Mold, Chronic Fatigue + the HVAC Nobody Checked — Ruth Anne's Recovery Story Transcript

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Opening Testimony and Podcast Intro

I was just so discouraged about my health journey. Like I didn't believe I could get better. And he was like, you have to believe that you can get it better or you're not going to get a better, but I said, I don't.

I've been trying for, like I want to leave, if I can do better but he didn' believe it. So he got up from his chair and he comes over to my side of the desk and stands there and grabs my face and puts his hands on my space.

He just like lit his face right up against my base and just said you will get there. You just stared me in the eye and said You will better and you'll get around.

Welcome to the Deeper Healing Podcast. I'm your host Danielle Howley. This is for everyone who's been dismissed, misdiagnosed, or told to just live with it and refuse to accept that answer.

You're going to hear amazing patient recovery stories, raw and real in their own words. People who found answers after everything had failed them. you're gonna hear from medical experts we trust that are pioneering new approaches to healing the body because we deeply know we're designed to heal.

Let's dig in. Hi there, you're with the Deeper Healing Podcast. I'm your host, Danielle Halley. Today, we have an amazing story, a journey with Ruth Ann Bigley.

Ruth Anne came to Deepers Healing a few years ago. Is that right? It's January. She's 24. 2024. So a year ago, she came into us from Pennsylvania as a stay and heal.

And I remember, it's funny, what I love about looking at you is you are just so pretty. You're such a beautiful young person. And so many times, when you see somebody like a Ruthann, you think, they're not sick.

And people have no idea the silent suffering that's going on in the young people in our country and around the world. So let's hear a little bit about your backstory.

How long were you sick? How did you get to super health? Yeah. Growing up, I had some health issues, often allergies. But it wasn't anything super major.

I think everything was slowly adding up over time, but I was young. It was just easy for my body to handle. And then high school and college were hard physically and emotionally.

Early Health Issues and Mold Exposure

And I think things just really kept adding up then. I had a back surgery in college because I'd herniated just my back and had to back-surgery, which I didn't think took a big toll on my body because they did lots of steroid shots and then had all the anesthesia for different things, pain meds for the surgery.

So then college in 2014 to 2017. 2017, I started having really elevated liver enzymes and chronically elevated and where like doctors would be like, are you an alcoholic?

Because my liver was always in like the 200. enzymes. And I felt pretty fine other than that. So that went on for a couple of years. But then in 2019, I moved into a house with really bad black mold.

I didn't know that there was blackboard in the house. It was like my grandma's old house and my husband and I

lived in there. Probably for like the first six months, it felt fine.

Then I just started going downhill from there, so that was six years ago, almost exactly six. You had no idea it was the House at this point. No, this is a newer house, but there had been some, something had happened where there'd been a major wire in the glaucoma was in entire ventilation of the whole house like the HVAC system.

And so, yeah, I just had those chronic like elevated the enzymes, But I felt fine. But then I started having like everything possible. Like autoimmune disease start showing up in gut issues and candida, like just systemic candid that they could never get under control.

chronic fatigue, then all my food allergies. Like I was mostly just sensitive to gluten and dairy, but then it was kind of like everything that's a common allergy, like eggs and nightshades and everything.

And so from probably like then at the beginning of 2020, because it's been about six months, 2020 till 2024, I just really struggled with the health issues and kind, my life just kind stopped.

It wasn't like a totally fast progression, it is a slow progression. From 2020 to 2024, I was just really sick and things just kept, every year just keep getting worse.

I like to call it the downward spiral. You're like I'm on the downwards spiral and I am going down. Yeah. Were you seeing, so did you start seeing doctors?

Like how did, were you like, let me start with my GP? That's what I normally see. Oh yeah, we had always been into natural medicine. So I had like a naturopath.

And so I saw him, he worked with a lot of the Amish from Lancaster. And his stuff, all the things I did was helpful, but it wasn't enough. So I worked with, I started with him.

