



Episode 070

Kendra Toothill: Uncovering the Emotional Stories Behind Our Scars

Laura Foster [00:00:54]:

Okay, here we go. Hey, Kendra, welcome to the podcast.

Kendra Toothill [00:01:00]:

Hey, Laura. Thanks for having me.

Laura Foster [00:01:02]:

Super, like, such a i. Well, first of all, let me just say that this episode, even though I'm doing this in real time, I think we're going to talk about all about scars, scar tissue, scars in the body. And if you're listening and before you decide that you're like, I don't have any scars and you're about to know, skip fast forward all those kinds of things. I want you to pause for a minute because I've had a really incredible experience working with Kendra. And I came to you, as you know, Kendra through the form of an injury, but I already knew I was making my way to you because my partner was working with you, and he had so many incredible things to say. And I want to experience this incredible Kendra effect. And I did, and I came by way of an injury and accident that I just had. But there's a depth to this work that you do that really, I think, is so potent and really asks for a deeper conversation.

Laura Foster [00:02:01]:

So thank you for showing up for it.

Kendra Toothill [00:02:05]:

Yeah, thank you for having me. This is one of my favorite conversations, and I'm super happy that, more than ever, I think people are interested to hear about it. Ready to go?

Laura Foster [00:02:17]:

Well, let's just talk a little bit about your background and how you came to do this work, and don't leave any details out. I'd love to hear more.

Kendra Toothill [00:02:27]:

Sure. So my background is an athletic therapist, which is a Canadian designation. It's quite similar to physiotherapy. I graduated over ten years ago from Concordia University in Montreal. And back then, one of the best ways to start filling your life with work is to work with team sport, because there's just so many teams. So I headed right into the most high collision, most high intensity sports. I worked rugby in the summer and then ice hockey in the wintertime, and that was kind of my first shot at how much damage can happen to the body. It was all of the blood and definitely many scars.

Kendra Toothill [00:03:12]:

And loss of learning about impacts and how trauma can really stick into the body. But at that point I wasn't so stimulated in the sports scene because in my view people were having a short sighted need for results. They were really interested in getting ready for the next game or playoff season or something like this. And it just at one point didn't fulfill me. I wanted to go deeper into people's journeys because I was really starting to see what a healing journey really is. And so I was very interested and inspired by that. So I started working clinically. I opened up a clinic in Edmonton.

Kendra Toothill [00:03:54]:

Calgary was the first place. Edmonton, Alberta was the first place. And I loved that work because I started to really dive into the nervous system and really see how impactful anything that's happening to our body physically, emotionally or energetically. How it can actually get stored on a nervous system level. And whether we have had something occur just the other day or decades ago. As we all know the phrase the body keeps the score and it's really held in the body by way of the nervous system. So just kind of stumbling upon nervous system work, wanting to really stand out in the crowd in a huge kind of soup of really hardcore high level body practitioners. I dived into the nervous system work and there was this little sliver of these courses, two of them in particular, these bodies of work that I studied.

Kendra Toothill [00:04:51]:

They had these little pieces on scars and I was like what is this? This is interesting, this is really catching my attention. And then it just kind of flowed that people who'd come into my office had scars on their body. And there is a couple people influential to my kind of development of understanding the real power and potency of working with scar tissue. And it just kind of began this experiment of really seeing how much you can unpack in a single scar. And so it has a huge hold and restraint physically on the tissues local but also general to the whole body and all the body systems. But it has this really important piece that I really love that opens up the whole kind of gateway of what really a healing journey is and that's working with the emotional body and how the energetic signature can really get literally entangled and encapsulated inside the scar tissue. So it was many years of exploring many wonderful opportunities. I've worked in different countries, I've worked in different scenarios in doctors offices and had this amazing experience work with men and women and kids to really build out this way this kind of methodology that I now apply when I am working with people, whether it's in person or online.

Kendra Toothill [00:06:19]:

But one of my main questions that I ask people is do you have a scar in your body? And that kind of gets the ball rolling and it can be a really profound journey as a starting point and then all the way through to the end phases of that process.

Laura Foster [00:06:35]:

So fascinating to me. Had you asked me if I'd had a scar on my body, I probably would have said no. And yet, I guess it sort of begs the question in a really simplistic term like what is a scar? What do you say a scar is if you were to yeah, I say.

