Patient Case: Lyme, Brain Injury, and Recovery Hope

Okay, tell me about this. Yesterday you had a patient what? Yeah, so yesterday I had patient. He's 36 years old. when he was about 25. Prior to that, he's in a coma, right?

At the time of the accident. And he had all these underlying things they think. He had a comma, did some rehabilitation, started to come out of it. What happened was he flirted with the girls in the grocery store, things like that after his accident, Well, he did laser therapy on his brain to try to help with the concussion, and it tanked him.

So now he's non-verbal, nonfunctioning, can't talk, incontinent, all these things. But there's, in my opinion, underlying potential Lyme disease at play, because he had a lot of Lyne symptoms.

Lime goes for the brain, lime goes or the joint tissues, things like that. And so it gives me hope that this could be reversed eventually. Yeah, that's a good insight.

So long term lime is crazy. Even for myself in my case, I can remember as a kid, six, seven years old, going to the nurse's office. And my whole foot would swell up.

So it's not even just ticks. It's mosquito bites too. Some mosquitoes, sexual transmission, they're now finding out they could be ticks, it could fleas, things like that.

Anything that's going to carry that bacteria. You know, so as a kid, I'm in the nurse's office. I can't get my shoes on. This had been going on for a long time.

And for me, mold was a huge thing, too. So that reactivation. Mold is the great reacti-vator. Reactivating lime. You know, even I think for that kid, the stress of laser react-ivated lime bacteria for him.

Yeah, that's interesting. We'll see what happens, but I'm really hopeful. Good. Tell me how you got into acupuncture and nutrition. Yeah, so I was 17. I lived in Hamilton, Montana.

There's nothing there but cows. We have a bowling alley, we have restaurant, and we had an acupuncturist. And so, I had all these debilitating symptoms as far as growing pains as a kid, really bad periods.

Personal Lyme and Mold History

So endometriosis, off the charts, passing out, throwing up. atrocious, right? Heavy bleeding, all the things. And so I went to the acupuncturist and I'd been dealing with this probably three, four years.

Nobody could figure it out. Within two weeks, he had me. completely different person, no pain, symptoms managed, etc. And I started to go, you know, at the time I was like, I'm going to be a doctor, and I am going pursue that.

Then after that experience, there's something to herbal medicine. It's been around for 5,000 years. These people know what they're doing. So, I changed trajectories.

I was going to be a doctor. It was pre-med and I went to Southwest Acupuncture College in Boulder, Colorado. And that's where I began my pursuit of herbal medicine and nutrition.

OK, so you got your doctorate in what's your degree? Yeah, so it's a Masters of Science of Oriental Medicine. Undergrad was pre-med and psychology minor.

Okay, to Masters. And then in acupuncture school, that's when you learned Herbology and Nutrition, or is that outside of that? Yeah, so the herbal medicine, the program is four years long.

Typically, a master's program was going to be two years. So the Herbal Medicine degree was four-years long, you're in clinic the first year, and you are starting to learn all the herbs.

Everything that we learned was in Chinese.

How Acupuncture Changed Her Career Path

It was the pinion, herbs were in the Chinese, our instructors were primarily Chinese and then your clinicals were with your Chinese person helping you with all the needling too.

So a lot of the ancient principles, we were actually learning that right alongside our clinician, which was very intriguing. A lot the things that they did in China, you'd get this insight to them and their experiences from seven generation Chinese master acupuncturists in clinic, is amazing.

And it was really insightful. Yeah, so a lot of the herbs, a lots of that combinations of acupuncture, needling, we would learn that firsthand, our first year.

Wow, interesting. I've been jumping into a light of PubMed using AI. It's pretty deficient in what you and I know. you know, the various diets that we use.

I think I use like eight different diets, but PubMed just keeps pushing the Mediterranean diet. And there's not much, when you look at like the supplements and body therapies and the types of body work and acupuncture.

But I just had a patient yesterday who has alpha-gal syndrome, which is a Lyme organism that prevents people from eating meat. So he can eat beef and pork.

And so he was told by a friend that there's this acupuncturist in, I think, Virginia. Solomon is his name. And he has this technique. It's a needle right there in the left ear, think it's the Left Ear.

and it works. it gets rid of alpha-gal syndrome. Yeah. Then it was studied and published by the NIH. and has a 96% recovery rate. Out of like 140 people, 96 percent recovered from alpha-gal by using one acupuncture point with one needle in the ear.

Yeah. Sometimes they'll perform entire surgeries to without anesthesia with just one acupuncture needle. If the person knows what they're doing, they go in, we'll put one needle in the body.

The person doesn't need anesthesiologist and they will do the dental procedure or the whatever in China.

Clinical Training in Chinese Medicine and Herbs

So I've seen that too. My best clinical story that I have with my Chinese practitioner, he was amazing, but seventh generation acupuncturist. We had a gal in clinic who continually was getting hit in the head, you know, multiple car accidents, soccer balls, things like that.

