Hey, everybody, it's Ravi Besser. And welcome back to another episode in our time series on the Healthy Hotline. Today I have Doctor Scott Richmond. He's here to help us with some inside tips as to the things he did for himself and the things that he uses in his practice, because he sees a lot of Lyme patients and more importantly, he's probably one of the national experts on mold.

Doctor Scott is going to tell us all about it. Give us a little bit of the backdrop as to like how you got to who you are today. Yeah, we'll kind of start in the middle.

I became a chiropractor, after going through, undergraduate as an athletic trainer, had, you know, some injuries in college. I, you know, played a lot of athletics.

And that's part of really my story is, is growing up the, you know, something changed in, in grade school and the inability for my body to to really recover.

But of course, I was younger at that time and was able to really just kind of push through. But I knew something was off. And, you know, like I said, fortunately, I went into chiropractic school and I started in my office.

And this would have been 2006. And I started to, you know, go to different seminars and, and learning more, like, it's all about practice. And I started to hear about toxicity.

And it really intrigued me because it's like if there is toxins inside of people's body and I'm adjusting them through their spine and affecting the nervous system, how how are we also getting this stuff out of the body?

And, you know, intuitively, which I think is just a God given gift. I was like, I should pay attention to this topic. And lo and behold, fortunately, a year and a half later, I found myself, very, very sick.

My daughter had just been born, and within a week, she also had a systemic rash. Super colicky. And within three and a half months, I knew something was off.

And at that time, I was just. I was blessed to be able to remember. I also was starting to hear about bio toxins in 2007. And heavy metals, and how all of this is really playing a factor, not only with our our body, our organ system, our brains.

And I found myself in that exact same situation. I lived in a house that was built in 1940. And lo and behold, there was water in the basement. And so at least I knew.

Hey, I think I know what's going on. And really, from there, my entire life story started to unravel. And, you know, of course, I knew I was dealing with mold.

My daughter was dealing with mold. She developed, the mold cough. She had a lot of the, gi distress. And in the same with myself to the fact where I was actually even, you know, worse, than than what?

She was reacting. Kind of more of an apology. Where for me? I was very, very sick. Just due to, you know, genetic make ups and the inability to clear this stuff.

I found myself hospitalized. Fortunately, I was able to get out after a few days. I have the systemic mold rash myself, and we started, to really dig in to, discovering what, what's really going on, and most importantly, how do we get.

Well. And so I looked at my blood. I saw, you know, my daughter was eight months old at the time, and, you know, she was full of mold, too. And, I was fortunate that I had people in my life, other doctors, practitioners who have been through similar journeys.

And that's where it started for me. And so, you know, just through the years and starting to dig in to whether it was other seminars and supplement companies and solutions.

It really led me down this path to also understanding that really what we're talking about today is it was never just the more. And so that would kind of be the first, you know, asterisk.

If somebody is dealing with Lyme and or co-infections and, you know, you get this exposure from mold, mold just makes everything else worse, which is why we're talking about it, even though we're we're really here to talk about Lyme today.

And that's what I discovered is some time in my childhood. And I can remember I live here in Iowa. I've, played in the woods and out in the cornfield and did all of that as a young child.

And I remember having tics. I remember having, you know, one embedded in my head, you know, really bad. And at that time, yeah, you know, just pluck them off or take a match and try to remove them.

And it all started adding up, because what I discovered is I was dealing with Lyme and I was dealing with, Bartonella and also but here. So a lot of co-infections, a lot of chronic viral infection.

And then as my life progressed on then came along, the more exposure, like I said, that was the gasoline on the fire. And that's really what led me to where I'm at today.

I no longer practice chiropractic because, about 3 or 4 years ago, I was led down the path of really reaching out and helping my my local clients and chiropractic patients on this, you know, toxicity issue, heavy metals and, and gut issues and potentially mold exposures.

And it it really, really shined a light that, hey, we we need a lot more people that are versed in this area. And so I went completely virtual. So I work with clients all around the world and and doing that online writing protocols and working through it.