Kendra Toothill [00:06:56]:

Something typically the ones that hold the most impact and significance and influence on the body are things that have happened from accident surgeries or giving birth. So it can be things that are deeply embedded in the tissue, or it can be something surface, like a burn or like road rash or something like this. But it's really something that the body has had an opening to the external world. I say that that wound that's open is very high priority for that to come back together, for the tissues to close, for it to mend. Because when you have that opening, it's an

all hands on deck situation. As I describe it, all the body systems are basically making sure we don't get an infection and that we don't go septic, because once that starts headed in that direction, it's a big problem. So the scar is just any kind of mending process that has happened where the tissue has healed in some way to form a different bond. The actual components of scar tissue is different than your muscle tissue or your skin or your ligament tendon.

Kendra Toothill [00:08:02]:

It has a different consistency and it has a very specific job inside of the body. And from that point, we really start unraveling how much that scar is impacting.

Laura Foster [00:08:13]:

The person and at what point. Because scars are helpful, obviously, as you just said, where they're part of our healing mechanism, and then on some level, I'm sensing they can be hindering our function and the way that we move through the world. At what point I mean, this might be hard to answer, but at what point does that happen? At what point does it go from helping to hindering?

Kendra Toothill [00:08:39]:

Yeah, I'm a big fan of really respecting the body as it has its own innate intelligence. So when people do hurt themselves and they do have an open wound from accident surgery, giving birth, I always say, like, step one, let the body do what it needs and wants to do. It is seeking a solid, firm, stable anchor point. So when the body, depending on where the scar is, when the body is closing up, it doesn't close up in a particular organized kind of fashion. In my mind, I imagine it to have this kind of chaotic frenetic, like, oh shoot, we're open to the external world, let's close this down. So it kind of enmeshes down in a very erratic, irregular fashion, which is very much opposing to a lot of the way that the tissues are aligned through our tendons and our ligaments and our muscles. They're more linear and put in that particular order position for a specific use. Scar tissue is going in all of these different directions and it's embedding into something so that it feels like it has this reliability, it's stability, it's not going anywhere, it's anchored and solid.

Kendra Toothill [00:09:51]:

And so that answer where it actually anchors into is always bone. And that kind of begins our first issue because when you have this stable anchor point onto bone, bones are moved because muscles are pulling on them. And when bones cannot move in their ideal biomechanical orientation, then it starts really becoming intrusive and then it does all of these things to everything local in the area. The fascia muscle, tendon, ligament, all the vessels, all of these things kind of spiral in that direction. Right?

Laura Foster [00:10:30]:

It makes perfect sense to me and I think probably anyone listening can understand that our bodies work together and something let's just talk about it. Let's take in the idea of having an injury or scar to the ankle area. You can imagine well, you know, but everyone can imagine that it's going to shift and change the mechanics in that localized area. But then it's going to influence the joints and the muscles and the tissues above and below and even specifically or possibly on the other side of the body. I mean, there's just all so many ways that our body will intelligently do its best to give you the highest level of function possible but always doing so through kind of taking energy from one area to give to something else because that area isn't functioning properly. And so if you've ever played a sport where you've sprained an ankle you've had people work on the muscle fibers like trying to get rid of the scar tissue or rather that is where the fibers aren't going in the right direction and so on. So there's this place where I think a lot of us can really understand how addressing that at any point. And what I love about you is like if you still have a scar, you still have work to do.

Laura Foster [00:11:48]:

But here's the part that I think a lot of us maybe don't relate to is how does this actually relate to the emotional and energetic aspects of our healing and of our bodies, of our experience as humans?

Kendra Toothill [00:12:07]:

Yeah, sure. So on a physical level, just to kind of build out that last point that you are making that also kind of dovetails into the emotional body is when we have that wound and the scar tissue is being formed, the incision or the accident that happened that breaks the tissue. All the muscles in that area that are neighbors to that scar those muscles are not functioning optimally. I say that they're just not revving 100%. They're not efficiently functional on your side. They have this kind of down regulated neuromuscular function because the scar is there.

So when you have muscles that are not working very well or working as they should, they're not being responsive or accommodating to what you're asking your body to do that feels very unstable. And the response to the body for that instability is to put the hard anchoring of the scar tissue in.