And we're in clinic treating other patients, and she was one of the students. And so she's sitting there, she can't recall the word to say to him. He goes, one minute.

If he goes over and he gets about three to four inch long needles, about 10 of them, he starts sinking them into the muscle tissue around her head. Then he says, Vanessa, you take out the needles in about 20 minutes.

I said, okay you know I'm a student all right so we take her into another room and I start to pull these needles that have been in her head out from the muscle tissue and it's just dark black stagnant blood that starts to drain from

her hair and she's Just sitting there like are you okay and there's this black blood dripping from your head no joke I had to get a ton of clean or a tone of towels, paper towels and push it against her head.

And I've got gloves on. I'm trying to put it in trash bags and stuff like that. Then he comes in and he goes, great. Perfect. Blood stagnation. in the head.

So there's stagnant, old dark blood that had been in her tissue that was causing a lot of her issues with speech. The next day, she was like a different person.

And she had had this her whole life.

Acupuncture Success Stories and PubMed Limits

Oh my god. That kind of stuff will never be in PubMed, it's not in pubmed. It would be dismissed by conventional doctors, which there's 900,000 of them, and there is never going to be a study published.

You know what I mean? There's so much more data outside of PubMed and the medical journals in the pharmaceutical industry, there's so much more. There's got to be like 10 times more data outside of what you see on TV and stuff.

Absolutely. Yeah. So I can just remember to, you know, there's a story that he would always tell us and he'd say, OK, There is a guy and has a shoulder injury and is sitting in front of a group of Western doctors and one Chinese doctor.

And the Western Doctors are all sitting there pondering. Well, maybe he needs surgery. Maybe he need pharmaceuticals. He needs physical therapy, blah, and the Chinese Doctor walks over.

adjust. The guy goes, Oh, my shoulders great. This feels amazing. And the principle there is do just do think you know, there's so much that sometimes you overthink and sometimes we just need to act and do and so that was some of the principles to is like, just to just try.

That's awesome. Yeah. All right, so cool. So typically, we see patients who have chronic symptoms for many, many years. And they're sort of global systemic, right?

Like fatigue and muscle aches and you could say depression, trouble sleeping, GI problems. It's really rare that somebody has just one symptom and they come to see us.

They have many symptoms. There have been a ton of already conventional doctors with no good results. So how do you approach that kind of a person? Yeah, so clinically, especially with traditional Chinese medicine theory, there's going to be a lot of diet, right?

There's gonna be nutritional aspects. Even if you look at the yin and yang, There is excess and there is deficiency. So that principle of excess usually fluctuates in chemicals, toxins, mold, parasitic infections.

And then Ayurvedic medicine, traditional Chinese medicine is going to look at deficiency. How is the organ functioning at the root? Is there deficiencies there?

A lot of times, excess can cause deficiency and vice versa. Deficiency can cost excess. So those principles are going be really generic across the board, but as you get into modern day, there's a ton of mold exposure that's everywhere.

There's lime that is not looked at. Parasitic infections, which have been around for thousands of years, even in the clinical textbooks.

Treating Chronic Illness: Detox, Parasites, and Nutrition

TCM was looking at parasitology too. Now, they're a lot stealthier. They're munching on black plastic that wasn't here 5,000 years ago. So they are stealthy and the organism has gotten out of hand.

But universally, there is a journey that you have to walk through. That's energy optimization, get the organism healthy enough to detox, right? And then you move through that excess.

So clearing the body of parasites, mold, environmental toxins, heavy metals. Lime organisms, then you provide the nutrition that keeps that organism at an optimal level.

So that's things like diet, working on the diet. Getting rid of the sugar, getting rid the junk and then providing the organism with things that optimize the liver function, the kidney function.

The spleen function so that you just, it's like a car maintenance. Sounds good. So with your choice of supplements, what's your favorite categories or what your favourite?

I don't know how to ask this question. Yeah. Your favorite supplements. Parasite supplements hands down. OK, cool. Antifungals can be fun too, but parasites.

I love when, I mean, they don' love, But it's really interesting to see when people start to pass parasites that they didn't over there, especially the big guys, the tapeworms.

Ropeworms, you're seeing liver flukes, tomato skins when you haven't eaten tomatoes, thousands of seeds, which could be tapeworm segments. It's really wild and fascinating to see people go, what the heck is coming out of my body?

So of all the people that you've seen, What percentage have worms? Where they actually see worms coming up? Gosh, I mean 70% are microscopic, so not a lot of people see them, but for the big guys I would say probably.

I've had some cases I had like 40% maybe start to pull out some big rope worms. Um, had cases where people are pulling them out of their scalp, their nose, they're ears, there mouse.

weird stuff like that weird cases but primarily for a lot of the population they don't see them which is great because most people would freak out but i've had my cases about 30 40 percent where they're passing 14 16 18 inch things from their body yeah so if you see somebody um like you're doing zoom calls with them so they are a distance patient um do you have have them do some kind of um Um, acupuncture on themselves in some way, stimulating points with their fingers or something.