But the entire process and so over the years, you know, I've had ups and downs. Last so 2012, I was hospitalized for a total of 13 days. I lost 35 pounds in a month.

I owe about 180 pounds. So if you take off 35, there's not much left. And, that was the last time that, I found myself, you know, really crashed and and and very, very sick.

And so it really taught me a lot. And then, you know, as the years have gone on, I think just, you know, really, really profound clinical nuggets that will, we'll dive into today and just really starting to relate with this journey.

And, and I, I kind of resisted working with clients, in a coaching standpoint because I, I didn't feel like I, I owned my own journey. Yet. And if you caught some of my words early on, just a few minutes ago and had a point where I look at this as a blessing versus a curse, and that's when I knew that it was time to shift the type of practice and what I can do to, you know, really help as many people as possible without having the restrictions of these four walls around me.

And it's been a beautiful transition. I really like the, you know, the freedom of that, but also taking my journey and looking at some of the missing pieces and how we can really fit, what we do into the client's lives and their journey through all of this.

Because, as you know, it's very, very complex. There's a lot of ups and downs. But that was one thing is that I had a lot of amazing doctors, a lot of amazing protocols and products, but I didn't have what I do now with clients.

And that's the support, the guidance, when there's challenges, how do I work through it? And that's one thing that I think is, you know, really, really special in today's world, especially, 2020 made us all realize, wow, we can, you know, maybe do some things differently, just like we're doing right now.

You know, you're on the road in a beautiful place, and here I am, and we get a, you know, we get a converse and and really, you know, help educate people across the world, without the confines of an office.

And so, just super like I said, super blessed for this journey because it gave me a whole different perspective and some of the things we learned and some of the challenges and missing pieces that I would have never learned in a school.

But even, you know, traditional practice. And I guess today, I guess they call that the school of hard knocks of this one. When I grew up. And, you know, that's such an important thing on many levels, what you've talked about, just for people that are just tuning in, Doctor Scott Richmond, and you can reach him, by the way, at Thrive Health centers.com.

And when you go on there, I mean, he's virtual. He's virtually virtual. So you can go on there, you can make appointments. You can you figure out, you know, see his his protocols.

He's got an amazing website and an amazing presentation. But but what you said was so important because first off, you drew the mold. Pearson and many of you guys out there, you know, you experience, you know, you may have been diagnosed with Lyme or you've had inklings that you've had line from things you've read in the way that your body is presenting.

Right? And then all of a sudden there's a shift and you don't quite know why. And all of a sudden it's dialed up, like the volume in the room went from like a four to a ten.

And that could very well be that you got exposed to mold and that inflammatory body response from that extra added toxins. And now another pathogen that's attacking you, it has really kind of really shifted you.

And so you guys have to know this because mold is is an important challenge in our environment these days as, as Lyme and and the various co-infections are by themselves.

And that's morphing in its own direction as well. And here you are. You know, you know, a young man, vibrant, athletic, you know your body, you know how you perform.

But yet you saw that your own health was declining and your ability to recover was decline was declining. And you had the ability or at least the insight to understand as a young man, there was something wrong, and you stayed on that.

And then that became sort of the underpinning foundation to who you are today, having that that intuitive insight and also the active listening side of you.

Scott, I love that about you because when you get a patient, it's not just that you have your protocols, you know, and, and realize that everybody's body interprets Lyme differently and how you piece together the puzzle of where they are, unravel and unpack their symptoms, and then create a manicured protocol that serves that person.

Because Lyme is a very individual experience, even though it's a broad category or a broad diagnosis. So with that, let's dive into a couple of things that you kind of do that's different.

I know that you're keen on parasites. You know, there's a heavy metal, influence in, in, in your, in the detoxing component of the things that you do when you look at stuff.

So once you unpack that a little bit for the people that are, coming on to our interview today, the first thing is, is, you know, when, when we get, a diagnosis or we suspect, you know, Lyme or any of the other co-infections, is we not sure we want to go on this killing spree?

