

A Stargrandmother Teaching

Joely Nicole ♡ Stargrandmother

WHOLLY LITE°

An Invitation to the Reader

The interstitium invites us to reimagine the body not as a collection of separate parts, but as a living, evolving landscape of tissues, fluid-filled spaces, movement, exchange, and relationship.

Nobody knows you better than you.

Trust your knowing — always.

Everything is possible now.

Your Stargrandmother — Joely Nicole

WHAT ARE WE DISCOVERING

A New Frontier of the Living Body

For a long time, anatomy was largely studied through fixed structures: organs, muscles, vessels, nerves, and connective tissues. Modern imaging and tissue-preserving methods have helped researchers see fluid-filled spaces within connective tissues more clearly.

In 2018, a previously underrecognized architecture of the interstitium was brought into clearer collective view.

What had always been present became newly visible through advances in imaging and tissue preservation, opening another doorway into our understanding of the body as fluid, interconnected, and in continual communication. We are still learning.

The term interstitium is used for the spaces and tissues between cells and structures throughout the body. These spaces contain interstitial fluid and connective-tissue components and participate in transport, mechanical force, immune activity, and communication between tissues.

FLUID MATRIX AND RELATIONSHIP

The Space Between Is Alive

Interstitial spaces are not empty. We know they contain fluid, extracellular matrix, fibers, cells, and signaling molecules, yet there is more to be explored.

Together they create environments through which tissues receive nutrients, release waste, respond to force, and participate in immune and biochemical activity.

Interstitial fluid is formed largely from fluid that moves out of blood capillaries. Much of it returns to the circulation, while some enters lymphatic vessels. This movement connects the circulatory, lymphatic, and tissue environments.

Rather than thinking of the interstitium as one isolated structure, it may be more useful to imagine a body-wide category of connected spaces and tissues that vary from place to place.

Where do I experience spaciousness, movement, or holding in my body?

PRESSURE MOVEMENT AND EXCHANGE

A Body in Motion

Breathing, walking, stretching, muscle contraction, and changes in pressure all influence and direct the movement of fluid through tissues.

Connective tissues also experience tension, compression, and sliding forces. Cells can respond to these mechanical forces through mechanotransduction — the conversion of physical forces into cellular signals.

This gives us a grounded scientific bridge between movement and biology: movement changes the mechanical environment of tissues, and cells and tissues can respond.

What type of movement helps me feel more spacious and alive?

RELATED BUT NOT IDENTICAL

Interstitium and Fascia

Fascia is connective tissue that surrounds, separates, and connects muscles, organs, vessels, nerves, and other structures. Interstitial spaces and fluid exist within and around many connective tissues, including fascia.

The two concepts overlap, but they are not interchangeable. Fascia describes connective-tissue structures and networks; interstitium describes tissue spaces between cells and structures and the fluid-filled environments within them.

Together they help us appreciate continuity:

Structure and space.
Fiber and fluid.
Tension and exchange.

MOVEMENT DRAINAGE AND IMMUNE PARTICIPATION

Interstitium and Lymph

Some interstitial fluid enters lymphatic capillaries and becomes lymph. The lymphatic system helps return fluid to the bloodstream and supports immune surveillance.

This relationship is one reason ordinary practices such as comfortable movement, breathing, and changing position can matter to whole-body dynamics.

These practices support physiology; they are not substitutes for medical evaluation or treatment when swelling, pain, fever, shortness of breath, or other concerning symptoms are present.

Reflection: What gentle movement feels nourishing rather than demanding today?

SENSATION LIVES IN RELATIONSHIP

Interstitium and Nervous System

Nerves travel through connective tissues, and sensory receptors respond to pressure, stretch, temperature, chemical conditions, and tissue state.

The nervous system continuously receives information from the body's internal environment. This ongoing communication contributes to our internal body awareness — our ability to sense and recognize what is happening within us.

The interstitium is not a separate "second nervous system," but its changing mechanical and chemical environment is part of the landscape from which sensory information arises.

Reflection: What am I noticing before I try to explain it?

CHEMICAL MESSAGES MOVE THROUGH LIVING ENVIRONMENTS

Interstitium and Endocrine System

Hormones released into the bloodstream must ultimately reach tissues and receptors. Exchange between blood, interstitial fluid, and cells is part of that journey.

The endocrine system and interstitial environment meet at the level of tissue communication: circulating chemical signals arrive within local cellular environments that are themselves active and responsive.

This does not mean that the interstitium controls hormones. It means endocrine communication occurs within a body that is fluid, responsive, and relational.

Within Wholly Lite°, energetic language is offered as a contemplative and energy-medicine perspective rather than as proof of anatomy or physiology.

ADAPTATION IS ACTIVE

Stress Inflammation and the Tissue Environment

Stress physiology can alter circulation, muscle tone, breathing patterns, sleep, immune signaling, and behavior. Inflammation can also change vascular permeability, local tissue fluid, and cellular and tissue communication.

These responses are not simply “good” or “bad.” They are part of adaptation. Challenges can arise when these responses become excessive, prolonged, or do not fully resolve, particularly in the presence of illness or injury.

The useful question is not: “How do I make my body perfectly balanced?”

The more spacious question may be: “What conditions support my body’s capacity to adapt, recover, and communicate?”

SUPPORTING MOVEMENT EXCHANGE AND AWARENESS

Practices for Living

Gentle movement

Walking, mobility, restorative or yin-inspired movement within your personal comfortable range.

Breath

Unforced breathing with attention to rib, diaphragm, and abdominal movement.

