Mold Toxicity, EBV & the Illness That Mirrored Her Mother's Suffering — Becca's Story Transcript

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Opening Recovery Update

The number one thing that I noticed, because as I said, leading up to this, I was still going for walks every day. And when I would go into the gym, specifically remember I could only walk as fast as 3.3 miles per hour.

Even some days I had to be less than that. If I were to go even There was no way I was making it to an hour. No way. So, you know, once I got back into my routine of things, I went back to 3.3. And then the next day, it was like, You know I'm feeling good.

I want to try 3 point 4. That was the first day in years that I literally could walk for an an hours straight at 3.4 miles per hour and I didn't feel like I Was dying.

You know, it's just been every single week since then, I've been upping it a little bit, you know.

Podcast Introduction and Guest Welcome

It's not linear. Yeah, yeah, but I can tell you I at least walk 3.4 miles per hour for an hour, if not faster. 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 are going 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. We're super excited today. We have a guest, Becca. She's coming in from Pennsylvania. And thank you, Rebecca, for being here today!

Yes. Thank you for having me. So Becca was a recent stay and heal at Deeper Healing, which means you come down to Charleston and you do an intensive for, you know, two to three weeks.

It really moves the needle fast. Becca had a really amazing experience. She came down with her fiance and I thought it would be really cool for the listeners to just hear your story.

So when did this all, you're like the picture of health, which is always the way.

Early Illness After COVID

When did you start getting sick? So I want to say initially it was March of 2022. However, Looking at the timeline now, that is the first that I really started to notice it.

But if I go back a little bit further, in September, August or September of the prior year, I finally got hit with COVID. And when I had COVID, for lack of better words, like I was on my deathbed and it was very hard for me to handle, which was odd because prior to that, always used to tell people, you know, it rarely gets sick and is something I'm happy about.

When I got hit with COVID, it was very, very bad. Had a lot of trouble breathing for quite a while after that. And so looking back now, I can kind of see that I never really fully recovered from it.

I thought, you know, just with as sick as I was during that time, that, two months, three months of just feeling still down and out was probably just part of it, However, in March of 2022, that's when I really started to notice that I was getting sicknesses like just viruses that were your typical viruses going around.

And at first it wasn't alarming, but it was odd because like I said, prior to COVID, I had not really had a problem with getting sick. It was like, if I would get sick for about two weeks, and then I would finally be on the mend for about a week.

And then as soon as I start to feel just a little bit better, I'd just tank again. I went through those ups and downs for probably about two months. Then in May, that is when I met my primary care doctor.

Well, unfortunately I wasn't able to see my doctor at that time. a different primary care doctor, and they had given me antibiotics for a virus. And I ended up not taking them, truthfully, just because they said I had strep throat, but my throat was not sore at all, so it just didn't really seem right.

So I went ahead and I scheduled another appointment with my family doctor that I've been with since I was a baby, you know. When I wanted to see her, she suggested that I do further testing and just a little bit of backstory there.

She was also my mother's primary care doctor for, I don't know, just as long as I can remember. As long I've been alive anyways. And she was very familiar with her history.

And she unfortunately struggled for probably 10 to 15 years with very serious sickness of just, you know, she couldn't really breathe that well. She would get pneumonia regularly.

They had diagnosed her with an autoimmune condition where basically from my understanding is her immune system was just basically non-existent. So she would have to get immunotherapy treatments on a monthly basis.

So my doctor, knowing her history, went ahead and suggested I get the same amount of testing just to check to see, you know, if there was any possibility that I was experiencing the things that she was.

And sure enough, they did the tests and it came back that just like my mother, I had low IgG, IgA, and IgM levels. So at that point, she referred me to the hematologist that my mom had seen just to kind of see what his opinion was.

And he had expressed to me that, yep, you just have the same thing as your mom.

Low Immunoglobulins and Medical Dismissal

I was kind one like a three-month rotation with him. They were just kind monitoring where I at. But really treating, not really doing a lot. Yeah, and it was, you know, I went about like every three months and they were just monitoring and nothing was changing.

And I asked, is there anything I can do, like any kind of like special diets that would help with this? Because I did, at that point I was scared because my mom had like the year before she had passed away when she COVID because of this underlying health issue.