He's like a chiro and a naturopath. And I start with with and he was able to help with some stuff. Everything kind of would help me almost maintain or not get worse, But nothing ever helped me get better.

so I starting with. and then I kind did like one or two new doctors, like, a year. I probably did him for like six months. Then I was like started seeing a different natropath who was also like an active puncturist.

And then at the same time I was working with my regular doctor because he would do blood work and he was really concerned about the liver enzymes that had been elevated for like years at this point.

And the like autoimmune was always showing up. So then he'd send me to like liver specialist, GI specialist because they always had like kind of the IVF stuff and GI specialists, liver specialists auto immune and they could never really find like what was actually wrong, anything it never like came down to.

I saw a lot of them, a lots of natural doctors and then I did start working as a functional doctor in 2020. three, and she was able to, she pinpointed the mold, so that's what was helpful.

So three years, are you still living in the house, not knowing? So we discovered the mode around that time, probably. And we remediated the House, but then I still didn't get better, So, we eventually moved out.

We bought a house at that, like September, 2023. Huh. I moved down in three Years later, I'm in house was remedied, But I think, I don't, yeah, I just, so we moved out, but I didn't get worse, because there was still so much mold in my system.

So I did start working with this doctor who kind of was able to direct me to mold because I'd never really heard of it on this or anything like that. But I think the protocol we were doing was not, we weren't doing enough, So it actually made me feel worse.

When I rubbed on the mold detox, and I felt like I was dying. Like when I go off it, it feels so better because it was stirring up all the toxins and all of the molds, But nothing was coming.

I'm not dead so I wouldn't want to leave. Or I would just feel like, like dying it. Here you're literally young, married, and you are pretty much sick.

Like now it's only nine years. Yeah. And it was nice because I run my own business. I work from home. So my life looked pretty normal. But if I had to go to work, I wouldn't have worked.

and I stopped playing sports. like I was a competitive athlete and went to college by tenets. Then I started playing sport. The only reason I could work was because they ran my business and i still did a lot.

Yeah. So much of your story is exactly what we went through with Marty, and he would literally, you'd have to strategize your day. Like, oh, I need a shower, so that's going to take a lot of energy.

You know, he literally- Or it's not like you want to eat much. It's like packing every single meal out and you go somewhere and putting out your food.

Just like, your whole life's a strategy. Socialize. And go to a party. Have to think about it.

Searching for Answers and Specialist Visits

What am I going do? This time you're in Pennsylvania, right? So how did you hear about deeper healing? Yeah, I think 2023 was when I just would have been sick for so long and I was like, it's not, I've kind of worked with all the resources that are around me, like I know I need more help.

And my father-in-law had actually sent me a video by like Dr. Pompa, and he was talking about mold and heavy metals and hidden infections. I said, this is interesting.

So I looked into that, but I needed to work with a doctor. in person, but this guy seems to always be doing more stuff than some people around me. So I just like Googled old specialists and deeper healing came up, medical in South Carolina.

And so I started like bingeing all, I'd just searched Dr. Barrison and like I was gonna wrap it all up. Like he used like random people's websites where he would be on their podcasts to see it.

I really did have with him because I knew I needed to trust the doctor and believe in them. For like a couple of months I like really researched deeper in him and then I'm like, yeah, this is what I do.

They circled the beach. They were watching and talking. I talked to this person over there and look at this over here. We were kind of watching it for a while.

Then I just called around Thanksgiving and I was like, I want to set up a stay-in-home. And I'll come in the new year because my husband and were moving out of our house.

So yeah, then I came in. January. Well, I do have a quick question because we see this a lot. Was your husband experiencing these symptoms? Not really.

A big part of that I think was he's a big extrovert. So he was at home much and he worked out of the house and I worked from home. You lived in the mode and as an introvert, this is just home all the time.

He was hardly home, but I there was a of other things going on too that it didn't affect him as much. Well, we see that a lot where it's like, you know, the mom and kids, have classic mold illness, but the dad over here is like totally healthy and thinks that they're crazy, You know?

He really didn't think I was crazy but he was like fine. Yeah. When Marty was going through this, a lotta the doctors would say to me, I really think this is in his head.