You know, we want to. We want to. Whether it's, you know, conventionally through antibiotic or even natural killers, herbal, you know, types of remedies through the years.

And that's why, you know, the journey was important is because what you know, many, many of my clients, you know, discuss with me when I first, have a call with them is how they've been so challenged with that approach.

And it doesn't mean that it's 100% all this time. But what we've been able to really figure out is the order matters. And I figured that out. You know, pathways into my journey that, you know, we really focus on heavy metals because I believe that that was one of our first biggest insults chemically before we were even more I mean, the studies show that how many chemicals are found in fetal core blood.

And it's I mean, it's astonishing. And so that sets up this, you know, potential of if you're exposed to all of these other things, you know, not everybody has Lyme, not everybody's been exposed to mold.

But a lot of my clients have it all. And and that's also me. It's like it was it was the whole gamut. We can we can work on things to to kill the bugs.

But let's actually make ourselves harder to kill. Okay. And and that's where the role of parasite and really, really doing parasite cleansing, and detox the way that we do, which was totally different than what I was exposed to years ago.

I thought, hey, I've already, I've already done some things around parasites, and that was it. And I moved on. But it took many years to to then look at some of my blood work and sitting in a seminar, I was like, I've actually been diagnosed medically with what's called eosinophilic esophagitis.

And some of these like, well, eosinophilic, are indicative of parasites and I had a lot of esophageal issues and digestive issues, like many Lyme clients do.

Also, along with the more clients. And I went, wait a second, if we're if if we know that heavy metals weakens the immune system, parasites act like a sponge.

We've had a tick or, even a mosquito exposed, you know, from these infections. It's this perfect storm. And now comes. Well, did you move into a moldy apartment?

And it just makes everything else worse. And so I started to reverse engineer my own journey to go the orders off, because the the first probably clinical nugget here is when we're dealing with this, our toxicity burden is, you know, tends to be pretty high.

But the fatigue, the energy and at the cellular level is low. So if we try to allow the body to do what it's designed to do, and yet we're pushing more detox, why people have crashed and that's why they don't do as well with the approach of we got to kill the lime or we got to detox the mold.

And so we actually started looking at it going, we need to reverse this, yet we want to maybe kind of keep things knocked down, even if it's with an antibiotic.

Which, you know, we can talk about kind of when we feel that is the most appropriate approach. But even naturally we may do some things to kind of keep it at bay, but we're not trying to ultimately go guns blazing because that person is not going to do well.

Our cells need energy. They need nutrients to then be able to handle that. So we started to approach this differently and building somebody up, working on the gut, the, you know, the first part of your immune system and then the parasites and addressing this differently, with a pretty heavy hand.

It was profound in my journey after eight years. And so I saw that I went, okay, this makes sense why people are having a hard time detoxing from heavy metals is because they're they're being hold on to they're the big culprit.

But we've got to unravel it. And and I like what you said. It's like, how do we put this all together? Well, that's something that I took away from chiropractic school because chiropractic isn't just, you know, laying my hands on

somebody, but it's also it's the, the principles in the philosophy, but it's also the art.

So now taking this art and how to shift things around depending on what's going on and presenting versus, you know, it isn't a one size fits all like you mentioned.

Okay. But what we've established and it's held true for many years now, is this order that if you really work with the parasites properly, it helps unlock to then start to clean up the other toxins which ultimately lead to disease in the first place.

Heavy metals being a big one, glyphosate. Other. Other types of environmental chemicals that then allows your own immune system to better handle line.

Okay. And then we can actually go through a more of a traditional approach, with the different hormones that we use when it comes to Lyme or what we now just call advanced immune support.

I don't even call it a Lyme protocol anymore, because probably half the, you know, individuals don't even really need to go through the whole entire program anymore because we've dealt with the big things that was actually holding our immune system down.

And it wasn't so much the Lyme and this, you know, this has been, reiterated by some of the top Lyme doctors in the world, like Lyme is pretty easy to deal with if you deal with the parasite.