So I very frightened. I'm sorry. Yeah. Thank you. But he said, he was like, you know, no, there's not really anything you can do for it. And I let my scaredness get the best of me.

I was doing my own research. In my research, I found that the condition that she had, There was only less than 2% chance that it could be genetically passed down.

So I thought, well, this seems kind of weird. I was starting to have some doubts at that point. And, you know, as I said, I going back every three months and he basically just told me, whenever you're ready to start

immunotherapy, just let me know.

First of all, can I bump in here for a sec? I just want to say to you, like what I love already about Becca's story is twice already you've said that didn't really make sense to me.

So I started looking into it more. You're not well. They're, not treating you. Your mom had a serious autoimmune condition, died from a virus. You are now starting to get freaked out and no one's really doing anything.

So kudos to you for saying, wait a minute. Yeah. She's curious. Like this isn't making sense to me. And I was healthy. I, was very healthy and you're young.

How old are you? I wasn't going to ask that. I'm 28 currently. I was going to say for the people out there listening, we're talking about a very young woman in her 20s that is now hit rock bottom from COVID.

And your blood cells are showing that too. So all the different IgA, IgM, all those markers are immune cells and basically hers are very low. Your mom had to do the immunoglobulin therapy, which is a bunch of IVs.

Basically, you have to start doing those for life. So that's what you're trying to avoid. So keep going. I can't wait to see where this goes. One other question, Becca, were you a sick kid?

No, I was honestly, yeah. And I will say most of my life, i was technically like overweight, but that is the thing too. About 2019, like a completely different lifestyle.

I lost a lot of weight. And prior to this, I was running like three miles a day, felt my greatest. Then within months time, it was lucky if I could even walk a mile without just feeling exerted.

So you're feeling yourself, you are on the slippery slope down. You know it. Yes. Yeah. It's how something was off. for sure. And I, like I said, I'm sure I had myself probably a little more freaked out than I needed to be.

Because, you know, just kind of felt I was like, as I've said I brightened and I worried trying to find fixes, what can I do to help this. I'll be honest, feel like was met with the opposite energy of it is what it I hate that.

And now the other part I think so many people is now you're your own case manager. You're already scared. I'm not a medical person. No one's really actually helping you at this point.

So, okay. Yeah, I was feeling very defeated at that point. I, the more I thought about it, it was like, okay, i'm going to get a second opinion. So I went to a bigger, kind of better named hospital in my area to see the hematologist.

And she said to me, you know, she didn't really give me any different insight, but she was a good bit more helpful because she had looked back in, my, You know my history of medical records and found that I think it my iron was dangerously low.

Like she was like, did anybody tell you? Because I had had blood work done and then I just nobody ever reached out to say like oh this is a problem and I have no idea.

I hear that all the time. I'm not even kidding. Yeah. I hate to interrupt, but like that is such a thing where people go get blood work. They get it done.

And their doctors never follow up with them and tell them this is out of range. Oh, did they tell you and you know your iron's low or this on the low end?

They never called me back. they never told me. These results are from two years ago. That's crazy. How low was it? Do you remember? Were you severely anemic?

It was very severe because I remember she was kind of shocked that I have gone all this time not knowing

because she’s like, I’m surprised you weren’t fainting.

And at that point, her recommendation was to start taking iron, which I did. That helped me feel a little bit better, but I still was nowhere near where it was prior to feeling sick.

But she kind of echoed what I was feeling as far as the immunotherapy goes.

Searching for Answers and Functional Medicine

She was like, you know, once you start that, it’s a lifetime commitment and your body’s going to become reliant on that. And that was exactly my thought as well.

Yeah. Not to mention how expensive it is. I know. And it’s not even a healing therapy. So I’m curious, tell me the journey to get to deeper healing. Yeah.

After that, I waited it out for probably a good, year, a year and a half. During this time, Yes, that’s when I kind of got into the more like holistic functional side of things and just reading and researching and my eyes were becoming open.