And I wondering, because A, they don't know anything about mold. They don' buy into it. Right. Or the symptoms don''t make sense. And I'm just wondering, did you have anyone who kind of made you feel like you were crazy?

I hear that so often. Yeah. A lot of different doctors that I went to. Thankfully there was some even in just the traditional medicine world who were, one GI doctor I I guess his aunt had been in bad mood and so he kind of had some understanding.

So there was thankfully, but most of the time, yeah, I would just leave feeling worse than before I went because they were just kind like, we don't have answers and you're sick.

Yeah, it was just frustrating. Most of time I just wanted a diagnosis. I was like I don' even care if you tell me I have cancer. Like I want to know what's wrong so I can fix it.

It's just I felt like was dying. And I did like want die a lot of times. Was not suicidal at all, But I'd rather be dead than living this. life because it wasn't a life that I was living.

And I, yeah, I just want to diagnose this so bad. Like I'd be disappointed when I go and you would be like, couldn't tell me that something was wrong with me.

I literally don't care what you tell. If I have to get my liver out, just tell something so I can fix it. the exact words that Marty used. He was like, I'm not going to kill myself, but I would rather be dead.

And I was sort of like what are you saying? He's was just like that. This is not a way to live. I don't want to life like this. Freaked me out. Completely freaked me.

So that came to the stay in here. It was Sunday and he was stuck in. As soon as I can get there, because New Year's Day, so I came right there. And then did you, is that when we did the mold testing?

Like what was your workup like and then how did it just start improving? Yeah. So I had done a lot of the testing, like since I called in November, I have done the lot testing beforehand.

By the time I got there, so we were able to just jump right in and I did two weeks. of a stay and heal. But there's also a lot of emotional stuff, in part things that have been going on in my personal life up until this point.

And I think a a of that stuff. Just how sick I was, the two weeks weren't enough to really see any progress, but towards the end of the 2 weeks, my body was finally starting to detoxing or letting go.

I can't leave because I just started seeing progress. So I talked to Dr. B and he was like, It's probably good if you stay another week." And so he set it up for me to stay a third week.

So I stayed a 3rd week and then I just knew at that point that by the end of that 3d week, I was starting to see progress and I think I need to move here.

Oh my gosh, you moved here? It is so crazy. We've had a couple people move her and the other crazy thing is a lot of people when they come, they want to live here, Because they're like, I need the community and the support of people that actually know and believe and can help me.

And that is,… I can relate to that a lot because you are your own case manager. That's the worst feeling in the world. It's like I don't know what I'm doing.

I am just trying to help myself. A lot of the people we talk to are in that same position and it is a game changer when you go to a place where you can just be you and they got you.

Oh, yeah. You see them, like, let it go. In one place where I've been there, it's like a little family. I love Dr. V and I was having a hard time, I think it was towards the end of my stay.

And I'm crying or whatever and he got up from his desk and because I, was just so discouraged about my health journey. Like I didn't believe I could get better.

He was like you have to believe that you can get, better you're not going to get. Better like I want to be able to do better, but he didn' believe it.

So he's got it from the chair and i'm 12, so he is actually a bit shorter than me and comes over to my side of the desk and he stands there and grabs my shades and puts his hands on my face and literally his face is right up against my head.

And he's just like, you will get better. He just stared me in the eye and said, You will be better and you'll get around. I'm just falling. he just said it like 10 times and then I am bawling and gives me a hug.

Finding Deeper Healing and the Stay-and-Heal Program

But yeah, just he was very instrumental in helping me believe I can get better and just being like him being older and like, I'm just like I trust you.

I could just chill and be patient. And that's why I wanted to also move there. It's just I like can just move here and meet the patient and live nearby and come and you guys can figure out what to do.

He had these little sayings. Be kind to yourself. Like he just had all these other things. She just cared so much. That's what a big part of what convinced me of like this is the perfect place for me to be.

He cares so much. God loves him. He's a really special guy. And he really thinks about people. You feel like so many doctors that we saw, it was just very transactional.

Right. Then you know when it's not. When you're like, I'm in their heart. They're actually thinking about me and caring about like championing me to get better.

