Ep 603: Lyme Disease, Long COVID & Hidden Causes of Chronic Illness Transcript

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Podcast Introduction and Guest Background

Welcome to the Health Fix Podcast where health junkies get their weekly fix of tips, tools, and techniques to have limitless energy, sharp minds, fit physiques, or life.

Hey, health junkies. On this episode of the Health Fix podcast, I'm interviewing Dr. Jacquel Patterson. She's a naturopathic doctor just like me. she also holds the MBA and she's nationally recognized leader in natriopathic and functional medicine, as well as an educator for integrative healthcare providers.

Now she is the president right now of The Naturopathic Medical Association. So that's really fun too. No, she has trained thousands of physicians worldwide in functional and integrative medicine.

She's a sought after speaker. she's the three time Amazon bestselling author. We'll talk about her books today on the podcast. And first and foremost, she is the founder and owner of Fairfield Family Health.

Now this is a practice where she has got a team of docs that work with her in Connecticut and they are seeing all kinds of different folks. But in particular, she specializes in Lyme and autoimmune conditions.

And today we're going to be talking about how she approaches Lyne disease and just things to think about. If you have Lymen, you want to get tested. You're wondering, are your symptoms maybe Lyman?

This is also a great podcast for you. We're gonna be taking about gene silencing therapy, something called SOT. I'm going talk a little bit about ozone.

and we are also going be talk about some other therapies that are interesting and new. in Dr. Jekyll's practice. All right, let's introduce you to Dr Jakyll Patterson.

Dr Jakyll Paterson, welcome to Health Fix Podcast. Hi, thank you so much for having me and we're looking forward to this discussion today. Well, anytime I have the chance to have a fellow naturopath on, I've got to geek out a little bit because, you know, that's what we do.

We got a see like, what are you up to? What's happening? All that stuff.

Dr. Patterson's Lyme Journey and Early Symptoms

So one of the things that really drew me to you and was like, oh my gosh, I really want you to come on the podcast is because you have quite the history of talking about Lyme, talking, about long COVID, a lot of things, that folks right now are starting to really wake up to and be like okay, could this be my thing?

Could this, be something that's going down? So I would love for you, to talk a little bit about your own journey with LyME and how you kind of were like oh this could be LyMe or if you knew it was LyMe right away and then kind, of help folks to, really see like what could they be like thinking about?

And then maybe they're blaming it on hormones, maybe their blaming on perimenopause, but maybe it's actually Lyme showing up. And that's why I love with the discussions when you're saying fellow naturopathic doctor is that I think with us always say we're kind of like ahead of the curve.

We do these things and we have these interests or research. It's like 20 years before it becomes like the end thing. So one is like infections. Like we've been talking about like even the role like, infections and autoimmune

conditions.

it's becoming more looked at. And I think COVID just pushed it along further. But these were all things that have been, you know, as NDs, we look at the whole person.

So we're always looking at like what factors can play into influencing someone's health or their health trajectory. I was around 28 years of age when I graduated from naturopathic school, but the reason I'm saying all that was that at that time in like that last couple years is when i first got Lyme disease and also what I think I had it because that is where all my symptoms began.

So I started having a lot of symptoms of like fatigue, joint pain, and I remembered when it was in school being out studying outside and i had a bite on my leg.

And I, they couldn't figure out what happens. They thought it was just a spider bite. And so when I look at my pattern six months after I started having joint pain, a lot of fatigue, I could just fall asleep anywhere.

Brain fog. I had hot, hot flashes. That was one of my big symptoms and I was in the clinic. The, and we in our fourth year, you know this well, we have to wear like our white jacket.

to differentiate like fourth year from third year. And I would be so drenched that literally walking from one room all the way like to basically the front, I will be literally drench.

So I have to put like tissues in the bathroom and like stuff, stuff. stuff my clothes because it would go through and I didn't even realize until like three years looking back that I was wearing like dark clothes for like a good two years because of this like this adjustment and so when I'd go the reason saying all the things with my age is like at that age and why I see with a lot of my um my patients that are in their their 20s and especially women you just get kind of um you get ignored in care.