And so ironically enough, a functional health facility was opening up in my area. So I decided to go there and give it a try. And it definitely allowed me to find things out about myself that I would have not known had I not gone there because, you know, they do more extensive testing and we just kind of started a supplement cycle to see how things went.

You know I did the whole gluten free, dairy free soy free thing and It helped for a little while and I told myself I was like, I’ve lost so much of my 20s.

I’m only going to give this a year. You know, if it’s a fair shot a, year I feel like if I am not seeing anything in that time, like then I just need to get it up.

And unfortunately, a new year came and, and just was not feeling any better. It was feeling worse this entire time over the course of, the three years, I was just continually feeling worse and worse.

Becca, just have to jump in here. Marty and I wasted eight years. So like, you were very smart. I’m just saying this because I know there’s gonna be people out there listening to that.

And I’ve heard so many people say like I really liked my doctor, or I am doing this diet, and doing these supplements. Well, how’s it going? And they’re like well, You know, I’m still not worse, maybe a little better sometimes.

I don’t know. They’re kind of limping along. And I was like, okay, well, how long has it been? It’s been two years. Okay. Well, it’s probably time to try something new.

Because I wish someone had said that to me. Like give it a year. Give it, I wish I didn’t, like I just kept saying, we got to stay the course. You know, just we stayed the chorus.

I’ve just got say it out loud. So smart. Well, and God bless you for giving it year I would tell our listeners out there, give four months, six months.

If you are starting to do something at a cellular level and you’re doing the right things, now the body takes time to heal. But three to six month, you should have significant improvement if you were on the track and doing right thing.

I know someone out there listening is like, yeah, I’m on year four, still a mask. Well, they just kind of jumped ahead. And this is what you did. You went to see a functional practitioner, and they kind took you down like oh, it’s

foods, you're deficient in supplements, which is great.

That's a great place for some people to start, that was your journey. A lot of people start there. It can make a big improvement, but usually what happens, at least with my experience and I don't know about yours, people will see little change in their symptoms for a good month or so and then it's like, and now I'm kind of right back.

So you got to shift because yeah, you did get some inflammation under control. You got some proteins out of your diet that the immune system was causing it to work harder.

And I know like Dr. V, if he was sitting here, he'd be like that's because they're not looking at the toxins. I can literally hear him like they're not turning the right stone over.

So, okay. Yeah, so you did that doctor for a year. Give it a, year not better. And so, you're back to the research board. Yes, and prior to that year being up I would say, like I said, I did not stop researching at all during this time.

I joke with my friends and family. Like I feel like i could be a doctor from all the research. We talked about that earlier. I'm like, some of these patients deserve PhDs.

Especially the mamas with their little babies, their kids that aren't well. And they're like these mammas are smart. They are research, they know the terms.

Some of the doctors are like they walk in and it must be like oh no, I got one of Yeah, I'll be honest, some of my primary care appointments I would go into and I'd update them on the other side of things that I was going through as far as functional medicine and it was interesting too.

The one doctor said to me, she's like, you're honestly teaching me things I didn't know. And I'm like it's crazy all that's out there to know but Nevertheless, like I don't really even know how I came upon it, but during, you know, probably the last six months of that year I've came across like mold toxicity and a lot of my symptoms were kind of lining up.

But at that point I was like, I'm not gonna really like land on that completely because at this point. I line up with about a hundred. different things.

Well, that's the problem, isn't it? The list of mold symptoms. I mean, I always say like, you could take your Epstein-Barr people and your mold people, and you're fibromyalgia people.

And I could like pull out a whole bunch of names and it's like brrrr, or they're manifesting so differently. You know, it is the same underlying. Did you suspect or were you aware that you ever lived in mold?

So yes, but I'll be honest, prior to this, like I was like, I feel like 90% of other people where I'm like oh, there's mold. It's not a big deal. And looking back now, definitely lived in mold, the one rental I vividly remember.

you know, above the shower, there would occasionally like be mold spots that would appear on the ceiling. And I would just wipe it off and just kept coming back.

I'm just like, oh, not a big deal, whatever. Hindsight with that, I wish I had taken it more seriously, of course. You're helping somebody else take it seriously by sharing.

