Moving Beyond Diagnostic Labels

been on all the Facebook groups, POTS, Pandas, Chronic Fatigue, just so many different groups that are on there. And it's easy to get stuck in, I've got pandas and that's it.

It's just one track. That's what I used to do. Okay, how do we fix pandAS? There's Pots. You're told with PotS there's no way to fix it, there is no cure.

IBS, no Cure. All these different things, No Cures. It's pandas, it's pots, its just a name. It means nothing. When we literally dug in deep and made the changes and addressed mold and address heavy metals and all these different things, those symptoms lift.

So keep that in mind when you get fixated on these labels, they mean nothing, that's not your final diagnosis, you're not incurable, You can get better.

And I'm telling you and I tell people all the time, deeper healing is where I finally got my answers and was able to make changes like life saving changes.