Kendra Toothill [00:13:05]:

So when we're talking about scar tissue, I'm very interested in scar tissue anywhere from the top of the head to the pelvic floor, particularly in areas that are over our organs, particularly also in the low back, like along our spine. Those are high priority places. But like you just said, like an ankle, people have ankle sprains and they kind of downplay their ankle sprains, but those can be huge for building somebody's proper alignment and biomechanics back. So anything orthopedic surgeries in the knee or the hip or wherever, those are also hugely at play. But just like you said with your recent accident on your leg, anything is fair game. And the thing that really makes it fair game is when there could be some sort of emotional process involved in the incident. And what I say is that the scar will actually encapsulate the emotional signature of that event. So usually an accident or a surgery and sometimes giving birth is very scary to you consciously.

Kendra Toothill [00:14:16]:

And also there's the whole unconscious pattern of like you're traumatizing the tissue. So that kind of energetic signature can actually get stuck inside the scar. And what I've seen over time is people can do and have done and will continue to do amazing work on their emotional body, to be more emotionally regulated and all of these different things. But they're still going to miss that little piece that is actually stuck and embedded inside the scar tissue. And this is the place that I absolutely love. And why I love working with scar tissue is because when you start to physically work the scar tissue, the emotional incident, the things that need to be processed and healed, it actually comes up. And why I love working with the emotions in this way, using the body as a way to stay grounded and in connection with yourself, is when these emotions come up to be processed, you're pretty embodied at that point, like you're building a relationship up with the scar. You're understanding your processes and why things are happening.

Kendra Toothill [00:15:17]:

So when whatever emotion comes up, it's not this huge ungrounding, unsettling thing and that I find to be really healing. When I first started learning about emotions and scar tissue, it was about ten years ago and I have this story kind of like logged in my mind as something really significant. It was a woman who had a pretty gnarly appendix scar on her abdomen and she had it when she was very young. She was little and at this point this woman was in her. So most people I started to ask if you are older and you were in the hospital with an appendix that ruptured or is about to rupture, you were typically left in the hospital alone as a child. And if you were a little child, that created a lot of confusion and that energetic signature of feeling abandoned goes right into the scar tissue. And then that woman was perceiving her whole life. Like she had abandonment glasses on and every single time she had felt that it was a huge emotional thing that came up and that was very triggering for her.

Kendra Toothill [00:16:28]:

So when we started to touch and work, the scar pre. This is me in my learning phase quite long ago and I was just touching, making contact with the scar. She starts telling me this story and I can tell it's starting to you can tell in people's story, it's starting to get a little emotion. You can hear the throat and she ended up breaking out into just a pure hysteric emotional release because she had this huge abandonment story that was now actually coming to the surface that allowed it to be worked. And it was such a profound it was a little nerve wracking for me. I'm like oh no, what did I just do? But it was a very profound learning experience and it paved the way for me to just explore these things deeper and how much emotion is actually inside the scar and the better ways in my opinion, to work with emotions, which is very amorphous. You can't grab happiness or fear out of the air, but when you work with it from being in your body and touching your body and making contact with yourself, it allows those emotions to be worked and explored in a more nourishing way. In my experience, after kind of honing in on and refining how to actually work with the emotional body, but she was a very important moment highlight in my career to just be like whoa, there is some emotion in these scars.

Kendra Toothill [00:17:57]:

So that is one of the things I always say every scar has a story, every scar matters. And when you can sink into that idea, you can start to really see the potential of healing that the scars on your body may have.

Laura Foster [00:18:09]:

One of the things I think is really interesting about that too is.

Kendra Toothill [00:18:15]:

I.

Laura Foster [00:18:15]:

Wouldn't say it's an amplified example, it's a true example and I think though that a lot of us walk around with these scars and we found a way to adapt to the patterns that it holds. Like this adaptive pattern that it is holding with time. It's like when you carry a backpack for a really long trip and then you take the backpack off, you've become accustomed to carrying it but then all a of sudden you're like wow, it's so much lighter taking this backpack off. Relate to this with my recent hiking trip. But I noticed that even in the work with you, I have serially sprained my ankles like ball sports and trail running and all the things over time. And because I feel like my legs move along just fine, I would never have said anything, but because I had this experience of understanding what happens when you really start addressing these areas of held energy, that's my interpretation of it. Having somebody work through that all of a sudden unburdens you. In a way, it's like the body is kind of the portal to the unconscious mind, and you can't really necessarily, like you said, you can't grab that fear or take that abandonment and just talk it through.