Hydration and nourishment

Regular fluids and nutrient-dense foods appropriate for your individual and evolving needs.

Rest and position changes

Tissues experience different pressures when we move, recline, sit, and stand.

Touch and body awareness

Comfortable self-touch, gentle massage, and professional bodywork may support sensory awareness and relaxation.

Medical partnership

Persistent swelling, unexplained pain, fever, sudden changes, shortness of breath, or other concerning symptoms deserve appropriate clinical evaluation. Trust yourself.

CURIOSITY WITH DISCERNMENT

The Emerging Conversation

Research into interstitial spaces, extracellular matrix, lymphatics, mechanobiology, and tissue imaging continues to evolve. A beautiful new frontier is still unfolding.

We do not need to turn developing science into certainty in order to be inspired, curious, and open to the possibilities of what is evolving within us.

For Wholly Lite°, the interstitium offers a grounded invitation to experience the body as interconnected, adaptive, fluid, and worthy of our presence.

A LIVING TRAIL FOR CURIOSITY

Know Thyself · Stay Curious. Let wonder open the door, and let evolving evidence remain a companion.

Interstitial Spaces — emerging anatomy, structure, and signaling

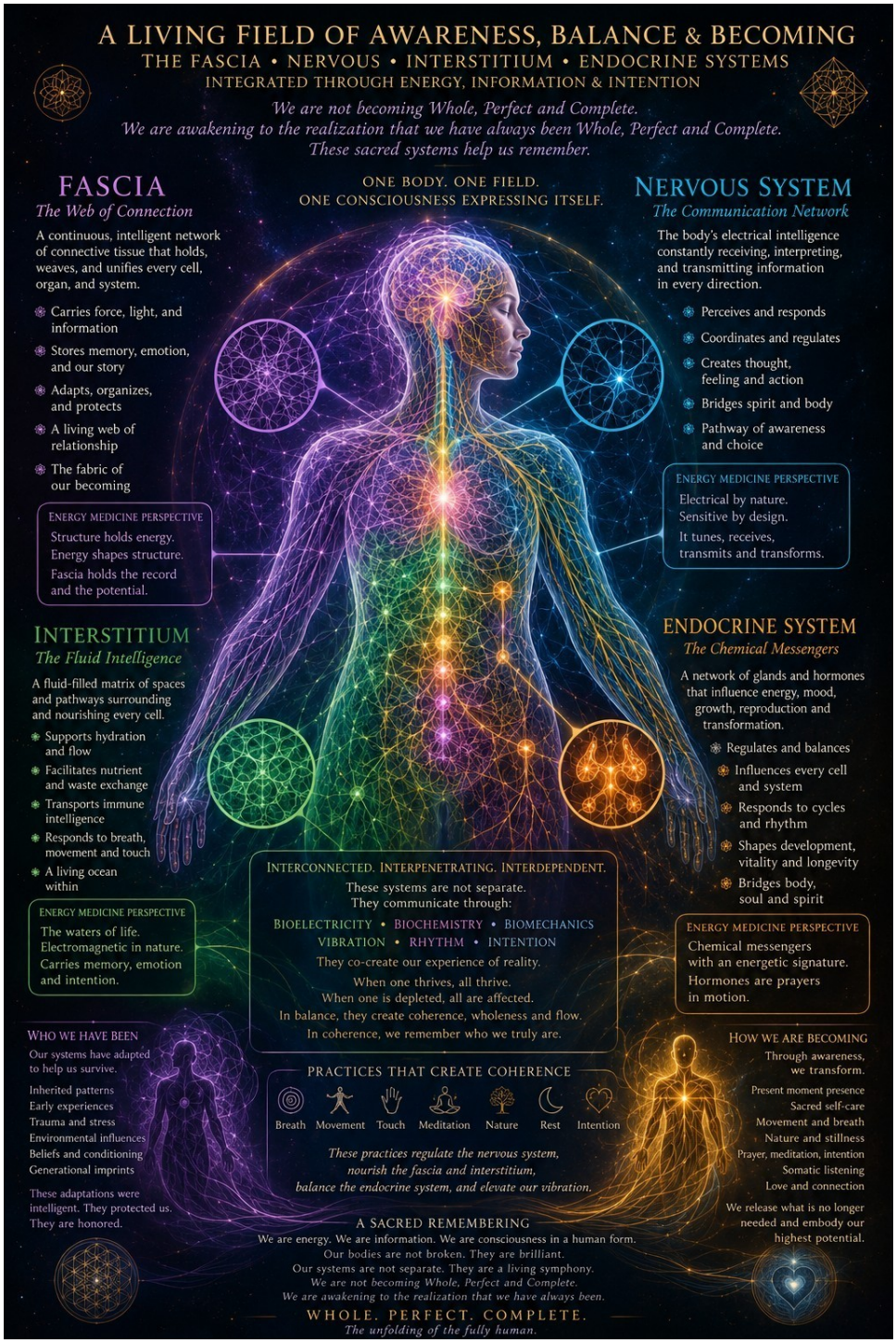
Interstitial Fluid and Lymph Transport — the physiology of exchange and lymph flow

Lymphedema and the Lymphatic System — reader-friendly clinical context

All things are evolving now. Nothing is static. All things are alive in possibilities.

THE WHOLLY LITE° COLLECTION

The Living Field of Four Systems



Nervous System · Fascia · Endocrine System · Interstitium

WHOLLY LITE° — PRACTICES FOR LIVING

VOLUME 04 · THE FLUID BODY

A Living Practice, A Practice of Living

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