We have had patients who are like, you know, literally have said like I'm never getting better and we're always like whatever you believe is true. And I do want to touch on the importance of you saying the emotional component of disease.

Dr. B, the deep is the diet, emotion, environment, physical, but he always says, if I could have made a nice little tidy word with the E in the front, I would have because all of the patients have emotional things that are underneath what's going on.

And as we're doing the physical work, part of it is coming out and going, I have the strength to deal with this emotional stuff, too. When you're just so in-the-hole, it's like you can't even deal.

Yeah. All that. Well, we were talking the other day and saying being so sick just adds more. It's just like now you have emotional stuff about being chronically sick for five years.

So then it just compounds whatever else is going on. And even like day to day is hard because it's like, there's a party on Friday. Can I go to that party?

I don't know if I can go that that part. Right. You're strategizing, showering, eating, getting through the day. Is my husband leaving me? Is, whatever.

There's so much pressure. on the sick person. Even in their own mind, even if they have like a wonderful supportive spouse, which a lot of people don't have.

But even as they do have that, still really hard. You know, the self-talk is huge. Oh my gosh, we could do a whole course on that. Self-trust in being sick.

Well, I do you have a question because this is interesting to me. As we do, you're very, just young and seem vibrant, but like here you are like really, really sick and liver enzymes are really elevated.

And one thing that stood out to is you were saying like every time these other doctors tried to put you through a detox, you would just get worse and worse.

And it's like you, up regulating or trying to detox this mold, but your body wasn't eliminating. So I hear this a lot from a lotta people. When they've been other doctor and it allotted those detoxes that they did actually made them worse, because, and this is what makes deeper healing so different.

And I want you to kind of elaborate because it took you a while to start to see it. You know, as of what we're doing two weeks, you would expect in two week.

The average client or patient that comes to us two-weeks, they start see difference. But some people do need to stay three and four weeks. your body, you're not a good detoxifier and your bodies holding onto this stuff and you have really high loads of the mold.

And so when you are doing the stay and heal, and for those of, the people that are listening, if you've never heard of what a deeper healing stay in healing, people come in and they stay, they're doing oxygen therapy, their doing neurofeedback colonics, it's very personalized program for them for the two weeks to It's a medical intensive where you come in every day for a very large part of the day, and you're doing a ton.

And Dr. B always says, you are not going to like me week one. He laughs about it. But he's like, You're going like a lot in a couple of weeks. So people don't understand until they really start digging into it that we are the physical process.

I like to say we're opening all the windows and the doors. tell her things are going to leave, start to flee now. And you'll know when it's working because you will start feel it.

People are very skeptical. One of the biggest things is they'll say, well, I've been sick for six years, or I have been for 10 years or 20 years. How am I going know nothing is going happen in a couple of weeks?

That's like number one. They say that. Yeah, something can happen in a couple of weeks, it will happen because it's going to be intense and it is physical.

It's not just like my husband used to have the tray, he had like the old man tray of all his supplements and his things that he took every day. The other thing that you have that we didn't mention is he was always on a very strict diet.

You also are very knowledgeable about food. Oh yeah, yeah. Yeah. I mean, some people are like, you know, Like they'll say, they're not even at the basics where they like doing the food and doing everything.

You were doing all of this. So I think that's what kept me functional. It's like I was doing so much stuff for so long that I could look functional because I already was eating and trying to be as non-toxic as possible all the areas of my life.

Yeah. And you're like, and I'm still not better. Right. Just helped me like not get worse. Get worse, yeah. We were holding it back. Yeah, so I was just curious, with the two weeks when you started the stay and heal and then you were like, I just at the tail end of that week started to feel the difference.

Like, what did you start to notice? Like when was that like? Oh my gosh, it's working moment. It was mostly was I wasn't sweating for like two week. So I would do the sauna.

Yeah, the sauna, but even before that, I'd be like on the treadmill, even doing the oxygen. Dr. B would like, sometimes Dr B, would do it for me because he was like they needed your heart rate up more, you need to get sweaty.

