do it in. And when you realize that you understand a lot about how the body works. The reason it's not easy to do that is because you have to think a lot and you gotta figure it out. And that's called critical thinking.

Caspar (01:27:45):

Mm-Hmm.

Dr. Perry Nickelston (01:27:46):

<Affirmative>. But that's why when people say, doc, I mean what what do you teach people man? It's this, this. No, I teach 'em how to think. That's what I teach. That's my thinking process. Because when I was lying and meditating once I was thinking to myself, that's ultimately what had to happen with me first too.

Caspar (01:28:06):

Hmm.

Dr. Perry Nickelston (01:28:07):

I had to shift how I was thinking in order to solve my problem. And that's what I'm trying to teach people here. I'm just trying to do most of the work for you. 'Cause now <laugh> <laugh>, all of my 30 years of being in the quicksand, hopefully you won't have to go through it. Yeah. And you can just jump into doing the big six and then see how you feel, but understanding why you're doing it.

Caspar (01:28:39):

Right. And, and figuring that out and building that awareness in a much shorter timeframe than it took you. Right.

Dr. Perry Nickelston (01:28:47):

Well that's kind of the definition of success, right? Yeah. Is, I mean, learn from people that have been where you are already. So hopefully you don't have to make the same mistakes and you can get from point A to point B a lot faster. That's what I'm trying to do for other people. And here's the thing, I know it's gonna make a difference. Mm-Hmm. <affirmative> for people when they begin to do it. I don't know how much, but I know it will shift your needle. Maybe it's just enough of a shift that you needed to, to grab onto that ledge so you don't feel like you wanna let go anymore. And then you can, you can get a foothold or a toehold and then pull yourself up to the next one. Yeah. And the next one. And the next thing you know, you're finally up at the top. But when, when you've struggled to get to the top, you realize that that's the time that you need to turn around, look over and lend a hand to everybody else who's still trying to get up.

Caspar (01:29:48):

Absolutely. You mentioned vibration ball. Yeah. You mentioned the vibration ball is something that you absolutely advocate for. What are your thoughts on vibrate on, on vibration plates in general? That was a big one for a while.

Dr. Perry Nickelston (01:30:04):

Oh, I love them. I get, I get that question a lot. Yeah. Like what do you think of vibration plates? What do you think of rebounders? I think they're fantastic because they're just ways to get your body moving Yep. And their unique ways of moving, which is pretty cool. Which I like it. And sometimes when people are really unable to move a lot or can't walk for distances or something, those are nice options. Mm-Hmm. <Affirmative> where you can at least get some things to be able to, to stimulate vibrationn and energy through the body. So I usually will tell people, I would like for you to do your big six before you do those. Mm. Because then you'll have a different vibration session. The reason being is that if you jump on a vibration plate, everything's gonna be shaken at the same time.

Caspar (01:30:56):

Yeah.

Dr. Perry Nickelston (01:30:56):

So I needed to open up the flow routes of the six and then I jump on and then now the garbage trucks can take it to the dump. You know, the only only caveat of those is you have to be careful with the vibration plates and the jumping up and down because that is highly stimulatory to the vestibular system and the than an inner ear. Mm-Hmm. <affirmative> and many people who've had chronic inflammation or autoimmune disease and things like that have some type of compromise in their balance system of the body that they might not realize is there. And because that system is so hardwired for survival, that when you jump up and down and rebound too much, a few things can happen. One, you can overload the, the

lymphatic system too soon. Mm-Hmm. <affirmative> because it can't tolerate a 20-minute vibration session, even though that is said to be good.

Dr. Perry Nickelston (01:31:56):

It's just too much. Yeah. The other reason is you're gonna overstimulate the vestibular system. One, you can feel pretty crappy, you can feel sick. But two, you'll unknowingly put yourself in a more fight or flight response because you're signaling survival mechanism from the lack of balance. So what I usually do is I tell people to do a very simple standing balance test that will kind of give you a good idea how quickly you can jump into those. So it's a test that I do on everybody. If I have a moment to tell people, I'll tell 'em take your shoes and your socks off. Put your feet together so they touch and then just stand there like that with your eyes open and notice for yourself or record yourself or have somebody look how balanced do you look and don't stop breathing. And then from there, if you, if you're doing okay I want you to close your eyes and then see what your balance is like.