Laura Foster [00:19:39]:

We just talk everything through it's the Western way. And there's nothing wrong with therapy and those kinds of things, but sometimes all of that talking that we do just ends up putting it all back into the system. Talk about it, talk about it, talk about it. Whereas there is something just so magical and innate, I think, to be able to let the body find its way, our entire being, not just the body, but find a way to release that. How is it for you when you're working on a tissue and someone starts speaking to the energy and everything that's contained in that? What starts to happen at the level of the scar when you're doing that?

Kendra Toothill [00:20:24]:

Yeah, it's really interesting what people say when they're in session. I try to, as much as I can, remain neutral and listen and just kind of watch it play out. I'm feeling it with my hands, how it's playing out. But then when there's another layer of the person now sharing stories, and

even if I'm at a different part in their body, say I'm touching their arm, and just that touch of the arm, for whatever reason, there's a neurological map that's wired in there, and people go, oh my gosh, I just forgot about this scar. And then so you're like, okay, well, let's go check that out. That sounds important. So I work a lot with women who've removed their breast implants, who've explanted, and there's a huge culture of trying to help those scars look different or look better, and they're missing a huge piece when just applying this kind of fix it mentality of just applying a very superficial technique. Because, like you're describing in your question, when people are actually emotionally connected to their experience, whoa.

Kendra Toothill [00:21:38]:

That is where the actual change happens. When you're trying to fix something with this energy of, like, I don't like this on my body. Get it off. Like, you're trying to do like a self exorcism. There's like a forceful, aggressive energy to what you're doing. The body is only going to give you so much. And actually, the scar has a very important role. It's keeping you feeling stable.

Kendra Toothill [00:22:01]:

It's just doing it at a very low quality. And so when you start to join this emotional experience, people are actually recognizing how much energy or how much trauma is stored in the tissues. Just by recognizing, just by acknowledging it and sharing their story is a huge piece. And then the body, when I'm touching that person, the body will really let me in there's. Sometimes when I touch people, I'll want to go somewhere and then the body is like, no. And then I will have to redirect and be like, okay, well, how can I get this person to feel comfortable and safe on my table so that we can start to make an impact at the area that I know will be a huge unraveling for this person. So the emotional content really matters. The story that they're sharing, they could cry or not.

Kendra Toothill [00:22:55]:

I love breakthrough stuff when people have these breakthrough healing moments. But I'm also a little bit like anti breakthrough. Sometimes it's this really small, subtle shift and change in awareness that the person just has this amazing feeling inside where it just clicks. It doesn't need to be a whole song and dance. I'm all game for all the ends of the spectrum. But the more full true healing that's happening, the more the tissue will soften, the more it will actually give way from those stable anchoring points. And actually the piece that really helps is starting to

build true function and stability from a neuromuscular standpoint. Get the biomechanics right, get the tissue right, get that person feeling like they're on the path of resolving any kind of held emotional tension that the tissue changes on its own.

Kendra Toothill [00:23:51]:

It does amazing things like I've worked with people who have just used myofascial release, or just use cupping, or just use this and they're missing these huge pieces around. Actually, the scar has a function. It's allowing you to be safe in your world. But as we know, we feel safe, but we hold onto our stories and labels and identifiers. It's not true safety. We're just comfortable in our discomfort. Totally. And when all that starts to move, everything starts to move.

Kendra Toothill [00:24:26]:

It really is like the most inspiring thing because it is the body doing it and the person's along for the ride, which is great. So the person is witnessing their own healing. It's a beautiful process to go through whatever kind of scar it is. I'm very lucky in that way.

Laura Foster [00:24:44]:

Yeah. It also takes a courageous practitioner to continue leaning into these parts of the work that you can't really read about per se in a textbook. You have to hone and develop your own skill set and then you have to be willing to show up to that in order to have people walk through your door, lie down on your table and be there. I mean, it is a still a co creative moment. And it makes me think a little bit about emotional freedom technique, where when you're doing tapping, which most people know it by when you're doing tapping, you let the nervous system, the subconscious mind feel comfortable by just acknowledging what is like you're tapping, but you're also saying, like, just expressing wherever you're at before you start getting to the solutions and all the things that you're going to do and all the things you want to become and all these things. You first go like, this is how I feel, and this is how I'm sad and this hurts, and it makes me feel this way. And I feel all this energy here, and it's heavy and it's like this place where it's like then the nervous system goes like thank you. Or let's just call it even something greater than your nervous system, but there's a part of you inside that goes, okay.