And like I still would hardly ever sit in a sauna at your state. He was, like you're still not sweating. But by the third week I was finally sweating, he's like your body's finally letting go now and detoxing.

So that was probably a main thing I noticed of like my body was final detox. It just was holding every, it wasn't letting things go till the 3rd week.

And then I went home for two weeks, but I came back for five more weeks actually. Before I moved, I stayed at the hotel. I basically would go every day and do a couple of things.

And I kind of had like an eight week intensive and then moved there in April. So I just really needed a lot of treatment before my body was responding.

and I was doing some other therapies as well that they had there at that time that were helping as with the motion release. Just working on all the components of mind, body, soul health.

has helped when you're releasing stuff in one or working on, then the other areas are releasing. I've just noticed the more I work on the physical releasing, the emotional starts releasing or you work, sometimes even just releasing parasites brings up all this emotional stuff.

Or you release emotional and then physical starts healing. It's just been a really cool journey of healing on all aspects that started at deeper healing or being connected to resources from deeper I want to remember, want you to remind me that you said, you were like, I had this dream of traveling with my husband that felt like it was never going to happen.

You know, and now you're about to embark on that. Well, yeah, well, it's cool. It is amazing.

Emotional Healing, Progress, and Recovery

We got married in 2018 and then in 2019 we went, we did a honeymoon like a year later and we And so that was 2019, right before we moved into the house, like we went and then literally came home and moved in to the House.

And we've wanted to go back to Europe, but I've been sick ever since we got into that house. So we're like, maybe we'll do like a three-year trip or a five- year trip.

But any time it would come around to our anniversary, it's just like I can't travel anywhere. Like I couldn't even. It's hard enough to pack up on the road to my parents' house or whatever.

But we're literally leaving for Europe June 4th and we just thought of wanting a ticket. We're going to come back, but we are just going go to Europe and travel.

I can do it now. And I feel confident in my ability to do and be able to handle it. If I start not feeling my will to go, it's cool because it is six years later and everything.

It's amazing. You are a testament to not giving up. Not giving off. Yeah. You've also been a huge advocate. I've known this about you silently, because a lot of people will tell me, I always say, how did you find deeper healing?

Ruthanne told me about it. You just said a lotta people, they knew that you do that just out of the goodness of your heart. someone shares with you like this is what's going on.

And you've also, you nominated us for a great article and that magazine contacted us. So I know you're out there spreading the word. That's huge. Everyone who's come to Deeper Healing has come in an organic way, either from

a patient or And it's not even so much like, it sounds me so, much go there standing on a corner being like go to deep.

You're like yeah, we're almost people just seeing my journey and looking like wait, like we knew you, you were so sick. Like what's going on? Honestly, I think that that's way more powerful and gets people realizing it is going to be helpful seeing your testimony than actually you just standing there saying things about it.

But yeah. I have, there's a lot of people who come somehow through me. It'll be whether I told them about or they told a friend and then a friends here or that you're watching you.

That's very, very powerful. So many people that come in, they have your exact story where they've been let down so many times. They have a big obstacle to jump over to just get the leaf level that they can recover and that can they trust.

Even the staying heels, they've made the commitment to come time-wise financially. I see them come in super nervous and anxious. And by like Wednesday, Thursday, I can literally see these people relaxing.

These people know what they're doing. Everyone's confident in their area. And the practitioners actually know what they're doing. And all the staff care.

That was something that I, yeah, it felt like a home away from home. Like every time I go, Christy, give me a hug. You know, or you see Amy, she gives you a hugs.

It's just a little family. I don't think we mentioned it, but like I run the business, a food blog. So all my recipes, I just live here alone right now.

And so, whenever I come in, they're like, did you bring your tracers? And I'm just like I had in that car right now some fudge that I brought them. It's just a little dandle, it feels like.

And yeah, I mean, you're a nothing nut. You're every sound. When I walk in they are like root. Yeah. Every patient mentions that. They always mention the community and the family and love.

It's like I finally feel like really supported, like someone really cares about me. And I think that is absolutely necessary. We talk about this a lot.