So it was like, oh, it's because you're anxious. And I was, like yeah, but I'm not anxious, I am grocery shopping and I've drenched. Or I do things that don't cause anxiety and i'm completely drenched.

I have sleep issues, just all these symptoms that didn't match up. Just like my patients and a lot of the people that see NDs, i went to seven or eight doctors, to rheumatologists, primary care, and there was really nothing conclusive.

The only thing they found was an autoimmune marker ANA that was positive, but I also have family history of lupus, my mom, and so they had to just keep track of, was it going that route?

And so what happened was fast forward, I started doing a lot of actually lifestyle stuff and just taking better care of my health, herbal medicine, et cetera.

It wasn't until I start working with patients and that had Lyme disease and I'm like, wait a second, you know, how all these… I was like after, like I have all of these symptoms.

I had all the symptoms too. And I checked and mine were all active. It was Lyme, Babesia, then later I had like Bartonella. And so I started treating myself for it, but part of it helped to inform me when I was working with patients because they were coming in with the same things like, oh, it's in your head or not being able to explain symptoms even after being on like psychiatric medications and all these things with no symptomatic improvement.

And for me, it would have went down the road of like, oh, we just think you might be in the early phases of an autoimmune condition. And then after helping with those infections and seeing like those, all those symptoms and even my auto immune markers going down.

So that was one thing. Then when I got COVID, at our office, I started because of that. I feel like I always worked with auto-immune conditions, then infections, and more of a focus on Lyme disease.

Got COVID in 2020 early on in time of getting it. And at the time I just happened to run, like every six months I would run like my markers. I'd just happen to like a few weeks before, check for Lyme disease and all those were past infections, checked for like mono, all of those things were passed.

And I got COVID and then three weeks later I did pretty well with it. It felt like I was going back to the same symptoms I had before. Like when I have Lymedisease, when it had mono.

So I rechecked my blood work and everything turned on. it went from like IgG to IgM. And it was as though I just got all those infections. And then I started also having patients come in that hadn't seen in years and they were like, I think I have Lyme again.

Like I got COVID and then now all of these symptoms started coming up the same and we test. So because of that, that propelled me to go forward with writing the book Long COVID on and beyond.

It was basically about like what markers to check for. Can other infections have triggered up? I saw people's autoimmune markers go up. iron and ferritin change.

So I really did that based on like my own experience early on of seeing all these like shifts in infections.

Hormones, Infections, and the Whole-Body Lyme Picture

And so that kind of, yeah, it took me to where I am, but it's like, I think with any ND or anybody in the space of like integrated medicine, we have our own personal journey and story or family story.

But each thing, It's, like I've learned pieces along the way. Even my other book I wrote, think I got, was bored during COVID, and I came out with like two books.

like 2020, 2021, was women in Lyme. And the reason I wrote that was for the same reason, because of my own personal experience and because a lot of the women I had, if you look at the stats, you see that the people like 80% that have continued Lyon symptoms are women.

And also women's understanding of pain is seen differently in medicine. Women are told it's just anxiety in their head or your stress. And so I felt like I needed to write a book specific to that because there wasn't anything about that.

Also how hormones affect us differently with inflammation, with mental health. So that's what really pushed me forward to Write the Women in Lime book based on my own personal experience dealing with it.

and then patients coming in all the time and seeing those changes when they were menstruating or perimenopausal and seen that shift, that wasn't really a conversation in the Lyme world.

That they weren't talking about hormones and can that play a role or even cortisol, your adrenal glands. It was just about the affection, maybe stuff about supporting your immune system, but not about that full picture approach of what other factors can make the disease condition worse.

Oh my gosh. You've said so many things that I'm like, yes. I see it. And I think a lot of people, you know, they will think, like you said, it's Lyme's back.

It's like, well, maybe, this intersection between the nervous system, the immune system and what you've had in terms of exposures from LyME to Epstein-Barr to COVID.