Laura Foster [00:26:02]:

And then it's like anything I notice, even for myself, and this is a bit of a deviation from what we're talking about, but even in my own partnership with my partner Paul, if I find myself bringing something up and bringing something up and bringing something up, that's my own sign to myself. That something about it. I don't feel heard. And then once I feel heard, whatever that looks like, that's going to make me feel heard, then I don't bring it up again. Even if it's not even in all likelihood, even if it's not completely resolved, there's something about being heard. And I think that's really interesting in the body because you also do this aspect of work, the proprioceptive deep tendon reflex, did I say? Is that what it's called?

Kendra Toothill [00:26:48]:

Yes. Nailed it.

Laura Foster [00:26:50]:

Nice. Okay, so let's talk a little bit about that, because what is it and how does that figure into the work that you do?

Kendra Toothill [00:26:59]:

Yeah, PDTR. Proprioceptive Deep Tendon reflex is a nervous system rewiring technology. I learned it about ten years ago. It was developed by a medical doctor named Dr. Jose Palomar. And he essentially developed this technology which helps us understand how the body is communicating with itself, particularly on the level of receptors. In my mind, when people are telling me their life story, I'm imagining their life as like, what kind of receptors were temporarily damaged? The falls, the car accidents, the surgeries, like these significant things, divorces, moving different countries. These will play into how our body is modulating all the time.

Kendra Toothill [00:27:48]:

So all over your body, at every single depth of tissue, you have these little buttons that are communicating all the time, feeling the breeze on your skin and all the different feelings of having clothing on to what we're sitting on. And each receptor, as far as pain goes, sharp pain has its own receptor. Dull pain has its own receptor. And so what I found amazing about PDTR, it's an amazing, profound technology. It's way more than working with scars. I just use it predominantly with scar tissue. When we have this incision or an accident, it's going to be just

riddled with all of these different pain receptors. And particularly with surgery, it's interesting because a lot of people don't have any pain during the actual surgery.

Kendra Toothill [00:28:38]:

But unconsciously, there's an incredible amount of trauma going on. So we need to think about all of that, what we're conscious of and unconscious of. And the PDTR helps to provide a very quick way for your body to feel stable because that scar is creating that compensatory action to be like, I need to be here. Because these muscles and these organs are not performing optimally. Because there's all of this kind of junky nervous system information going out into the body that is not very efficient because of this injury or this accident or giving birth. So it supplies me with a super quick it's amazing how fast it is modality to just start to rewire the nervous system instead of having these receptors being kind of locked in this mayday, mayday, mayday, blinking, flashing light stimulus that is continuous and ongoing. What it does is it removes that kind of jammed qualitative experience inside the nervous system and it makes the receptors go back to what they should be doing, which is just being open and receptive to whatever stimulus hits them. And so I love working with scars because it does not matter if your scar is decades and decades and decades old.

Kendra Toothill [00:29:58]:

I worked with a woman once who had an abdominal scar that was like 70 something years old. And I was like, okay, let's do this. And she was terrified of waking up in the night, having to go to the bathroom multiple times and being afraid of falling. Because when we are up in that 80, 90 year old range, that is kind of one of the main things that is on our mind is I don't want to fall and become debilitated. So she went from going to the bathroom three times in the night to me doing two sessions with her to only going to the bathroom zero to one time in the night. And these nervous system receptors, they literally get jammed like that until something can rewire them. And so whether your scar is very old or very new, you can do amazing things. And particularly if your scar is old and you have all of these random, quote unquote symptoms that you're experiencing that you feel like you cannot find an answer to it's traditionally because or what? I have found the answer.

