

Transcript

Guest Expert Lauren Roxburgh

Keri Glassman:

Hey Lauren, I'm so happy to have you here today.

Lauren Roxburgh:

Hi.

Keri Glassman:

Okay, so TNS students and alum, you are in for a big treat watching this video. Lauren Roxburgh is, aside from being a California Ray of sunshine, she is, I'm so lucky. And again, another expert that I am so grateful to be able to call a very dear friend of mine. She is a fascia alignment and movement specialist, and Goop has named her the body whisperer, and she's an international bestselling author, and just an all around amazing chick. I love you. We love you. You're incredible and cannot wait to learn from you today. So I'm going to dive right into it. So Lauren, tell us a little bit about your background, first of all, because not everybody sits in their car doing, but [inaudible] see, Lauren is in her car right now doing this interview with me for you. That's how awesome she is. But she has a rebounder in the back, if you can see.

Lauren Roxburgh:

That's [crosstalk 00:00:58].

Keri Glassman:

And so not everybody drives around with a rebounder. So tell us, how did you end up driving around with a rebounder in your car?

Lauren Roxburgh:

Oh, well it's a long story, but basically when I was 16, my mom was diagnosed with breast cancer, so I became very passionate about finding out what the causes were of cancer. And so I would go with her to her treatments at Stanford, actually. And I'd ask the doctors, "Where does cancer come from? I don't understand it." And they really didn't have answers. So basically from that day on, I decided

to go on my own journey and really investigate the mind, body, spirit and emotional health, essentially, for human beings.

Lauren Roxburgh:

So I was an athlete myself. I played water polo and I was an all American swimmer, and I went to UC Santa Barbara and I studied nutrition and exercise physiology and was always very passionate about physical activity. And then I graduated from college, became a personal trainer and traveled the world a bit and decided that I wanted to keep learning in this field, and basically spent my whole twenties in school.

Lauren Roxburgh:

I went to become a classically certified Pilates instructor. I studied Thai yoga massage. I studied Reiki, pre and post natal yoga, and then I discovered something called structural integration, which is basically, a lot of you guys will know what Rolfing is. So it's a system that was designed and created by a woman named Ida Rolf, and Ida Rolf, she was around in the 1960s, and she technically discovered fascia. And what's exciting about her, which I think is so interesting, a woman at that time period, and she was actually a rocket scientist, so she was studying how the human body related to gravity.

Keri Glassman:

That is unbelievable. That's so cool.

Lauren Roxburgh:

I know! I know, it's incredible. And in that study she found fascia. And it's taken quite a while for the medical community to catch up to her discovery, but again, that was in the 1960s, and she actually was very received by the people in Esalen, which is a big healing thing up in Big Sur.

Lauren Roxburgh:

And so her schooling, and her studies, and she developed this thing called the recipe, which is a 10 series of bodywork sessions. Each session is designed to essentially focus on a specific area of body. And within those sessions, they're addressing the fascia and the way the body is aligned in gravity and where you're holding stress and tension and fear.

Lauren Roxburgh:

And what she discovered is that in the body work, a lot of people were having these emotional and mental breakthroughs, and literally breaking through old behavioral patterns, and changing their entire stance in their body and in their lives.

Keri Glassman:

That's so incredible.

Lauren Roxburgh:

Yeah. I'm very fortunate to be ahead, I guess when I got trained in this system of body work, I'd had all the other background and everything. So I was excited to just... This was the big thing that just put it all together for me, and I've been very fortunate to be kind of in front of it all.

Lauren Roxburgh:

I mean, I took a risk to go to the school. It's a two year training. And when I went to the school, my family was like, "You're crazy, you've done all these schools. Why do you need to do another school?" And I'm like, "No, trust me." And at the time, there was only 3000 people in the world that were actually certified in the technique. So I think there's only still probably four or five. So it's very, it's an amazing industry to be in.

Lauren Roxburgh:

The technology and the science that's coming out now, especially in Germany, is incredible. We're learning so much more about the fascial system and human health and stress and all of that.

Keri Glassman:

It's so incredible, I mean whenever we've had any of these conversations, that we always talk about this, how it's so, obviously, I have never studied fascia. I've read on it here and there, but it's not like I ever studied it. And so many of the things you talk about with it, it really ties in and ties together, like so many things I talk about with The Nutritious Life, how the stress and the sleep and food all goes together.

Lauren Roxburgh:

Absolutely.