But then we got to do this other cleanup work. Okay. So that is held true. And I look back at my own journey. I went, there were clues along the way of why I struggled with heavy metals or why viruses were getting really mad.

And and now it all makes sense. We have to focus on energy first and then start to peel back the layers. That way when you do, you know, do some of the herbs or, different approaches for Lyme Way more effective.

Wow, that that's so powerful, what you just said, because, you know, many of the Lyme guys that are listening today, they, you know, they're feeling yucky.

If they've had symptoms for many years, they're sick of being sick. Right. And so they get, you know, turned on either through a chat room or someone that they may have heard, you know, from and so forth about a doctor that's doing some good work.

And they go there. And then oftentimes the Lyme literate doctors and or teachers that, feel like they can add value. They go on the offensive or attack the Lyme, the underlying source per se, or the co-infections.

But they're doing that. It's sort of wet by doing that and not creating a strong foundation. It's almost like throwing gasoline on a fire. You're already toxic, you're already your body is already compromised.

And now they're sort of going after the source. And if they're effective at doing that, they're creating another toxic event on top of an already toxic environment.

So why not lower those toxic, you know, thresholds, create a strong foundation, bring down your inflammatory markers, you know, work on the rudimentary, foundation of things for optimal health, not just as a chronic patient that supports your immune system, support, your gut health and all that, and then you're in a much better position to actually start being a little more aggressive as to the finding the underlying source.

So I the order and the way you dosed is so critical as to whether you're going to get a sort of a mediocre result or getting an optimal result. So that is so key.

There, there are so many things that you weave into your protocols that I find very unique. You're sensitive to the exogenous frequencies out there, like electromagnetic fields and how they affect the body.

You talk about, you know, the mold piece is so important, whether you've had a good dental profile is really important. And a lot of patients, a lot of doctors that I know that are that I really trust.

If you've got root canals or you have challenges with metals in your mouth and things like that, they actually won't even start working on you until you have that stuff cleaned up, because it's almost like the mold environment.

Or you get a line patient that's a that's, living in a mold house. You try to fix them, but unless you fix the mold piece, they're they're being dragged down almost like there's a ball and chain around their ankle. Because.

Because the mold, you're constantly being re-infected on the mold side, which slows down the progress of your healing on all other levels. So really kind of taking care of cleaning up the house, you know, so to speak, in a lot of ways is so important to getting the proper result.

That's that's part of my job. And you mentioned like, even dental health is a lot of the times, you know, we we know, you know, some of these big components that people are dealing with if if you have a horse, you have parasites.

And that contrary to what, you know, modern medicine in the United States, you know, industrialized country world says, but we know it to be true. And it's very, it's very relative to everybody listening.

That's why it's such a big, big art. And what we have to address, to really be able to handle, the deeper detox and the line protocols or cleaning up the mold or whatever it may be.

It's a big driver because, the parasite lock down the immune system so we don't have that response as like, hey, I never get a cold or you're supposed to get a cold if you're actually exposed to something.

And that's fine because it's building your immune system. But a lot of, a lot of chronic, you know, patient, they they notice that they don't get that.

And that's what parasites are doing. And then of course, heavy metals more inflammatory oxidative stress. And and it just wreaks havoc on their organ systems.

So the other the other part of really what I look at is being an investigator, there's, there's some, you know, key components that I always have in the back of my head.

Yes. You know, unknown mold exposure is a big one. Okay. EMF exposure, which you mentioned dental infections. Cavitation is another big one. That happened to me, after about three months into starting to really work on parasites in the way that we do now, all of a sudden my body went, hey, there's a problem here.

And I started getting jaw pain, and I knew what it was right away. I drove two hours one way, did an ultrasound, verified it. Three months later, at a cavitation surgery.

But I had bone necrosis all the way and halfway down my mandible, and but I never had any symptoms. And it's typically from where your wisdom teeth are.

Well, that was I was 17. You know, I'm today I'll be or not today, but here in a, couple months I'll be 42. So. And this was just three years ago. So it had been a long time festering.