Yeah, yeah. Oh, and I do have a quick question. Did your mom live in a house? Did you live with your Mom in the house with mold? Yes. That was probably the root of all of her issues too.

Drop the mic moment. Yeah, for real. How many times? Yeah. Oh, I'm sorry. I was going to say after this experience, like my sister, she's been heavily involved just with like, you know, just hearing the details of it and everything.

And her and I are both convinced we're like We don't even believe she had what she was told she. Had like 100%. I think her issue was mold because fun fact, the week that she passed away, they had to go in and clean out her lungs, I.

Think two or three different times because they were filled with aspergillus mold.

Mold Toxicity Suspicions and Family History

And they showed us pictures of that. And it was like, you know, even at that point, it wasn't like wasn' really alarming to us. But because they're like oh, this can happen.

They acted like it. Wasn't a big deal. but looking back now, It's like we wish we had known sooner. Unbelievable. Oh my God. So take it in. I can't breathe. I'm sick.

Let's just go down the road for one second that it is mold. You have an autoimmune condition. We're going to give you a treatment that pummels your immune system for life.

Everything that ever comes down the pike, you get sick and then you got a virus and die. That's pretty much what happened. So can you imagine if someone had to actually said, You know what?

I think you have a fungus. I have mycotoxin illness. I mean, it's in her lungs, which is just quite amazing that whoever was treating her, pulmonologist.

Yeah, It was the week that she did pass away. She was on a ventilator at that time. They did find it like, I would say like the weaker to leading up to her passing.

she was On a Ventilator and I don't know how they found it, but they had to go in a few different times and like clean it out. And I just remember that picture sticking in my head of the doctor showing us a picture of The mold inside Was it like little round clusters?

Honestly the best way I can describe it is it looked like I was looking at a picture you know of the lungs the pink tissue or whatever that is and then it looks just like white clumps of like mashed potatoes everywhere.

Yeah, and it's really sad. That's so sad, I'm so sorry, Becca. Yeah. Thank you. Well, so yeah, it is upsetting, but like how things have worked out now, like me and my sister, we're able to look at it from a positive perspective, because, you know, not that something good comes out of somebody passing.

But my sister did say to me, she's like, you know, people say something comes good out everything. And maybe, like you, know if our mom was here, would we have ever continued to further our research?

Yeah, my mom, she had full faith in her doctor 100% that I saw because it took her at least 10 years to even get a diagnosis. And she felt that when she finally got it, She really trusted her doctors.

So, and I did tell my sister, you know, to be honest, if my Mom was here and she just told me, I think this is the best route. I definitely would have just done what she recommended.

It's definitely, you know, I'm glad in this sense it worked out how it did. I've made a lot of lemonade out of some bad lemons too. And you know, same thing.

It all starts out with where you put your trust and you don't know not to trust until things go off track. You're like, wait, what? So you're in a really good mind space where I'm learning from this and that you can't change the past.

So we're moving forward. What are the benefits and the gifts to me and my sister? Yeah, I'm definitely, even though it's been rough, like I am thankful that I don't know what it was, but we felt compelled to keep digging and,

you know, not just accept the Western medicine ideology of it.

But yeah, so when I started to read about mold toxicity symptoms, it is very weird because it, was like, once I read it about it I kept having more and more symptoms frequently that it another mold symptom, another mild symptom.

And at that point I was just kind of, I didn't know. I don't if I should trust myself or if i'm just, you know, trying to find an answer. But at the year mark of the functional medicine facility that I a patient at.

I'll be honest, eight months into that year, I was not feeling any differently. So at that point, and I will be just completely transparent, was sick of paying for the expensive supplements because I feel like they're not doing anything.

So at that point, I just slowly stopped taking them, did not feel any different. And at year mark, my blood work came back that all of my levels, which before all my level, everything was completely off.

But when I went back, all the levels were perfectly fine, aside from the IG levels and then another biomarker, Which I now know as a biomaker for mold and or lines.

So at that time, I expressed my concern. They said, you know, it could be mold or Lyme. I was like, okay, well, do we want to test for that? And they said well just give it another six months and keep taking the supplements.