Sometimes, not always. So sometimes you'll just look at their tongue because that's reflecting what's going on. But as far as acupuncture points, you can do some for the body.

On the belly, really nice acupunture points around the umbilicus. It's called the four corners, essentially. About two inches above, two inch below, and two on the side.

You're going to stimulate the stomach, meridian, the kidney, Other places you can do ear seeds. So they're really easy on Amazon.

Favorite Therapies: Parasites, Red Light, and Nervous System Support

They're, you know, a couple bucks and they are little seeds where you could get spikes that you put in the ears for high blood pressure, for heart. issues for back pain, stuff like that.

The most common one I would say is yin-tong here. So this is relaxation. You can stimulate that or EFT tapping also dives into this with nervous system dysregulation.

But yintong, here, is going to calm the body and help us sleep and relaxation Okay, so besides the egg puncture

points, I know you do other like external therapies like lymphatic work and stuff Yeah, so there's a lot.

There's castor oil packs, there is vibration plate red light therapy. My favorite probably is liver gallbladder flushes and or coffee enemas because I've just seen massive amount of infection come out with those two.

It's not commonly used but I do enjoy sometimes having clients depending on how well they are get into coffee enema because that can start to flush liver flukes.

out of the liver chemicals, dark sludge, things like that that has been in that liver for a really long time because you're opening up the hepatic portal vein.

flood out. Another gentle one that I like is just red light therapy. So red-light therapy over the brain. If you have a lot of mold, illness, or Lyme, this can actually help just by putting it on the brane for anxiety or on back of the brainstorm for calming the nervous system and throwing it into parasympathetic.

All of these do meridians and sympathetic meridian actually meet at do 14, right at the base of neck. We put redlight there. Parasympathetic. And that can happen within minutes, which is pretty cool.

Interesting. Did you learn these in acupuncture school or after? So combination. Yeah, we were doing these principles in clinic, but a lot of times you bleed certain areas or you'd, you know, hyper focus on some of the meridians to drop blood pressure or change the pulse within a few minutes.

When you address the blood pressure that way, would you have permanent results or was it temporary or both? Temporary because you'd have to get to the root cause.

So acupuncture is like working out, right? You have do it cumulatively until that person gets to a place where, you know, it's twice a week, then you drop down to once a things like that, especially with herbal therapy.

You're you're cleaning up the toxicity that that person has gotten into. But with blood pressure, there's a at the top of your ear here, you can believe that and drop the blood Pressure instantly.

Interesting. And then the Vegas nerve stimulation, or relaxation. Yeah, so there's certain principles that I like to work with with nervous system. So humming, gargling, singing, pretty easy.

Binaural beats are another one. You could just find those on YouTube. Calm, the vagus nerve, you can get into red light therapy on the belly, redlight therapy, on neck, calm that vagous nerve.

Hot cold showers, puncture, wonderful for that. Curricular therapy. Parasympathetic.

Food Therapy, Organ Meats, and Closing Encouragement

Nice. So the whole point there is to relax the body for more healing. And then in the meantime, you got the detox products going, and you've got parasite products gone, cleaning the buddy out, trying to heal it.

Absolutely addressing. Yeah, I'm sorry. Then you use, for example, standard process to nourish the glands, the organs. Absolutely. Yeah. And then food therapy.

So I'm really heavy on traditional ancestral diets too. If you look at a person's genetic factors, so say Norwegian or Native American, they're eating bison meat, eating the organ tissues and those organ tissue are nourishing the organs in the body, so blood feeds blood, bone feeds bone, the liver feeds liver, things like that sort of principles.

And you can get that now with things, like force of nature, they're grinding up the whole cow. So kidneys, spleen, liver heart into the buffalo meat, into.

The burger, or the turkey, whatever, and then you're feeding and nourishing those in your body instead of just

getting the muscle tissue, which is just feeding muscle.

Right. Force of nature, they sell supplements or is that like meat products? Meat products. Yeah. So there's multiple companies out there. You can get them in a pill form if you're not too keen on eating it, but it's just more rich.

It's kind of almost like having regular eggs versus a duck egg. Going back to those ancient principles of you use everything from nose to tail. Get that in and you start to nourish your body.

Yeah. Nice. Okay, cool. All right. Any closing thoughts that you want to share? What do you have people to know? I would say, you know, if you're feeling like there's absolutely no hope out there coming from someone that almost died from mold toxicity and knocking on death's door with Lyme co-infections and, almost three years to clear a parasite infection, you can heal.

So there's always hope for people that are just sitting at home, not feeling good, feeling like there is nobody out there that can help them. It's a different way of thinking, absolutely.

But if you start to go down this road, You'll find that chronic illness is fixable, 100%.