Kendra Toothill [00:31:08]:

To be is because the scar has been creating this kind of dysregulation and dysfunction in the body with this receptor blinking mayday mayday all the time. It's slowly setting the body into

this kind of like downhill slide. And so when you end up finding somebody who's had an injury for 30, 40, 50 plus years, they have a lot of stuff going on, but not a lot of answers. And so instead of getting your dietitian and your personal trainer and your psychotherapist and all of these ways that we kind of work with our health, you can just hone in on working directly at the. Scar tissue and allow the body to feel stable through nervous system rewiring. And then it opens up a whole world to start beginning with fascia, with emotions, with how the fluid is flowing into and away from the area, it really opens the world up. And then every layer that you hit, like say you hit a wall, like, the tissue won't move this much or whatever you're feeling as your wall, you just go back and you do more nervous system work to see, okay, well, now what is showing up? What's at play here? And so you're working at different depths, like going deeper and deeper and deeper into this healing until the scar has no more anchoring. It's not creating any puckering or pinching or pulling.

Kendra Toothill [00:32:33]:

And obviously so the person's symptoms, whatever they are, like digestive stuff, breathing problems, nervous system dysregulation, anxiety, so many different things, chronic pain in the body, those will all start resolving as you really start to break up that scar tissue and give the person back real function and efficiency.

Laura Foster [00:32:53]:

Yeah, and this is what's so fascinating about it all, because I know that you have let's even talk about women who do breast explant surgery, and then you have women who fly to Costa Rica. I failed to mention you live in Costa Rica, where I live, and you have women who fly down here to do this kind of work and you hold retreats back. Know, for example, United States, where multiple women, in this case with this similar I say, but it's really not similar. It's not the same. Should I say you can all have breast explant surgery and you can have these particular scars, but each scar tells a story, am I right?

Kendra Toothill [00:33:40]:

Totally.

Laura Foster [00:33:40]:

Yeah.

Kendra Toothill [00:33:41]:

And that's where I love doing what I do.

Laura Foster [00:33:44]:

This is where you geek out on this.

Kendra Toothill [00:33:46]:

Yeah, this is like Max geek over here. Yeah, because you're right, you could have 100 people walk in your door with the explant surgery, but each woman's journey through that is so different. The surgery itself could be different, but then, like I said, every scar has a story. And particularly when we're talking about women who've removed their breast implants, actually, we want to go way over onto the other side of the first surgery of when the woman got the implants actually in. And then you can start to really break down, like, okay, I can really see this slide going on where a lot of women, they come to me and they have all sorts of different issues going on. And then a really simple question just to ask yourself is like, did a lot of these symptoms happen before or after I had this scar? And then when a lot of the things are on the other side, I had this incident happen, this experience or event, now I have a scar. And then very slowly, these other things started to come about. That is another really good kind of blinking indication of like the scar is the answer here.

Kendra Toothill [00:35:01]:

So when I'm thinking about each individual woman or person, like what they have going on for them, it's always completely different. There are some patterns that I've kind of acknowledged as consistent over time, like some of the energy signatures that I've found in different scars, that holds as like a common pattern areas where people have pain in their body. I have this, I call it the Vector principle, which is really not a good name. I should change it to something cooler. But wherever you have a scar, if you think about a C section scar or hysterectomy or in that area, like tummy tuck world, it's very common that if you were to draw a line straight through that person woman's body, they very likely to have pain there. So it's very normal for those abdominal surgeries to also be paired with chronic low back pain, chronic pelvic pain. And so this is how I start kind of unpacking what it is that this person actually needs to feel like they can go back to the life that they love.

Laura Foster [00:36:06]:

It's phenomenal. And just real quickly on this, the proprioceptive deep tendon reflex sounds probably to the listener like you're talking about a machine or something, but it's not. It's something that you're doing with your hands in real time. So I think that's just another aspect of it is that we sometimes think we're so far away from the healing that we're seeking. And although healing does take time, it's amazing how when you start to be in the right vibrational connection with what the body is needing, how in some ways that can almost feel instantaneous. Like what is preventing the body from healing it in the first place can be resolved pretty quickly and then your body has the opportunity to work with it. And like you said, the way it comes in for you is you can keep going deeper and deeper and deeper. And that's kind of the layering part of it.

Laura Foster [00:37:03]:

I love that this applies to many, many other things. And you said it sort of in passing. And I know you work with this, but not all scars are from that kind of trauma. And so, like you said, moving countries and having a divorce or I don't know. It was interesting when I fell and broke my arm. It was a very simple break, but it really jarred me. I use the word jarred me because I felt well, 1 second I was standing and the next I was on my head. I mean, it kind of just like it did flip me.