But that's when, That's just what functional medicine, a lot of them is like see you in three months, see in six months. I get so mad, I just wasted so much time and money that I'm just like, if I can help anybody shorten their runway and not have to go through all that, like God, please.

There's so what you can do in a couple weeks. And like if they're like, yeah, like even what you just said, Yeah, maybe that's a possibility. Well, should we do the test?

No. Like, explain that to me. Why not? Yeah. And at that point, that was when I was fed up at the point honestly, because I'm like why would I keep taking supplements that I stopped four months ago and I have, aside from these few things, I better blood work results now than what I did a year ago.

It just didn't make sense. Well, unfortunately to the practitioner, and this is where I think it gets really confusing for a lot of people out there. So I want to just pause for one second because everybody said, oh, I'm seeing a functional medicine practitioner.

Oh, I'm seeing this naturopathic doctor. Oh I see in this health coach. They are only trained in whatever little course that they went to get trained.

And so your person went or the ones that you were saying were trained and basic kind of nutrition and probably food, understanding food sensitivities and some supplements, which is usually like a weekend course, a month course.

Cause you can just, you call yourself a functional medicine practitioner and like people don't understand the person's training. So that's where she gets stuck and these people aren't trained in Lyme.

They're not trained and mold, they're trained on autoimmune and the toxins and detox. So you basically are now saying, oh, their functional medicine, you think that they know all these things, but they don't.

And you've kind of just been riding the wave with them and then you're like suspecting stuff, I'm going to stay in my wheelhouse." These people don't want to refer out.

So many of the callers, they all say the same thing. They're like, I've been to five, six, seven, functional, integrative, whatever, coach, all the things.

And they'll try to lump us in. Well, how are you different? I am like we're a thousand percent different.

Finding Deeper Healing

We're literally a thousand percent different. So really I just would encourage people just because you I'm seeing hearing the pain from what you had to go through and there goes a whole nother year of your life where somebody missed it so I know people are resonating because we talk to patients all the time and we hear their stories and sometimes it's seven to ten years that people have been kind of stuck in that cycle but you know asking and kind digging, like where did you get your training?

How long have you been doing this? Are you familiar? Like if you have an autoimmune disease or you an immune suppressed disease, I've been told I have no immunoglobulins and they want me to do this.

What's your experience? Start asking more questions. You know what I started doing, and this really shortened my runway. When I finally figured out that Marty had Epstein-Barr, my husband, I would say, And I was trying to figure out, like, is there anything out there?

And still today, WebMD, no treatment, No care. That's like the standard. that's what they say. So when I Was interviewing physicians to try to Figure out what the next step was.

And they would Say, you know, do you treat Epsteine-Bar? Yes, we do. Great. I'd like to talk to a patient that was healed of Episteine Bar that you treated.

Yeah. Crickets. And I was like, okay, thank you. So I say to people all the time, that's what we like when patients call deeper healing and they're like…

Like I had one yesterday, it's a young kid, 16, their parents are thinking of coming for a stay and heal. They're, like we want to talk to a Young person that has done a Stay and Heal that is recovered.

I'm like great, no problem, let me get you one. Because you know what? The proof is in the pudding. and you don't have time to waste. Becca does not have to time waste, you're a young person in the most vibrant years of your life.

So okay, we just went off on a tangent. I get so passionate about it. We do have people though listening and we hear it all the time and I think just hearing you go through it, I want people to know like, Ask questions, be curious, and ask for the testimonies.

Ask for what experience they have. So get back. How did you get to deeper healing? So you're thinking maybe I have mold. Did the mold thing lead you to a deeper heal?

Yes. I will say, again, through all my research, once I decided I was done at the other functional health facility, I had it narrowed down in my mind.

Are you in Harrisburg? Yeah, I'm about an hour north. Okay, because you know I am a Philly girl originally. Yes. I thought you were on the other side of Pennsylvania.

So I don't know that side as well. A lot of people I talk to are like, nobody knows anything about mold in my state. And I know I told you this before, Danielle, but I don't really know how I specifically came across Deeper Healing.

I knew it was online through some of my research, But I just can't tell you how, I came, across it. And so I was looking into it, of course, and it I, was just kind of getting a feel for things.

and then I did what I always do. go to Google, read all the reviews and I see like, Over a hundred reviews, everybody's like super positive, which I've not seen that before.