I'm now seeing for a lotta people every virus that they get almost throws them back in if they're not balanced. Yeah, 100%. And then also you'll see as you're seeing with women like we're looking at hormone replacement therapy, bioidentical hormone, replacement, therapy getting a lot more managed, like there's neuroreceptors, immune receptors for all of those hormones.

So if that is not working optimally, There is going to be an impact on their mental health. There's going be impact or an information there's gonna be their impact unlike this cascade of events that that results as as part of it.

So I think it's easy when you have not easy we have one disease condition then you kind of just go down one. piece, but with the way we're trained and how we do, it's like, okay, what are all the other reasons?

Like, why? And that's what happened. Like I was like why my patients would say, I feel like one week a month. That's how it kind of started, like 1 week, a 1 or 2 weeks, i'm not good.

And then I'm like okay that doesn't make sense. So it was hormones, you know, that what is, Why would someone be really stiff? Why do some people are sick?

They have the same number of bands. Their husband will have it or, you know, or vice versa. And they're completely fine. Then another person, it's not.

Each person makes it harder for us to see patients this way, but each person has their own individual story. So it is not always, one size fits all. That's the other piece.

Every person's story is uniquely different. Absolutely. That's one of the things that I keep trying to say over and over again. Nothing's cookie cutter.

When we look at the different cases and what someone's experiencing, it's like a lot of people will be like, Dr. Janine, what is your protocol for… Lime or what is your protocol for this or that?

And it's like, well, there's multiple flavors of that.

Core Lyme Treatment Approaches and Supportive Therapies

So I am curious because I love to pick brains of other NDs in terms of your guys's, like base, let's call it base protocol that you build off of. And I want to talk about the SOT big time in a couple of minutes, but.

What would be like your guys's base protocol? What kind of things? It sounds like, you know, if someone needs hormones, we're addressing that. You're dressing the nervous system.

Your dressing, the immune system, and then a lot of people want to know. And then of course I do too. What kinds of products are you using for addressing the actual infections?

Like what's your favorite companies? like what kind jams do you guys have? Oh, yes. And I can actually say the companies. I like so. So a couple of them.

Lime core is one, and we usually will do a combination of herbs. If you look at the studies on PubMed, some of the ones most known for lime is Artemisia anua, not absinthe.

Absinth that they use for parasites, particularly. cryptolepsis is one, scutellaria, bicalensis, and Japanese knotweed. So those are like four key herbs that have been studied.

You can see tons of literature on it for actually several different co-infections too, like Babesia and Bartonella and Anaplasma. And so Lymecore has those.

I also, my favorite go-to are Nutrimetix. Two of the key ones, they actually have a rotation of herbs they have over every, I think, four to six weeks.

at all, just use like a core one. I even created like, a kit particular to that. So the ones I often use, the cemento and banderol, two of the key, like introductory ones.

The other ones are like our Kumanda. Huda Tunya, I always say it sounds like Lion King, Huta Tonya. Like everyone says a different way, but that one's also used for like Mycoplasma and Bartonella.

Some of my key companies, NutriMedics, Lime Core, people do like Beyond Balance's one because they're in glycerides. which are more like a sweet flavor, and then puner herbs.

Another thing I do, which is a little different, we're trained, there's only a couple hundred practitioners trained in something called low-dose immunotherapy.

So low dose immunotherapies actually based on really isopathy, but it's dead or rated protein of that like, so of Lyme disease. And the concept is that allows for what's called antigen acceptance.

It's not like increasing or suppressing, it is actually saying, hey, I have it, and I'm not reacting to it. You know, like I am seeing it there, but I not having overreaction.

So the people I've seen it work the best for are my patients with a chronic Lyme. I'd been dealing it for like 20 years, because at the end of the day, it's like what I said, why do you have the infection and Dr.

Krauss has it? And I still reacting this 20 year later, Dr Kraus was fine after four months. In my opinion, is because the body, its like an autoimmune condition where it just like continuing to have this reaction that it doesn't have to.