And that is another big reason why people aren't getting well is this role of dental health. Okay. The other thing that we haven't mentioned yet is radioactive elements, whether it's from.

The water, we've got a very big radium belt up around the Milwaukee area. So there's a lot of things in the environment also, from stress, energetic stress, radioactive element stress that also weakens our system.

And, you know, you talk a lot about it because you're in the world of infrared and frequency. So that to me, with the

mitigation EMF, that type of stuff, or using frequency for healing, I believe is one of the most underutilized tools that we have because our bodies are electric.

And so a lot of a lot of, you know, clients will deal with this. They they don't have proper nervous system tone, their, their vagus nerve, you know, nerve is being effective, their sympathetic dominant.

And while we can do lifestyle things meditating, breathing, you know, hot, cold showers to really improve all that, applying frequency to help reset the brain and the the nervous system, which I'm a chiropractor.

I'm not a back doctor. I'm a nervous system doctor. And there's a big distinguishing factor there. And so now taking that understanding of the human body, bringing it into more of the toxicity realm of things is super important.

And so applying those energies to harmonize and to reset and to calm, then allows your oral protocols or even, you know, your sauna sessions, the ability to detox deeper, all of that's only going to exponentially become more effective by allowing your nervous system to be reset.

And so I, I love frequency work. And I've always told any, any client is, you know, while we're trying to heal, say, your liver, your gut, we ought to truly get well and to be optimum.

We need to heal the brain. We need to heal the nervous system. And so a lot of these toxins, I mean, even Lyme can be affecting the brain. We know parasites harbor Lyme, too.

That can be in the brain affecting, the nervous system, but also the heavy metals and other chemicals, too. And so a lot of a lot of times, whether it's Lyme or mold recombination, we we get that perennial brain on fire, brain inflamed, hydrocephalus types of symptoms.

And so we have to really focus downstream so that we can then drain that brain and calm that nervous system to allow everything else to work the way it's designed to.

Wow, wow, wow, wow. So for those just tuning in, the autonomic nervous system is broken into your sympathetic and parasympathetic modes. And the sympathetic mode is the one that we're mostly in these days.

In fact, I like to call it sympathetic dominant, which means that you're anxious. You know, people, you know, have anxiety and stress. We have this whole Covid thing going on now that's dialing that up even more.

And, and it keeps you at the edge of your seat, like in the animal kingdom, fight and flight is when an animal is backed against basically the wall and only has one way to go, like attack your heart rates, races and things like that and weeks in line patients, they experience that through a daily cycle and don't quite even know why and where it's coming from.

But it is could be emotional and it could be physical or a combination of both. And some of the things you talked about like, like, breathing techniques and, and, hot and cold showers and stuff like that will shift you to that parasympathetic or calm state.

And that's actually a goal. So this is we're talking physiology and we're also talking emotional. And the combination of both of those and how it affects you.

And so being in a calm state, whatever kinds of protocols you're going to do, they're going to stick much, much better that your body's going to be more akin to to receiving all the other benefits.

It could be nutritional, but if you're anxious you're it's going to slow down the process of your ability to actually potentiate or assimilate those nutrients to rebalance you back out.

So I think that this is super, super important and things that you guys can all do at home. And it's pretty easy. There's guided meditation, there's breathing techniques.

You know, Doctor Scott, you can reach him at, you know, thrive thrive health centers.com. And he can give you helpful tips that will guide you in that direction.

He works virtually. And this is such a great advantage these days because you're a doctor without walls anymore. And now you can really reach and touch many people all over the world, not just in your local state, through your clinic, of course, you always have that ability, but but, this is really the new medicine.

Is, I call it so we only have a few more minutes today. So. But you've really given us so much important things to think about. The order of things, the fact that you that guys like you are out there, that you've gone through the journey and that you're gathering all that information and creating a, sort of a protocol and a format and a and a procedure that is logical and individual at the same time.