Dr. Perry Nickelston (01:33:00):

Now if you're alone, I would like for you to be near a wall or something you can hold onto 'cause I don't want you to fall. 'Cause this can surprise people of how difficult this actually is. 'Cause nobody really tries to check their balance a lot. Yeah. And close your eyes, breathe normal and see, you should be able to stand there no problem without swaying really far sideways or forward in circles. If you have a lot of sway there, you've gotta go in slow to rebounding and vibration like a minute at a clip. That's it. Yeah. Then if you do okay with those, then you move to standing on one leg at a time. So feet together, raise one knee up, like you're taking a high step, but stand tall, eyes open, breathe. See if you can balance and then switch legs. Mm. You should be able to easily stand with your eyes open, not flopping all over the place for 20 seconds.

Dr. Perry Nickelston (01:34:00):

Easy. Mm-Hmm. <Affirmative> if you go timber, you just have to go slow on your other one. And the last one is where single leg. But with eyes closed, that's the most challenging one. But in reality, you should be able to do eyes closed on one leg for 20 seconds. Hmm. That's the goal. Most people last five seconds. Hmm. Go right over. Interesting. So that just means you can't stimulate the system too much because it's a compromised system. And if you overstimulate a system, it can shut itself down again. 'Cause you just overstimulated it. It's just, it's just too much. Right. You have to go slow with anything in relationship to neurology or fluid flow. More isn't better. Better is better. Yeah. And that's, that's one of the biggest mistakes that I see is everybody. And I see it with lymphatic work and I learned my lesson with that. I used to not do six places. I did about 50. Like, you know, it was all in. Yeah. But people didn't do well with that. It was too much. And I said, this is not the way to go. So I, I dialed it back and it was more successful because one, they felt better when they did it. But two, you know, they didn't want to keep doing something where they felt like crap. And three, it just took too long. So they're

Caspar (01:35:29):

Yeah.

Dr. Perry Nickelston (01:35:30):

You know, I know human behavior, they may do something for a little bit, but they're not gonna stick with it if it takes too long and you make 'em feel like crap, they're not changing.

Caspar (01:35:38):

Yeah. Right.

Dr. Perry Nickelston (01:35:40):

So if you, if you mix those in there, but do you understand logically why I want people to take it easy on those? Does that make sense? Oh,

Caspar (01:35:48):

Absolutely. I, I think that's, that's a big one. In general, when you're trying to remove toxins from, from the body, you gotta start slow. You know, a lot of people just go right in, do heavy IV that that's not the way to go. You gotta know yourself and understand just as if you're doing like a spring cleaning, you know, you may want to just start with one room at a time and not try and throw all the garbage from every room. Right. And become overwhelmed and you just got a big pile of garbage sitting there and you're tired <laugh> and all the pests come for that. You can't even get up the next day 'cause you just went overboard and your house was filled with garbage. So I completely understand that. And all of this approach of the right priorities to everything going slow, easing in. For those that have already maybe eased in or hitting the six points, feeling good about it. How do you feel about drainage remedies, gemo therapy, other things you could kind of supplement to hopefully get the movement going a little bit more.

Dr. Perry Nickelston (01:36:46):

Yeah. I love those. I I, that's a great question. I constantly get message from people of Doc, what do you think about this device? Or, you know, this supplement or what's the best food for the lymphatic system? You know, I kind of get that a lot. Right? but I, I'm a fan of anything that can help the body get rid of the stuff that's stuck inside of it so you can optimize your, your healing and recovery and regeneration. I, those are all I tell people is that there's a difference between principles and techniques. Mm. So principles are 1, 2, 3, 4, 5, 6 principles are, you need good blood flow to something and waste away from something. Principles are, everything's gonna flow to the collarbone whether you want it to or not. Like those are non-negotiables. Techniques are what you choose to accomplish that task. Which means that I don't care what tool you use or what supplement or whatever, I ultimately know the principle you're trying to follow. Mm-Hmm. <Affirmative> the technique? There's a billion in one of them. The only time I'm gonna have a problem with you is that if you're throwing a technique and you don't understand the principle whatsoever Mm-Hmm.