And so what low dose immune therapy is great is in neutralizing it so your body's not continuing to have this overactive response. And it balances what's called NTH2, which is part of your immune functions.

So you could be dominant one way versus the other when it's more autoimmune or there's an infection, what they call stealth pathogens. I love that, so that's one.

Then we're starting to do a lot of other therapies, like IV therapy we still do. NAD is one people are using, ozone therapy, methylene blue. So one of the pieces with Lyme disease or infections, mitochondria is something you really have to support because these infections like eat away, like they take away from the…

So you need, what that means is you that's like your energy center. Mitochondria's for your center, so these chronic infections you more of it. You need like the CoQ10, the N. A. D., which is going to be a lot stronger.

the ozone, if you look at methylene blue that increases, that helps with the mitochondria. So all of those things are always important when we're looking at anti-aging, but even more vitally important, when you're working with somebody with like Lyme disease, because there's going to be a deficit.

That's the first thing we are looking, at like supporting what you said like dietarily, so it's like antioxidant and support for the Mitochondria, and then the other thing are going be herbs that are antimicrobial, immune modulation.

And then a lot of the patients I have too, we always have to do some support for the gut because the patient's we see oftentimes they've been on antibiotics for years.

So I am often seeing the people had been it for five or 10 years and no one's ever done like a stool test for them and have seen like what other infections can relate.

We're doing tens of like gut health and kind of helping to re-establish that. based on like their history. So it is a combination of, when we first come in, as you said, there's no cookie cutter approach.

We're seeing what their story is. You're looking at antimicrobials, we might have to have them like antibiotics, but we're also looking those supportive therapies that are going to help to increase their ability to kind of get over the illness faster and thrive.

My goal I always say to patients is to like have you graduate or to not see you again. Um, you know, it's like, I love

you, but like I don't want to see you.

You know? Like I want. To see that you're gone and you are healthy and thriving and not needing to be on something forever. And that's what I. Love. I know you do a lot in like biohacking with some of these are like longer term where they, they last longer rather than something they're taking like every day.

So that. Ultimately the goal whenever we're working with any patient. Absolutely. I know, right? I would love to see you out at the park or out walking around or at a restaurant or something versus hanging out in my office all the time.

Chronic illness is hard. It is harder to work with this. And I'm curious, what do you guys do, you and your staff, to help you take care of yourselves?

Yeah, so we have so in terms of taking care so there are a lot of studies so We do have the cool thing is we moved into new building built out a building one of the biggest built Out our space and one the big things I wanted to have was wellness of things that are also supportive So because of that we fully built up more of like our IV therapy suite where we're also doing ozone therapy so a Lot of people know like Ibu Or you can start with just the ozone that basically what it does is it takes out your blood, oxygenates it, and infuses it back into your system.

There's a certain number of times typically people do before. Some of my patients will feel great from just their first treatment, but most people are doing at least a handful of treatments.

And so what I wanted to build was these other you know, NAD where we were having one of our providers that you can do like injections or you that can actually do it through IV.

So we wanted to build other stuff for people to do outside of just like coming in as for appointments. We did that, we also added a far infrared sauna, We also have like cold laser we do and then also red light therapy.

And those red-light therapy has helped with like cellular repair, mitochondria, regeneration. Sauna, if you look at, there's tons of studies on its impact on decreasing inflammatory markers like CRP particularly, which is really helpful for Lyme disease.

So most patients, we start with like one, like you said, one general supportive thing we can do if they can afford it is definitely like the sauna for 15 or 20 minutes, because what happens is it It helps to decrease inflammation, it helps with sweating and detox, there's usually an issue with that.

And oftentimes it's hard because people with Lyme disease or tick-borne infections, they might be limited with like they can't exercise the same way they did before because they don't feel well.

There's many different reasons for that, but something like a sauna allows their system to, They just feel a lot better without pushing their systems as much as like, a really strenuous exercise.