So I was like, okay, you know, and I started talking to my fiance about it and we were going back and forth. And I. Was like well, let me see if I can find something like that closer to home.

Of course, did not find anything like that. So at that point, I believe it was November of last year when I initially reached out just to kind of get an idea of things.

And I remember talking to, and she gave me. information gave me a backstory of her experience. So that definitely made me even feel better about calling you guys.

And I'll be honest, I kind of went on a few months hiatus there just because, like, the thing holding me back was the cost because I was like how am I going to do this?

It's always the way. We have a girl come in the end of this month. She went quiet for three years. And she just stayed doing the things locally. And, she's like, I just wasted three years.

I'm done. Yeah. Like, i'm coming this month, you know? I am just going to put it out in the universe. That would be amazing. I know it is so needed. An environmental practice is needed in that state.

There is nothing going on on the other side either. Maybe we plop one right in the middle and let people go on, you know, come both ways to get there.

It's funny you say that because my fiance, he said when we were down there he was like, I wish they had one of these in every state and I said I do too, but they would have to clone every single person here because I mean, the care was unmatched.

You know, it is a really special group of people. Well, okay, let's talk about that. Okay. So you have your onboarding call. You're like, Okay, this place looks promising.

I'm worried about the expenses. Then you finally decide, all right, I am going to do my remote consult and see what they say. That must have been what happened next.

Was that with Julianne? Yes, that was Julianne. And if I'm remembering correctly, everything that she was saying in my appointment, I just felt different with her.

I've gotten to the point now I can really read doctors pretty well. I can tell, I just have a feeling, you know, if I trust what they're saying and everything she was saying, she like super confident and yeah, this is what it is.

You have mold and she gave me an answer for every single thing because I was like, well, what about my IG levels? She was oh yeah that's something that mold can directly affect.

So that was the first time that I received answers in whole where I had an explanation for every single thing that I was concerned about.

Intensive Treatment and Early Improvements

So that made me feel very, very good. And during that time, she told me she's like, quite honestly, I'm willing to bet you have Epstein-Barr as well. It turned out, you know, when I went down there and they did further testing, She was right.

real monster. We did that appointment and just a lot more talking with my fiance. I was, you know, very blessed. My family came together and they, between my grandma and my sister and others, they came to gather and like they knew and saw firsthand how I've been struggling over the last few years and.

They definitely helped get me down there. And so at that point I Becca, that is so beautiful. Because honestly, your life is priceless. Your life priceless.

And you lost too much already. If I can echo that to anybody else, because like, I know it's the thought of, you know, if you've been through it all, hey, understand it.

It's so much money you might have lost, but I even now like it's the best decision I've ever made. And I would spend twice the amount to do it again, you know, if I had to go back.

But I will say like, I know Danielle I talked to you the day before I left for South Carolina and I was panicked because I'm like okay, again the cost.

I am like I going down here. What if it doesn't work, just surely panicking, but then after I talked to you that day, it did ease my nerves and everything.

I think the hardest thing to wrap their heads around is, how am I going to get better in a few weeks? That sounds crazy, right? Because they're like, I've been sick for years.

I just did a year down here with this person who made promises to me. And now you're telling me to come down there for like two weeks. It just sounds impossible, they all say that.

So this is a really important part of having testimony like yours, because your story, honestly, that's everyone's story. I mean, not literally the details, but that progression.

You actually have a shorter, you figured things out kind of on the quick side, to be honest, even though it doesn't sound like it. A lot of people, like even myself, I was slow to learn.

You learned very quickly. Good job. Okay, so the day before I forgot about this. Now you're reminding me. I forget about your panic. That happens a lot.

They're like, am I making a big mistake? Were you trying to cancel and not come? Yeah. I wasn't trying to cancel, but I was talking to my fiance and my sister.

I totally freaked out. Like, I don't think we should go. And like you said, Danielle, being told, you know, it might take three months for you to notice a difference.

So, like, two weeks, how is this even possible? That's really common, though, for this to happen. They get this anxiety and they're like what am I doing?