And yet you brought in things that we never thought about, like cell phones and Bluetooth devices. And how does all those frequencies, affect us? And they do.

And, and, your body is like a battery and your body battery needs to be charged and we get charged by the Earth energy. And so there are positive energies around us as well as the negative ones.

And I love the fact that you have focused on bringing in light, energy and sound energy and other kinds of things that are that are super helpful in bringing back our primal health.

And that's super key to so with a few minutes left, Doctor Scott, are the things we left out. Or there's some of the pearls that you might have to share with us today.

Yeah, you just mentioned one of them. So one of those other underlying factors I always have in the back of my head is the emotions. The UN on dealt with, traumas or even perceived traumas, whether it's childhood, whether it's adulthood, just, you know, doing this for so many years, we're all human.

We all have stuff. And even if it doesn't seem like it's a big thing, our it's how our brain is perceived, that experience. And so if that's not being dealt with, you can have the greatest protocol in the world and 100% success rate.

But that's going to hold you back. And so that's another, one of those underlying things that I always have in my head. And, and I always joke with an initial client, I said, Mark my word.

There's going to be some point at a time, usually within this first six months, where that shell gets cracked and, and all of a sudden it starts to open because not everybody's in that, you know, in that place yet they're they're not ready for that.

But somewhere along the journey, I start to hear some clues. And then we we kind of start to open that up a little bit more. And, you know, it turns into talking about our experiences and our traumas and, and now what are the good resources to help guide through that?

Because it takes time. But like I always tell any client, it starts with making a decision. It starts with recognizing that even though you can't see it today, there's there's blessings that come of this.

My world didn't change last year when everybody shut down. I still got to do every single thing the exact same way that that we did. And that was a beautiful thing.

And I wouldn't have ever known that was going to happen. I don't think anybody did. So there's a blessing I had. Yeah. You know, my life, my my wife, my, my stepsons and the things that have come out of that, you know, being able to move into our beautiful home after ten years of living in fear and and that really changes.

So you also mentioned just, you know, having live this, that's another aspect that I hear a lot of, of times when I'm talking with initial, you know, discovery calls, which we do complimentary discovery calls right there on the

homepage and click the green button.

And that will give you access to. So let's have a short conversation and see where you're at. See if this is a good fit. If it's something I feel confident we can help you with.

And that's what I hear a lot, is I want to work with somebody that's been through this, and not just here's, you know, here's the textbook, study, practitioner, doctor, you name it.

And that's the one thing I want to, you know, kind of, you know, end with is the difference between doctoring and coaching or consulting. Because that that was my experience.

I mean, doctors are amazing. They they have, you know, they're huge hearts. They're doing everything they can to bring value and to help people, you know, get their lives back.

But what I quickly discovered in my journey is, is there were gaps and it's like, hey, if I'm challenged today because I'm doing a protocol and all of a sudden something shifted.

I can't wait for two weeks. I can't wait for three months, or even six months or even longer that I get feedback from individuals. And that's where I was like the the role of what we do, you know, I'm you can you doctor by licensure.

I have a secondary license that allows me to work with anybody because I don't practice on my chiropractic license anymore, but I'm able to, to to do all the labs and things like that.

But the, the art of it and what makes it more unique is the accessibility. This is a dynamic thing. If we're challenged, how do we navigate through it?

How do we make sure that you know how to use your tools? Or if there's new tools, how do we start to implement so that you really know when and how to use them and use them appropriately?

Because my number one goal is, is that you're not dependent on doctors for the rest of your life. And really looking at the bigger picture and setting up this, this wellness lifestyle is what I've always focused with.

From the day I opened my very first practice to even now working with new online mode clients and other chronic conditions. But really establishing that foundation, so that you can be successful for the long term, not just this crisis.

And I think, that that's a message that I get feedback that, you know, really resonates with a lot of people and, and where they've been, you know, 15, 20 different practitioners.

And there's always missing pieces. There's always an order, that that's, you know, out of place or it's a different approach for how do we do, you know, different steps to the protocol.