Other than that we start doing the basic stuff of like walking and activity, Yeah, I've had some patients that have been marathon runners, have done Ironman and they can't even, they'll tell me like, They got Lyme disease, like I can even run a couple blocks now and I used to do marathon.

Gene Silencing Therapy and Lyme Testing

So those are the people where like just getting back into being outside and walking or sauna, which has definitely will help the disease condition are really great.

There's, I mean, there's definitely like so many things to choose from, right? So a lot of people are like, oh my God, where do I start? It's great that you were like sauna, if you could do sauna.

It was one thing, yes. Step one, you know, step in there, definitely get in their. Now, let's talk a little bit about gene

silencing because I've never talked about it on the podcast.

And I think a lotta people were, like okay, gene-silencing, SOT, what is this? Tell us a little more about that so we can educate folks on that. Yeah, so, we have a therapy at our office, it's called SOT, illegal nucleotide therapy.

And they actually have studied it for research for cancer, actually initially was cancer therapies, and now they do it from for viruses. So that includes like EBV and also they bacteria and also in things taking part in infections like Lyme disease.

And so what it does with gene silencing is they actually take your blood and you first have to test. So let's say I'm positive for Borrelia burgdorferi, which is what most people know for Lymedisease.

Your blood gets sent out, it gets analyzed, and what they're doing is actually looking for that in your body, the Borrelia burgdoferii. They create basically what the call like a therapy that allows, it's called gene silencing, so it basically stops that stop sequence.

So it prevents the replication. It's great for people. Basically, then it gets infused back into your blood. And so what I've seen is people have tried everything, like antibiotics, treatment, that this has been effective.

The studies have shown it, and the studies they have had, above 80% effectiveness. So the great thing about it is it's something that it like one time, and some people have to do it a few times.

You know, overall, you can only do a it few time in a year, but that they don't have be on what we talked about. Antibiotics every day, or they not have on a ton of herbs and supplements every when it works, it really does help people.

but they have initially used it for like cancer therapies. And so the reason it's funny, it is like I said with like Lyme disease with, and I don't know if you noticed this too, Dr.

Cross, like a lot of the reasons I start looking into things is because patients come with it. So it was like, you know, peptides, people would say, so I'm like okay, I got to research, what is it about this?

So the same thing was with SOT with our patients were coming in and they were asking about it because they were going to like places all over the country.

Like, oh, we're going they're accessing that in a lot of different locations. So it is one thing and we've been doing it. We've seen some really good results so far from the patients that have done it, but it's definitely a different type of a therapy service to offer for Lyme treatment and is getting more traction as being known.

Okay. And so like the testing for it, is it like for Lyme, are you using like iGenX? Like are using… Yes, we do iGENX, Vibrant. So I use both. I used to do also medical diagnostic labs.

Typically, medical diagnostics labs will only look at like a couple infections. It used be different before, so it's mostly like Lymedisease. But igenX will do, vibrant does like, a full panel as well.

We'll do, the good thing with Vibra is what they're looking for is like the very specific subspecies. So you're going to look at like Bartonella quintana or Bartonella hensile.

And some labs will just say, or it'll say. Yeah. That's a lot less specific. They're they are looking very for specific ones to find in the blood. So that's like how specific it is.

So I like Vibrant for that reason. The great thing I liked with Igenics and well also Vibrant too is that they also do what's called like PCR testing.

For some patients, if you're immunosuppressed, you might not show if look at the conventional labs. And the

reason we're talking about these specialty labs, conventional labs like Cuesta LabCorp are like 58% false negative if you look at the studies.

So a lot of people, it's more likely to be false, like negative, false-negative than positive. And even though they have the symptoms and per CDC, It's still a clinical diagnosis.

You're not supposed to base it purely on the lab test result. These other labs they mentioned like Hygenics and Vibrant, they're like Lyme literate and medical diagnostics, meaning they might show you know, all the numbers that are going to show in terms of like a Western blot, they're not going just do the ELISA test.

They're going do like the PCR test, so some people don't produce enough antibodies, but they might do well in finding like, the DNA. And so like 15% of people get missed with just that alone.