Laura Foster [00:37:43]:

In other words, I went from feeling like I always feel really strong in my being, like I know who I am and I stand strong in my own personal power. And it just really surprised me how falling on my arm and having a little radial head fracture because it was literally you could barely see it on the X ray. I was like, how did this upend me so much? And my arm function came back really quickly. But then all of a sudden I had this feeling like, can I trust this? Can I trust that? Can I trust myself? And I'm really aware of it and I equate it back to that moment and it's just an interesting aspect. And I don't know if had I been younger or maybe life is cumulative, so not as far along in my own personal journey. I don't know if I would have made the connection. But these things are in some way maybe we won't call them scars, but they get imprinted in our system. And since I've done this work, that's gone away.

Laura Foster [00:38:49]:

And that wasn't a double blind study, but it was a personal experience of understanding that there is an energy in there and letting my body kind of release all the aspects of how that trauma kind of impacted me seemed to allow me to release that predominant and temporary, thank God belief that was going on.

Kendra Toothill [00:39:14]:

Yeah, absolutely. I think that's a really great example. And I see it all the time with different types of surgeries as well. Like something that I see in the explant community, but also just any athlete when they have a strong identity to who they are as a person. So in the athlete, let's imagine this person is a soccer player and then they have an ACL injury and it's a career ender. It's very hard on their emotional body to work with that because their whole world like to use your language, it's totally flipped. Now. They're like, who am I? And I think a lot of women have this same kind of question when they are removing their breast implants.

Kendra Toothill [00:39:55]:

They're like, I really identified with myself like this and now I'm taking this out. Who's on the other side of that? Who am I over here without my breast implants? And then, yeah, I think we have so many things just kind of kicking around in our mind that some things we bring attention to and some things we just put on the back burner and then life comes forward. And I don't know how it works out if it's just asking for these things to be noticed and paid attention to and kind of rectified internally if that person takes that invitation. But I think it's just amazing what happens on the other side when people really start to take control and recognize these emotional beliefs or whatever you want to call them, limiting thoughts. And they're like, no, I'm not going to give attention to that statement anymore. And this is why I love working with scars, particularly on women. It really allows us to go deeper into ourselves. It's really like a journey.

Kendra Toothill [00:40:58]:

I say it's a journey of self intimacy. Like you're really getting to know yourself. There's something that's hardwired in the body when we have a scar. That was a traumatic incident. So I've noticed that our actual energy, our awareness, our life force energy, our mind, whatever you want to call it, it actually exits. It creeps up and out and away from those injured places. And there's a really cool thing that was detailed in this experiment with fingers, which I can tell

you in a second, but what actually happens is we lose the NeuroMap of that place in our body. So we stop breathing into that area, we stop looking at that area in the mirror.

Kendra Toothill [00:41:40]:

We definitely don't touch that area. We kind of do whatever we can to avoid putting in stimulus as it kind of reinvokes or reinvigorates that trauma, to use an overused word. And it is super important in the healing process, like to just pick up on the example you just gave, pick up on all these little pieces that can really help us fully heal and come back into our body. It's not even just even stronger. It's just more aligned with our most natural self that I am just all for some of the things that clients say that come out of their mouth. I'm like, wow, that really is what happened. That's so cool that you came to that insight and that you got that awareness and that you started to take this approach because this thing happened in your life. I love that.

Kendra Toothill [00:42:35]:

I think the best part about healing is getting real with your situation, learning from it and actually taking action to do something different.

Laura Foster [00:42:47]:

Yeah, I'm blown away by your work. I'm just really very gifted. And I appreciate that you continue to kind of roll it out in all sorts of ways that lots of people, not just the ones in Costa Rica, can work with you. The word that comes to mind when I think of all this is as you go deeper into this process, you come out way more integrated. It feels like that's how I would say to me it's not grounded. Yeah, I do feel more grounded, but that's not the word. I feel like everything's more integrated and there's still more to go there. That's the journey part.

Laura Foster [00:43:19]:

Tell me about all the different ways that you work with humans. Like, how can a listener work with you? How can they connect with you?