And that's what people are looking for. And so, you know, if that's you, you know, definitely reach out. We're here to help as many people as we possibly can.

And you can have a different experience. And what you have up to this point. And we I always say that we have to recover twice. We have to recover from the exposure and we have to recover from the experience.

So going back to that whole emotional piece is that ultimately that's how we hear our mind, our brain, and ultimately our body. Wow. That was like the one two punch right there.

And how many of you guys out there in Lyme World have gone from doctor to doctor? The doctor, you've had some results. You've gone basically into remission for a little bit, then you have a relapse.

And so physically, maybe after five doctors and ten years of trying, you're basically physically kind of the same.

But emotionally you keep making new lows because it's hard to try another doctor when you feel like you're walking into that same experience.

And so what you just talked about is so important because in your virtual practice, it's not just doctoring, but you're coaching. You're actually supporting and creating that bond where the patient does the heavy lifting.

We all have to do it. It's an individual experience. But how many times have you, you know, because it's if you've gone into the chronic stage, you've had it for more than symptoms for more than a year, then what happens is it's just that you you get, you try, things work, but you get impatient because you want it to be like Amazon where it's delivered overnight, or the magic pill that you take and automatically you're feeling better.

This isn't about that. This is more about the life journey. And what complicates things is the environment we're living in these days. Because aside from what's going on on the inside, we've got like you mentioned earlier, glyphosate in the atmosphere and and chem trails with aluminum that's being rained down on us during the day.

And it's just frequencies like EMF and Elf and radio frequencies. And all of this together is just beating us up. And so the idea that you've created a platform that allows you to be sensitive to the changes, and so I don't want to lose momentum when I'm on one of your protocols.

Doctor Scott, I want to know that if something goes south, I can reach out to you and that you're going to be there for me, to help me pick me up by my bootstraps and say, okay, we we had one little setback, or this is the way your body's interpreting this boom.

This is what we do now. We tweak it this way, bam, we're back on track. We haven't lost the day and that could make the difference. All the difference in being getting just a sort of a moderate result, not getting any result or really knocking the leather off the ball.

There are people out there that are afraid of Lyme, you know, they don't really know. It's sort of like what where's the safe zone and non safe zone? And we do know that Lyme ticks per se.

If that's if you have the belief that's the only way you get Lyme which I don't believe that I think anything any vector or any blood bearing insect like a like a mosquito.

You mentioned also earlier, any way you transfer fluid is a possibility of transferring, Lyme and or the co-infections, right? Yeah. So, so there's this fear because, you know, now that we're going to sort of get outdoors more the weather's changing and coming out of winter, there are geocentric areas where we know are there tick, tick infected areas per se, the woods and so forth.

Besides just gearing up, wearing high socks and being conscious. The other part, like my son is a farmer here in Michigan. He's out in the field basically every day.

So there's I say to him, Joe, when you come in from the day, go and run into the shower. Just check your body. He has longer hair, check behind your ears, check in your scalp.

Make sure you didn't pick up something that you're not feeling, and that can make the difference in you knowing that you picked up a tick or not. The ticks like to go into warm and dark and hiding places so that could be under your armpit or in your crotch, or, you know, up your leg, under your pant leg and so forth, or behind your, in your hair.

So if I find a tick on me, are there any good ticks out there? What's your opinion on that one? I know I, I'm a big believer of always act as if, and this is the time where, you know, we, we have a lot of the chronic Lyme.

Maybe they've been on, a, you know, extended period of time of antibiotic use and so many of them now or at that point, they're like, I want to get off this, but I, I keep sliding backwards a and struggle with that.

And, and every single, you know, case that we've dealt with has successfully gotten off antibiotics, which is good because we know the other detrimental side effects of that, really, you know, hurting the mitochondria, the energy levels, but, you know, is as far as an acute exposure, I mean, that is really the the one time where if somebody was choosing like, hey, I, I really need to act as if and be as aggressive as I can, that I would say, yeah.