So these tests are gonna be a lot more, more accurate in the specificity when you look at it. And specificities are like above like 98% for some of them.

So they're just, they are just better in that regard if you suspect that someone has Lyme disease. Good to know. I think that helps a lot because yeah, I spend a lotta time being like I don't think we should get the LabCorp.

You really want the answers. So it's one of those things, right? You're like, well, if you're going to, I mean, it money, but it it worth it.

Fairfield Family Health Clinic and Patient Experience

It's worth, especially if haven't had answers, the people, so I might do, like you said, lab core requests initially, But if someone's went, usually people coming into our office, they've went to many doctors.

They've already done those tests. And so that's when you like okay, If I'm done this and I still don't feel well and not moving the new to forward with how I am feeling and have gotten other treatments, You really want to look at those specialty tests so you can be sure to rule out things that you may or may not believe you have.

Makes sense, makes sense. And let's talk about your clinic for a little bit because you were saying you've expanded. You have people coming in. People are probably coming from all over to visit you guys.

How does that look? Yeah, so we have patients, it's interesting, like 40, something like 45% of my patients aren't even in Connecticut. And I think it is because we're so specialized.

One thing that we've done is I'm known for like Lyme disease and infections and also like integrative psychiatry. I do a lot with mental health and that kind of all folded in together with infections.

PANS and PANDAS is another thing I and then hormones ends up coming in there somewhere, you know? Like it always ends folding over. But then other doctors in our office have like one focuses on SIBO.

We have one that focuses oncology, like naturopathic oncologist. Um, we have on that focus on like biodynamic hormone replacement therapy. So it's been great because we had a team.

There's nine doctors. One does like allergies. They do sublingual immunotherapy for, so it is an alternative to getting allergy shots. And so what's great is we have this team that we wanted to make it almost like a one-stop.

So if I see someone and I'm working with someone, I start having like more serious like SIBO. I might say, okay, for the next three months, you're going to see Dr.

Pierre. You're gonna see a Dr Hernandez for that. They have, let's say allergies and eczema. And I'd say. Okay, having to have you see, Dr Pritchard for this period of time.

we all as NDs can do everything as you know like we and ultimately any disease condition you do if it's eczema you're still going to affect everything but there's a difference in like that nuance of like really deep diving specialty in a certain area so that's the great thing about having the team.

Plus we have, now we've had like, I built it out. One of the big things to me, it's 4,200 square feet. So we built that out, but we took over the building, which is 9,000 square foot, so pretty big.

Was that we build like a conference room with like with the full like video capability. We have a podcast room that was set up, like basically a media room, that were set-up.

And it is like hangout room. It looks like speak easy. So that's like for video recording, like YouTubes, the conference room ultimately was so that we can like do, we're starting to do like recorded webinars and live webinars for patients because that what they've said they wanted education on.

We set up an area, back area to be able to at night like yoga classes, meditation classes. And then we have like the other room eventually getting like a hyperbaric and such.

So one of the biggest things for us that I think, and you know, like equally it helped is people feeling like listened to and heard. And we wanted to make sure we had a space that created that, that like even down to all the colors with the design.

When I knew we got it right was the, when we first started the contract or someone said, I don't know about this space, Like I feel like you would want to hang out too long.

Like several of them said like, it's a little too relaxing. I was like yes, we've got. That was exactly what our goal was. Like, how do we make it? Because we were in a house before.

And you know, a House Feels, people said, I feel like I'm entering your house. I'd feel cozy. We wanted people to come in. and I think that's a thing we do in this space is endies.

You want to have come and feel I am supported. Because I always say that half of their health is like you're coming in and you finally say something and somebody actually believes and listens to you.

People don't realize how much of a, what do you call it, baggage you carry on because of that. when you don't feel well. And so it's just like that piece is really important down to like how we actually even set up our space.

But we do a lot still with telemedicine, but we're offering, you know, we, do have people fly in, and we have travel from far. We have the most other common states, where in Connecticut is Massachusetts, New York and Jersey.