Caspar (01:38:12):

<Affirmative>,

Dr. Perry Nickelston (01:38:13):

That's when stuff goes sideways. That's when people don't get better. Or the biggest mistake that I see is people throw 300 techniques on somebody with no principle underneath it. And then that's the kitchen sink kind of analogy. I'm just gonna throw it at you and 'cause it's supposed to work or it helped this other person. So it must help you. Well who the hell ever told you that? No. And I'm gonna see what sticks. But what you'll learn is when the body is overwhelmed, it's really easy to overwhelm it.

Caspar (01:38:52):

Yes.

Dr. Perry Nickelston (01:38:53):

And then

Caspar (01:38:53):

We're already overwhelmed.

Dr. Perry Nickelston (01:38:54):

When you overwhelm it, it shuts down.

Caspar (01:38:57):

Yeah. We're, we're, we're living in an overwhelming world. Why complicate it anymore? Stick to those principles, those foundations and build off of that as you start to remove things and make your life less complex in a sense.

Dr. Perry Nickelston (01:39:12):

Well you, well you've been in this for a long time as a healthcare provider and helping a lot of people with things like yourself and you do. Or

Dr. Perry Nickelston (01:39:22):

If you're just an everyday person and you've been suffering for a long period of time, you, you clear yourself out of the muck mess and you finally see the matrix for what it is. And you realize that it always comes down to some essential fundamentals and basics that have to be met first in order for anything else to actually work at all or work well. And those are fundamental principles. Kinda like gravity. If I throw it up, I know that sucker's gonna come down. Yeah. And it's the same thing that I'm trying to teach people here. If you don't open up your lymph flow, that's like trying to go against gravity. You'll learn your lesson. Okay. The other one is stuff like the boring things that everybody knows and everybody reads at every health book or diet book known to man. And the reason that you see it all the time is because that's known as a basic and a fundamental.

Dr. Perry Nickelston (01:40:21):

You need to hydrate. And if you don't drink enough water and then the debate determines, well you need this water, you need that water, what type of water? Just relax, man. Chill. It's okay. Just don't stress yourself out. Just try to drink more water and less other stuff to begin. Okay. And 'cause most of your wa body is water. Like the lymph is something like 90% water. Mm. Your blood is 70% water. And hang on for this one. The cerebrospinal fluid that goes around your brain and your spinal cord is 99% water. So let me ask you a question. How well do you think those systems are gonna work if you're chronically dehydrated?

Dr. Perry Nickelston (01:41:16):

They're not. But you're not gonna really notice it. Why? 'cause your body's gonna try to compensate for that dehydration day after day, week after week, month after month, year after year until all of a sudden it can't anymore. And that's the one of the answers as to why when I ask my clients this question, it's why today? Why now, why not yesterday or last week? And they usually say, well, I don't know doc, that's why I'm here. And then I say, but if you did know, then it's usually gonna come into it's a good question. Like, what happened? I already know what happened. Your body lost its ability to compensate and adapt and solve the problems it has. It got overwhelmed. And you have to go back to fundamentals and the basics. Right? Yeah. It's the same thing with going out in the sun. It's the same thing through doing some breathing techniques.

Dr. Perry Nickelston (01:42:12):

The same thing through nutrition, which is, you know, stop eating crappy food and eat better food and you already know what they are. I don't have to tell you, everybody tell you the same thing, just start

there. Yeah. And do your big six, which is an absolute fundamental if you drink more water, if you go outside, if you do your big six, you try to eat a little bit better, move a little bit more of yourself, choose to spend some time around better people. Right? I guarantee you within a month you're gonna say ow I'm feeling a little bit different. Right. And you'll, you'll move that needle and the direction that you have been wanting to go in. And that's why your your environment inside the body, but your environment outside of the body is very critical. And that's why I love your show.