You know, doing an antibiotic, right then and there within 30 days, it would be absolutely. You know, I can't give medical advice. But if it were me, that's exactly, you know, potentially what I would be doing along with everything else I do.

Naturally. So even if you do antibiotic therapy, you can do other things to, lead them. Austra, which is, is a, you know, a homeopathic tablet. I've given it to my dog.

You know, you can get some of that. We also do some things topically, whether it's essential oils, they're healing things topically. And at the site, you want to just make sure that, you know, there's no surface level types of infections.

And then everything else is going to be dealing with in the blood and in the lymphatic system. And then, of course, you know, really supporting my immune system, whether it's, you know, making sure I'm getting adequate levels and upping more therapeutically short term, kind of like if you're taking, you know, traditional round of antibiotics for, you know, ten, 14 days, I'm going to take the same approach naturally, which I'm going to up my vitamin D, I'm going to get my vitamin C, I'm going to support my, my kidneys and my liver, my elimination pathways.

And I'm also going to use, a, you know, some specific binders, whether it's also gut, but even systemically that way, as anything is dying off, I'm not getting that, inflammatory response by all that toxic, you know, waste from from the bug.

And I'm getting that safely out of my body. So, like I said, I would I would literally throw the kitchen sink at it. And, you know, if it's something that's acute, in this case, you know, I'm you're talking about, you know, being outside and being in the woods.

Well, I'm going to be, you know, gearing up for our, our turkey season here. And it's actually, yeah, I'm outdoors all the time, but, I've actually never turkey hunted, so this is going to be my first season, and it's always been.

And maybe, maybe it's actually been a personal avoidance of mine, now that I think about it, is it's springtime, everything's blooming and that pics are everywhere.

You know, I'm in Iowa and I mean, there's ticks and you know, if we every state, yes, there's certain areas that are going to be more heavily, infected, with, you know, Lyme and the strains of online infections.

But, I, I'm in the same, same camp of I don't believe any of them are truly safe. And we should do everything to protect ourselves from clothing, essential oil usage.

I'm not really worried about turkey smelling me like a white tailed deer does in the fall. So there's some other things that I can do extra to protect, but, you know, if something did happen, then I think we have some really good tools and, and take that approach to do every single thing you possibly know.

Yeah. You know, when you don't have Lyme, you don't know what that experience is. But when you do have Lyme or you close to it through your family or a family member friend, then your mind starts to think, well, that could I ever could, that happened to me.

Could I be in that state? How would I be? How would my body react to that? And rather than worrying or not or guessing how that would be, do you have a very small window in the beginning when you if you're lucky enough to catch, you know, the fact that you've gotten bitten by a tick and or if you're lucky enough to see what's called a classical ball sized, ball shaped, bullseye shaped rash, which is classical, then then you know what's happening.

Your body's responding. Most of us, most people I know, at least 80% have never didn't even know they were hit by attack. Or it happened when they were, you know, very young.

And then it didn't catch up to them in terms of symptoms until 10 or 15 years later. So, but if you're one of those ones that are out there and you can't catch it to be proactive, like you said, hit it with, you know, both barrels right now, it's much better to deal with cleanup from an antibiotic, you know, and the imbalance it might create in your biome, in your gut, it that's much easier to deal with than finding yourself down that rabbit hole of the Lyme challenge, you know?

So that's super cool, doctor Richman, awesome insight. You truly an inspiration in you not just talk the talk, but you walk the walk. And I think that that is something that's super real, super authentic.

And I wish that every practitioner out there had elements of that in them in their own practices, like you have you done so, Doctor Scott Richman, you're an all star.

Thank you for your contributions today. Mold expert, Lyme expert. There's so many more things to talk about, and we hope to have you back on a regular interview.

But in terms of this Lyme campaign we're doing, I, you're just you're you're amazing. Hey, everybody, it's Robbie. Best in. Thanks so much for joining us today.

Please share this content with anyone that you think might benefit from it. And we're looking forward to have you with us tomorrow for another great interview.