So people will come in a few hours and they really love coming in. But it's funny, I also have, people that are five minutes away that still do video conference because you, know the world, the way the, world is everything is about time.

so, But, We want to make sure people feel that not even if they come, in but also just in booking their appointment, they love. speaking to our patient coordinator, our clinic director, and that experience all the way from the beginning to end and how they get the supplements, the speed in it.

We want people to feel like it's like they were in the office even if they weren't here. So all of that was really important with every single thing we do.

That's huge. That is huge and I mean in this day and age having all of it as a team, you know, I like it. It's kind of like the mayo of naturopathic medicine for chronic illness, having everything right there and having that personal touch because yes I agree that is one thing that we is definitely like ingrained in us natropaths like make everyone feel comfortable.

have everybody come in and just feel like it's their place that they can hang out. Exactly. That's what I think is special. You can't explain it. We get it because I've had our own ways and walks of life of how we've come into medicine in the first place, and that's day one of being in school.

Well, I'm excited if I am out in Connecticut one these days. I definitely want to pop by and see what you guys are up to. And we want make sure that folks know how they can find you, where they find, how can they get a hold of your books and learn more from you and all of the things.

Wow, you've got webinars, all this stuff. Share with us how you can interact with people. Yes, our practice is Fairfield Family Health. You can follow us at Instagram, Facebook, Instagram and Facebook and also LinkedIn at Fair Field Family health.

I also, in terms of my books, Amazon are on Amazon, Women and Lime, also Long COVID and Beyond. And we're opening up a satellite clinic soon in New Hampshire.

It's like 20 minutes outside of Boston. I have to, I'm trying to slow down because we just moved into this a year and a half ago.

How to Find Dr. Patterson and Closing Workshop Promo

So I just like expanding. Cause I think also it's equally important as people seeing like a different care. Like that was part of what we always say, like healthcare as it should be.

This is one of the reasons why we didn't change our name to like integrative or it was just. Fairfield fam, we've had that question and the reason is because we feel like it should be part of how care is.

It shouldn't be like, oh, this is a different kind of thing. This is just how it shouldn be in terms of everything and how we do the operation. So yeah, I'd love for you guys to follow me.

Also YouTube, by releasing YouTube. recently and that is Dr. Jekyll Patterson and prepping up at some point this year for a TED Talk. So I had to get my YouTube active.

I'd love for you guys to follow me there to see kind of my journey along the way too. My goodness. Well, thank you so much for taking the time to meet with me today.

You've got a little one to go run to, so I appreciate your time and I can't wait to put this one out and share it with folks. They're going to learn a lot about all the different options out there.

for what they can do if they have Lyme or any other chronic illness. So thank you so much to Kel for coming on. Yes. Thank you all for having me again, Janine too.

Hey, health junkies. Before you go, I want to tell you about my upcoming workshop, March 18th, 2026. It's at 5.30 PM Pacific, 7. 30 PM Central. And like I mentioned, the end of 2025, started to talk about me taking things to the next level with my health and my fitness, and I'm looking in 2026 to have some folks join me with this.

If you've been thinking about getting out on adventures, traveling, doing some awesome things while you're traveling or maybe you are wondering how you can stay in your sport or hobby or even try something new at any age, but maybe your thinking, am I up for this physically?

Can I handle it? What about mentally? can I still push? Hard things? Well, my next workshop has you covered. It's called the art of staying in your sport or hobby and being adventure-ready at any age so that you don't question if you can do something.

So that's the theme of my March 18th workshop. In the workshop, we'll be talking about how blending the principles of Chinese medicine, self-body work, and the power of peptides and hormone balancing, whether it's herbal or

bioidenticals.

These can all help you to have all-day energy, a sharp mind, in a pain-free, lean body without handfuls of supplements, strict diets, an all day in the gym.

So if this sounds like you and where you're at in life, Come join me, and if you can't make it, there's always replays available when you register. The link to register is in my podcast notes,