They talk and so many people are going to be like, I wish I could do that. You go back to Pennsylvania, that's where I'm from too. I had no doctors there.

Right. And it feels very isolating. Like when I was here doing those weeks here, when it was like, I know I can get better from here. And then when went back, like I could maybe get here in Pennsylvania.

I knew I needed to be here and I need the support and needed. It wasn't even so much about all the treatments, it's like the intensive, that was part of it.

But it just felt like that I just could get it better here I had this support, and had everything I really needed, so I thought I'd need to get to here to better.

Then I think I would need it eventually. Yeah, but I still needed it! And here you are, you're going to fly to Europe! This is amazing! And one thing that's real exciting is I just did build out Dr.

B's mold course protocol. So for people that are listening out there, we have a whole, it's called the mold recovery protocol, and so literally it is everything he does, but it was designed for a people to do in a starting place for them in their home.

We teach them how to test. like where you start like do you get your house inspected like what kind of inspector do

I need to hire like how do i test my house they can get the mycotoxin urine testing like tell you which ones to get you can order them on our website and we're like okay here's where we start step one step two step three so they And if they need to stay and heal, we're here for them.

There's so much that they can do on their own at their home to start their healing journey and to make sure they're doing the right things and they are not guessing anymore and just give them the supplements and nasal sprays and things to support their immune system and slowly start the detox pathway.

The mold prison helps so many people. I can't even tell you the amount of people it'll call. Like, I'm in Kansas, we know you're a mold expert. Right.

And I have a family of five. We're literally abandoning our home, trying to figure out where to go during utter crisis, and they're so sick. It's like I am not coming to South Carolina.

We have a comprehensive course with everything you need. Right here, you can do it from a hotel room, wherever, and a walk you through step by step. People need it so bad.

Very excited. I'm a lot excited for Deeper Healing and Dr. B and everybody who reaches out because now you just like where you were at, like, what do I do?

And the waiting time, now people, it's a little launching pad for them to get going. My sister, two of my sisters have come here now actually, and the one is in Florida and they have mold issues and she does all her work with Dr.

B remote. He's been helping them. Plus of course it'll be awesome here. And my sister's seeing a lot of progress. She'll come and stay with me for a day or two, maybe do some treatments, go back to Florida.

You know, he's helping with their house and figure out mold and their son. I think there's no better vouch than when you start bringing in your family.

And we've had two things happen recently that have been stay in heels, often bring a support person when they're doing this. The last, I don't know how many stay-in-heels to support persons been coming in every day.

I want to do this. So that's why it kind of ends up happening. You see what they're doing and how they are doing it. Who wouldn't want it? You would want, everyone would.

Like hitting a reset button for your body and just lowering our loads. Your sisters have had amazing journeys. I think that I'm really glad you mentioned that.

Yeah. And there's been a lot of people that know that you've impacted. I know there are a few that are impacting in a big way just with your food blog.

Do you want to mention the name of your blog? She does really cool stuff and makes delicious food and shows you exactly step by step how to do that?

Travel Plans, Advocacy, and Closing Remarks

Yes, it's the Big Me Basics, and it is all gluten-free, dairy- free, or kind of sugar- It's mostly in the sweets category, snacks, sweets. I'm hoping to get more of a lifestyle account because I've learned, especially in anti-breast-healing, I felt like I knew a lot, but I learned so much more about just all the lifestyle things you can be doing to support your health.

And so I want to start sharing more that. So I hope maybe once we get back from Europe, because then I'll take a little break. Like, you know, we've basically normalized all this junk in You know, so it's like, people are like that basement beyond is bad.

Yes, that's not good for you. Those smelly candles, you know as an example. But when they're feeling overwhelmed, it is like I always say, like you just take one thing at a time, but they are also afraid like when you say like gluten free, dairy free.

You're going to taste and I've had your things and i've seen your thing. And I'm like okay, Yeah, tell me an amazing and I try to do super simple like everything's that's what most people want.