Keri Glassman:

But it's so interesting how like it is that on such a deeper, scientific level of what our body's really doing. I mean, it's so interesting. It's really, that's why I think when you started educating me a little bit more on it. It was so incredibly fascinating to me, which is why I'm so excited again to have you here telling everybody about it.

Keri Glassman:

So, okay, so now that we've talked about it a little bit, can you give us the hardcore, what is the deal with fascia? Because I think many of our... Because our students are, and our alum, are in the health and wellness world. So, unlike people out, many just people out there that may have no idea what it is. Many of the people watching this video right now probably have some idea of what it is. But for those who don't know the depths of it and really why should know about it, can you just start from the absolute basics and then dive a little deeper for us?

Lauren Roxburgh:

I would love to. Well, first of all, I want to say your pillars, each of them that you're doing, whether it's sleep or eating, all of that is nourishing your fascia in a good way or a bad way, too, because it's just another part of the body as well. It's being considered the sensory organ. It's where we feel everything and it's communicating to the brain. So it's an incredibly important part of the body that we can nourish with collagen, with Omega threes, all of that stuff. So it's so perfect for you guys to all be learning about fascia connective tissue, and how interconnected it is to human health, and just feeling your best, and looking your best, too, and actually delaying the aging as well. But...

Keri Glassman:

[crosstalk] have to do that. We don't want to age real fast.

Lauren Roxburgh:

Exactly. But basically, so fascia, like I said, was discovered by Ida Rolf, and was very received in the healing modality worlds. I mean, in massage, they've been talking about it for a while, and in physical therapy and all of that. But the problem was that in medical schools, what they would do is in

cadaver studies, they would basically just peel back the fascia and just disregard it and literally throw it away.

Lauren Roxburgh:

And it wasn't until 2007 that the medical community finally, because there was something called the fascial Congress that was established and it was bringing body workers, physical therapists, doctors that were innovative, and thinking ahead together into this Congress that was, I believe it was in New York. It was just before I discovered fascia myself, otherwise I would have been there. But that was the year that changed everything, and that's why we have so much more ability now to actually know about the science and the research and know how real this is.

Lauren Roxburgh:

And we have now, science on how addressing your fascia, and even foam rolling increases range of motion, flexibility, connectivity to your body, and to your mind as well. So basically, what fascia is, essentially, is... I know a lot of people can't quite conceptualize it, so the one I like to use is...

Keri Glassman:

I love this one. I know what you're going to say. I love it. I've been waiting for it.

Lauren Roxburgh:

It's the white part on the chicken. The funny thing is I don't even eat chicken. I'm actually allergic to it, but my husband's always like, "Oh, that's the perfect way to explain it, because then people that don't feel it all the time or study it will get, "Oh yeah, of course I know what that is." So it's the white stuff. But the amazing thing about the white stuff is it basically wraps around the entire body, like a full body wetsuit suit from the top of the head to the bottom of the feet and it's essentially, in a healthy state, should be like Saran wrap and be able to be pliable and stretchy and hydrated.

Lauren Roxburgh:

But when it gets toxic or stressed or compressed, the tissue becomes dried up and brittle like that sponge, really hard. And then we're basically, what we're doing when we're addressing the fascia through body work, through breathing, through yin yoga, even regular yoga and obviously foam rolling, what we're doing is we're bringing in circulation and hydration. We're bringing in that juice back into the sponge and we're making the tissue more pliable. And the exciting thing about that is it

actually helps to wake up the muscles underneath the tissue so you actually feel and look more toned and more connected, and you're going to be moving in a more efficient, biomechanical way, which is really a big issue in fitness right now.

Lauren Roxburgh:

People are very stressed, they're holding a lot of tension. They're actually, sometimes when they work out becoming more stressed, and then they're staying in these old behavioral patterns, physical, emotional, mental, whatever it is. And those things are creating imbalances in the body and making people, hold onto tension, hold onto fear, and not able to expand and be their best selves, which is why I always talk about how when you release physically, then you can actually connect to what you truly want in your life, and how you want your life to look and be.

Keri Glassman:

That's fascinating. I mean, I think the sort of the spiritual side there is really fascinating because I just think that's interesting when the hardcore science, however it connects to that side, is really incredibly fascinating. And I think you do such a great job connecting the science with the spiritual side.

Lauren Roxburgh:

Thank you.

Keri Glassman:

Yeah, a really great job. It's really fascinating.