Kendra Toothill [00:43:29]:

Sure. So I am in Costa Rica and I love working with people in person. So some people do come and travel down and they receive in person treatment, which is great. When the pandemic hit

and I actually couldn't put my hands on anybody's body, which is very weird for me, I was totally freaked out. I thought that this is not going to work. And then I started working online with people and found that when you work online with people, something really magical happens, which is they are completely empowered because it's only them. I'm just kind of like this guide on a screen. And so I also started to fall in love with working online with people because it's their hands on their body, it's completely their experience.

Kendra Toothill [00:44:17]:

I'm just kind of giving them the right tool to slot in so we can do online sessions. As and I like I said, I've started to develop these in person retreats with Adrienne Ellison and they are all focused on women who've removed their breast implants. So they're retreats for women who have explanted. If you have had your explant surgery and it has been at least three months, then you can come and receive these. They're basically like hardcore body work, integration, emotional processing, like somatic retreats where you get body work from myself as well as other neurological rewiring practitioners. And we do a bunch of other amazing stuff, but that is also an option. And then I just have a couple of other things in the mix because like you said, it has really been my work that has developed this. And what you said at the beginning there about sticking with it.

Kendra Toothill [00:45:20]:

I've had so many people tell me this doesn't work or scars don't really matter or nobody is going to actually buy this because they don't get why their scars are influencing them. And I've kind of just stuck with it. I've been like trash talk so much and I have really wanted to be able to get high quality work to people in a way that's super accessible. So I'm also in the process of creating like a resource library that people can just dip their toes into if they're doing pre surgery stuff, post surgery stuff for their scars that will be available in an app format coming soon.

Laura Foster [00:46:05]:

I love that. Listen, things take time, especially when you do great quality work. And putting all these pieces out into the universe is no joke. Especially for someone like you who I know loves to be present. And as much as this work, I think really fuels you and you have so much that you're already offered and so much more that's still coming. Yeah, I think there's this place where you're like, if we could all do it in person, we would, but it's just not possible. And so

thank goodness we have these tools and technology where we can still create really high level experiences for people. So for someone who's listening to this in real time, meaning as it's been dropped into the universe in December 2023, I believe you have an upcoming retreat in Florida.

Laura Foster [00:46:54]:

Is that true?

Kendra Toothill [00:46:55]:

Austin. We hanging out in Austin, Texas for the fall. Yeah.

Laura Foster [00:46:59]:

Okay, so it's coming. Do you have the dates or no?

Kendra Toothill [00:47:03]:

We are in the middle of creating the entire 2024 in person retreat schedule.

Laura Foster [00:47:10]:

Sweet.

Kendra Toothill [00:47:10]:

Because we've had so many people express just interest on when can I get in. So we're in the middle of building that out. We have like a waitlist that you can just pop your name into and Adrienne will contact anybody who wants to attend.

Laura Foster [00:47:27]:

Beautiful. Okay, so go ahead and check out the show notes, and we will connect you with all the places where you can connect with Kendra. Work with her in person, work with her online, attend one of her retreats, hop into her soon to be here app, or all the different ways that she's

spreading her magic in the you. Kendra. So I just really appreciate having you here for the conversation and for the work that you're putting out into the world.

Kendra Toothill [00:47:54]:

Yeah, thank you for having me. It means a lot to be able to discuss this, especially since I really do feel like it is a missing link to a lot of what people are going through, and it actually helps them feel really validated and heard because everything just starts kind of falling into place and making sense. And it's a really great offering that I can just give to people because I know in the land of too many symptoms and too much dysregulation and mental health and all of the things that we're all kind of struggling with, just to feel like somebody's getting you and speaking your language, it's really powerful. So thank you for letting me speak on it. I really appreciate it.

Laura Foster [00:48:37]:

Yeah, I feel like there's probably going to be another episode in the future with all the connected forms, so thank you. And thank you, everyone, for listening to the Soul inspired Girl podcast. I'm not here every week. Kendra and I were just talking about this here, but I'm here often, so thank you for dropping in. Please, if there's something in this episode that speaks to you that has kind of created a ripple or a wave within you, can you please take an action on it? And maybe that's something that you're doing for yourself to reach out to Kendra, or maybe there's someone you know who would benefit from hearing this information. So please share the episode. Tag us, find us on Instagram. All of our tags will be in social media as well as the show notes.

Laura Foster [00:49:20]:

And thank you so much for being here, Kendra, and again, everyone else, have a fantastic day.