Dr. Perry Nickelston (01:43:13):

'Cause people that are trying to get, well, sometimes they're around a toxic environment in their life where they feel lost and they don't feel supported and the people don't get it. And they're like, they need people like you that they can listen to and have what's called a sand bar in the ocean where you don't feel like you're gonna drown to get there. And I wanted to end by saying something that really stuck with me from my friend Lisa Feldman Barrett, who I mentioned before. It really, it's a, it's a great quote, but it resonated.

Dr. Perry Nickelston (01:43:51):

She said "The best thing for a human nervous system is another human nervous system. Mm-Hmm. That, that can help co-regulate with you. That that's connection and community". But here's the second part of that quote. The worst thing for a human nervous system is another human nervous system. <Laugh>, which means you need to choose wisely the nervous systems you're hanging out with. Okay? But now here's the cool part. When you do the big six, you automatically gotta help your nervous system function better. So now you're gonna have a better ability to make that choice. Mm-Hmm. <Affirmative> How about them apples?

Caspar (01:44:37):

And you attract the right nervous systems to you. Right. <laugh> universal principles of Polaris. Yeah.

Dr. Perry Nickelston (01:44:44):

And that comes back down to the same thing of what? Energy.

Caspar (01:44:48):

Energy, everything is energy.

Dr. Perry Nickelston (01:44:51):

Well, there you go. And energy always makes what waste. Right.

Caspar (01:44:55):

Always makes waste. And, and as the Chinese know, stagnation is death, movement is life. And that is precisely what the Latin lymphatic system teaches us.

Dr. Perry Nickelston (01:45:07):

Dude. They've been, you know how, you know, they've been talking about lymphatics and auratic medicine for thousands of years. Yep. And they've been talking about stagnation of qi and energy and flow and eastern medicine forever. And they teach a fundamental principle that illness happens when you get stagnation in your blue blood. And I'm gonna say, what the hell is blue blood? It's called veins. Mm-Hmm. Is what it's called. Mm-Hmm. And so in my world, from an eastern, me from, from excuse me, a western medicine perspective, your energy is the fluid system, thus the arteries and the veins and the

lymph. Because that's the only way anything gets anywhere. So if you want to call it chi, you can call it that. But it's the same thing. It's just the routes of energy and flow and, and blood. So we're all saying the same thing.

Dr. Perry Nickelston (01:46:09):

We're just using different words to do it. But I've always said when you go back and you look at the ancients who were teaching these things, that's because they knew it's, it's innate, it's fundamental basics. And it didn't make the mistake of overthinking things. And you realize, holy cow, they've been doing this for a couple thousand years, it probably works. Right. <laugh>. And then I can prove to you how it works once you understand physics and physiology. 'Cause they, they both help explain each other. Because I thought it was quite fascinating when you look at all these chakra points or energy points or Dante end points, I'm gonna say, do you know there's a huge nerve cluster and blood flow route below each and every single one of those spots? And they go, no, I had no idea what, now you do. Now you know why it works, <laugh>. Yeah. Right. So your largest lymph node in your body is gonna live right near your freaking solar plexus, man. I mean, bam. That's it.

Caspar (01:47:19):

Yeah, no, it's, it's incredible how the ancients understood so much more in a sense than what we do. And we can rely on that and live a really healthy life. You know, it's, it's just looking back and understanding who we are and the awareness of these things, like the lymphatic system, know thyself and you can heal thyself. So Perry, I think that's a wonderful place to end at. Thank you so much. Where can people learn more about you and your work?

Dr. Perry Nickelston (01:47:45):

Thank you very much my friend. It was a blast. As always, always love hanging out with you and love your energy. Always. Thank you so very much. I'm real easy to find. I've been doing this stuff for quite a while. If you just type in three words in any search engine, Stop Chasing Pain. Dr. Perry's gonna show up somewhere. I got a lot of stuff out there. You'll be busy for a little bit. You'll see all my social media places and any place you wanna learn a little bit more about courses and memberships and all sorts of stuff like that. So love to see you there. Thank you. Well

Caspar (01:48:21):

Thank you so much Perry. And thank you for coming back. Thank you for continuing to share your knowledge and your story with others. So go to Stop Chasing Pain. Simple enough. You made it so easy for people to find you, which we are appreciative of. And until next time, continue writing your own healing story.