Lauren Roxburgh:

I work with a lot of orthopedic surgeons, and I've kind of put it out there that I wanted that, because I really want to be grounded in science and have credibility in that way, and, not that I don't believe in the woo woo world, but not be put in the woo woo world, and then the doctors just disregard the information, and I want this information to be able to go to everyone, so people can either, if they have to do it logically in their mind, or if they're like, "Oh wow, I can see how, connect the dots," like we can. You know what I mean? Like, I'm sure everyone in your school would be able to connect the dots, but they love to have some science behind it as well, in that research. And we're in a really good [inaudible] right now for that.

Keri Glassman:

Exactly. And the other thing that's just interesting, what you just said also was how when your fascia is healthier, you're actually going to look more toned. [crosstalk] that's really interesting.

Lauren Roxburgh:

Yes! Well, because it's also when you take away the thickness and the density, you're smoothing it out. It's actually becoming thinner. Right? So the parts of the body that are becoming thinner, then the muscles are going to come and fluff to the tissue more. And then you look and feel, and you are, more firm and obviously it looks better, but it's also creating better function in the body as well, which is pretty cool.

Keri Glassman:

Right. It's fascinating. So fascinating. So it's like when people say they go on vacation, they've gained a couple pounds and they feel like they've been eating [crosstalk] healthy, and they feel it's not just the weight. It's like, "I feel like I have an extra layer on me." It's really [crosstalk] it's like that's like that feeling. I mean, I can't tell you how many clients, and I've felt it like myself, I said that. When I've been off my game, I'm like [crosstalk 00:11:49].

Lauren Roxburgh:

Of course. We all have. Yeah.

Keri Glassman:

And you feel that, and that's what's interesting, it really is. You really do have an extra layer on you. So interesting. So fascinating. So what do you think are the biggest, I mean you touched on some of this, but how would you describe, or what would you say are the most important, biggest benefits of keeping your fascia healthy? And how do we do it?

Lauren Roxburgh:

Oh my gosh. Well, yeah, like I said earlier, this is, to me, if there's one thing besides food to delay the aging process, is getting to know your fascial system and nourishing it. Because to me, when you address your fascia, you're essentially wringing out accumulated stress. Old things that get stuck in

the body, whether it's like you're holding emotional baggage, or just tightness from an injury, or pain. All of those things age us prematurely. So I think that's a number one thing. And also I would say, oh gosh, there's so many benefits. Literally you can do face massage on your fascia on your forehead and reduce the frown lines. You can do jaw fascia releases and then like all of a sudden your head feels more creative.

Lauren Roxburgh:

All throughout the entire body, there's just these areas where we hold stress. So when you can learn how to release the stress and kind of wring it out of your tissue... The other great benefit is, and I know I've talked to you about this before Keri, but you know, it helps flush your lymphatic system. And that's, as we know, such an important part, especially with nutrition and everything. Let's say you're going to do a cleanse, or you're going to drink your lemon water, or whatever, any kind of teas or whatever. Well, then you should be ringing it out physically, too. And you can do it with the roller. You can do it with body where you can jump on the rebounder. All of those ways. I am completely obsessed with the lymphatic system. I think it is the most under researched system in the body, and the most under celebrated system in the body. I mean besides the fascia system.

Keri Glassman:

We need to have national lymphatic system day.

Lauren Roxburgh:

I know.

Keri Glassman:

Is there one? You're going to take charge of that.

Lauren Roxburgh:

I think it's so interesting that people do all these cleanses and these detoxes, but they're not detoxing their lymph system. Like there's, it's really interesting.

Keri Glassman:

So you mentioned the rebounder though, but what's the way for the average person to go? And I have your foam roller, which by the way, everybody, Lauren will tell us at the end about where to reach her and everything. But she's got this incredible foam roller, and I use it, and I try to use it even if it's just five minutes at the end of the day before I go to bed.

Lauren Roxburgh:

I think that's perfect.

Keri Glassman:

[crosstalk] I drink my chamomile tea. I try to use it every day in some way. But aside from the foam, so is it a foam roller, or is it the rebounder? What's the best way for the average person to add in some nurturing of their lymphatic system and their fascia?

Lauren Roxburgh:

Well, okay. Dry brushing. I know that people have talked about that a lot before. Dry brushing, it eliminates that layer of skin on top, so it helps your skin breathe better. But it also helps actually move the lymph, and you just basically, I use gloves, some people use brushes. I like to put one on each hand, the sisal, like the natural wool and I just, you go up towards your lymph, towards your heart and then you do your whole body. Literally it takes a few minutes. I like to do that first, and then go bounce on the rebounder, and then roll out, or dry brush-

Keri Glassman:

I like that, the three...