But most of my recipes are super, simple. My husband, like he was one of those people who was obsessed with junk food, the doctor and he loves it. He's not even like every now and then he'll be like, this isn't my favorite, but he's loves my recipe.

So I'm like okay, he likes it like I know that it would be. Yeah. Yes, the Bigly Basics on all social media. Is it B-I-G-L-E-Y? Yeah. Okay. Bigglybasics.com for our blog.

I don't really put the rest of these on my blog right now, so it's mostly Instagram. It's funny, I think that's the other thing is making it simple, making like worth it.

Because people are always like, it is cardboard. No, you can get gluten-free stuff that tastes really, really good. You feel like it has to be simple, sustainable, and enjoyable.

Yeah. To make health, like not work out, to make it long-term, I feel it needs to simple sustainable and durable. That's what I always try to do and feel that's the only way you could maintain it.

Absolutely. And you know, what I love is you, the stay and heel is used to reverse the downward spiral. That is like the perfect thing that it is. that doesn't mean that you don't have continuing work to do, right?

Kind of what you did, you got on the upward spiral and you're like, I'm going to keep this going. And now here you are back to fulfilling big dreams that when you before this all started.

So it's a beautiful story. I know it'll inspire people. And also, like, I'm just so happy for you personally. You look amazing. you've helped so many people, including yourself.

and you really can take it back to not giving up and persisting. This isn't in my mind. There is something very wrong, and I want my life back. Yeah, trusting your body, listening to your intuition.

I kind of stopped trusting my body and like, especially when you're told so much within your head, but that's something I've gained is regained, listened to my entire body knowing that what I'm feeling is, yeah, that is a huge part of it, I think.

When Marty was, he had that like mystery autoimmune, so the doctors were telling him at the time, your bodies attacking itself. It's like there's cannons going off all over the place.

Like, my body's the enemy, there's something defective. Like it was almost like, this is defecto. And he kind of like went like this and I'm like okay, you're never gonna get better by doing that.

I see people do that, when you turn that narrative around and you are like my bodies trying to heal me and it doesn't know me. If we can find the things that are wrong and here's the escape hatch to leave, you recover.

That's very simple to understand that. And that's what deep renalic does. We dig down, we figure out what it is. You were lucky you figured out the mold part.

A lot of times they're finding out first time when they come in. You have colonized mold in your body. It might not even be from the place they're in right now.

But it is always, I always say, it's an onion to unpeel. You were definitely an onions to a meal. And that's kind of

what deeper healing does really well.

Gets to the bottom of the onion and then the Dr. B and the other practitioners strategize what to go after first and how to do it in a way that you don't crash and burn in the meantime.

So thank you. Yes, thank you so much for being here. Thank you for your story. I'm so glad we got you in person before you left for you trip. We're starting in London.

It will be in Norway or probably in Italy. That's where all the good food is. Genetically modified foods out there. When they go over Europe, they're like, I was able to eat pasta, eat bread, things they can't eat here, it's really exciting.

So enjoy experimenting with different foods. Thank you for being such an amazing advocate for deeper healing and helping so many other people. I know there's a ton of people behind you that have followed your footsteps and have felt the recovery that you feel.

When you're so sick and then you start feeling better, you have to. That's what happens. It stills out. They either do two things. I'm going to heal the world.

I'll tell everybody." And then I was like, don't be too aggressive about it because you're going make people mad because I've seen the backfire. And the other thing I see a lot is they're like I am going back to Memphis and I will open a deeper healing.

Just find a doctor. We'll train them up. And that's the biggest thing that I think people want to go back to their hometown and they want a deeper healing to to.

So we definitely have a big need to have more of them so that people can just maybe drive to one. Hopefully I'm going to put that out in the universe as a prayer.

May there be more deeper healings for more people to just be able to get to it a lot easier and not have to move across the country. Well, thank you again so much for being here.

For anybody else out there that's interested in learning more about our online mold course or our stay in heels, all of the notes and links will be in the show notes, and we will see you next time.

Bye, everybody. We hope this episode inspired you. Here's how to go deeper. Visit deeperhealing.com to become a patient. Online we have loads of courses and a free toxin quiz.

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