Lauren Roxburgh:

Yeah, like a little circuit. And I know it sounds like a lot, but actually I have it set up in my backyard, and I just, literally, it's the first thing I do in the morning after I meditate and then I take a-
[crosstalk]

Keri Glassman:

So you dry brush every day? You dry brush every day?

Lauren Roxburgh:

It sounds crazy, but I swear to God, I feel a difference even when I only do it like once in a week. It's a great thing to bring with you on vacation if you're going to be in your bikini a lot, because it gets rid of the dead skin and then you can put all the great lotions and oils on. Your skin is glowing. So those are the three things that basically cost barely anything. Like rebounding, yeah, you have to invest in a rebounder. But for me, it's something I do every day. I want to have the best one on the market and I want to be able to use it and my kid uses it. My husband uses it. I mean we get a lot of use out of our rebounder, so...

Keri Glassman:

You sell the rebounders also, right?

Lauren Roxburgh:

Yeah, I have the rebounders on my website as well.

Keri Glassman:

Okay. Great. Okay. Awesome. Yeah, it's very, very cool. But I like your system there. I think I have to incorporate that whole system...

Lauren Roxburgh:

You guys would love it. Everyone that's watching this, it's the perfect thing, too, when you're changing the way you eat, you're changing the way you move, the way you breathe, the way you deal with stress. Use these easy effective, simple tools, and this will enhance everything that you guys are already doing, too.

Keri Glassman:

Yeah, because I do, I'm good about using the roller every day, but I like the whole system. So you're inspiring me.

Lauren Roxburgh:

I know, right? Actually I'm going to write an article on that, like the three together.

Keri Glassman:

Yes. You should do that, [crosstalk] for NutritiousLife.com.

Lauren Roxburgh:

Yeah!

Keri Glassman:

Okay, so you educated us so beautifully today on the fascia. The fascia.

Lauren Roxburgh:

Thanks, Keri.

Keri Glassman:

Can you give us some tips on how, as health professionals, we can spread the word and give some great tips to our clients to help them start incorporating fascia into their wellness?

Lauren Roxburgh:

I think exactly what you just said, shed the light on what it is, and how it impacts the entire mind, body, spiritual part of our being. And also just giving them, saying there's really easy ways to address this. You can use the foam roller or you can bounce on the rebound or you can dry brush. You can go to a body worker and have body work done, or you can have the 10 series done. But just deepening their awareness of their body, and if they want to explore that and how it can affect all levels of their being, essentially. So, yeah. Easy, simple, effective tools.

Keri Glassman:

Great. Love it. Okay. And finally, first of all, thank you so much for being here. Thank you. Thank you...

Lauren Roxburgh:

[inaudible 00:17:40].

Keri Glassman:

so much for doing this and giving us your time.

Lauren Roxburgh:

So happy. Of course!

Keri Glassman:

I feel so honored that you gave us your time, and we're all grateful and appreciative, but where can people learn more? Where can they find out more about you, learn what you've got going on, where can they follow you?

Lauren Roxburgh:

Thank you. Well, my website is my name, LaurenRoxburgh.com and you can follow-

Keri Glassman:

Will you spell that for everyone, because it is a little confusing.

Lauren Roxburgh:

Yes. I know. It's L-A-U-R-E-N, and the last name is R-O-X-B-U-R-G-H. It looks like burg, but it's burra, like it's Edinburgh, it's Scottish. So LaurenRoxburgh.com. You can follow me on Instagram, which is where I do most of my posting at loroxburgh, and same spelling. And then also I just had a course launch on mindbodygreen, which is amazing. It could be an incredible tool for you guys and your clients as well if they want to learn how to use the roller, and it's really about reducing pain, reducing stress, and really getting the most out of your body. So the video course is amazing because it's actually... It's great for any athlete, a Yogi, any sport, you can add it on to anything that you're doing, spinning, running, anything. So it just helps you enhance your body, again, addressing the fascial system, flushing the lymphatic system, getting those toxins out. So...

Keri Glassman:

Amazing. I love it. I love it. Thank you so much again, and thank you again also for contributing to nutritiouslife.com. So, everybody, check out Lauren's articles on nutritiouslife.com as well.

Lauren Roxburgh:

More coming!

Keri Glassman:

And yes, more coming, more to come from Lauren. We love you. Thank you so much. Bye.

Lauren Roxburgh:

Thank you, love you. Bye.