This is unheard of. And I noticed too, and I don't know if you remember the day you walked in, but then I notice like when they get there, they usually come in on Sunday and now it's Monday morning and Monday's always like a really big day.

You know, that first long day they come and very scared by Wednesday. They're like, They got me. Like their anxiety's gone, they see the love, the staff is incredibly competent, that there's a plan and it's very well organized.

And even if you had a Herx reaction or something was a bad day, whatever, everything's right there. Because they never feel like anybody's got them. I feel that happens quickly.

So tell me about when you arrived, when did you finally calm yourself down? Yeah, and again, Daniel, that's something that you told me and it stuck with me even to date.

You said literally by Wednesday when we went back to the hotel that night, I was like, okay, 100% feel confident in this. And my attitude was a complete 180 because I, was just so happy to be there.

I'm all in now. I'm just gonna do what they tell me to do. And when did you start to see a notice in your symptoms? I would say about a second week. I think that was when we had a lot of different IVs and things like that.

Then the ozone therapy, that, at that point, once I had my first dose of that that's when I could really, really tell the difference. For lack of better words, I felt like light, kind of.

Like I just felt really good. You got that viral lowdown of the EBV. You know I'm obsessed. I am literally obsessed with that treatment. Well, I do want to say real quick because I know some people are listening that this is their first time they're like, what are they doing a deeper healing?

What is the cellular cleanse? Like, just so you know, she came she stayed for two weeks. They come in and we put them we do oxygen therapy. So we're increasing the oxygen load to the tissues to help detox the mold.

We're putting people on a lymphatic drainage device. Were putting her in an infrared sauna. She's getting IVs. that she goes through. She's also meeting with doctors.

There's microcurrent nerve feedback to help with the nervous system. Some people get colonics. So depending on your history, your labs and everything, you get a plan.

It's like so classic, her story that we hear from everyone. And Dr. B, I love this, because you saw Julie Anne, the nurse practitioner, and I loved her.

She's so smart and meets you where you are. And I just want to like, Jules, i'm raving about you. I Love her, see her myself. But Dr B always tells us stay and heal patients.

He's like so listen, you're not gonna like me week one, it's gonna be rough, but you gonna do it and you can do. It and he's and that's okay. Week two, your gonna to be like I freaking love his place.

Yeah. And always people ask me like, you know, am I going to be healed in two weeks? No, this is what's going happen. Yeah, and I know you had a really good experience, but you're going move the needle really far, really quick in 2 weeks and you are going leave with the path to continue out of it.

And that's where the long-term sustainable results happen, whether it's heavy metals or the viral stuff or that, you know, LDA making it sustainable. You know you might be one of those people now that is most sensitive for life.

Well, LDII is going to change your life, it is gonna let you live a more normal life so that what I, like I'm so, so happy that you came. and that you put your trust and you just did it.

Okay, so talk more when I got your email about the changes in your life when you got back. Yeah, again, once I go home, like I said, that second week, I noticed a little bit here and there, but like you said it's a lot on your body.

You're still in it, yeah. Yeah, I was anxious to see, you know, because during that time I'm not working, and I don't have that external stress. So I excited to how it played out once I got back to everyday life.

Right. And it's not going to sound like much for some people, but it is huge to me. Like the number one thing that I noticed, as I said, leading up to this, was I still going for walks every day.

When I would go into the gym, specifically remember I could only walk as fast as 3.3 miles per hour and even some days I had to be less than that.

Returning Home and Regaining Stamina

And if I would go even there was no way I was making it to an hour. No way. So, you know, once I got back into my routine of things, I went back to 3 point 3 and then the next day I'll is like, You know I'm feeling good.

I want to try 3.4. That was the first day in years that I literally could walk for an hour straight at 3.4 miles per hour and I didn't feel like I was dying.

It’s just been every single week since then I’ve been upping it a little bit. You know it’s not linear, it is all over the place, but I can tell you I could at least walk 3,400 miles an You talked about getting up in the morning and your fiance noticing the difference.

The other thing I think that’s amazing about young people, because people look at someone like you and they’re like, oh, she’s young, healthy girl. I don’t know if they even believe that you’re sick.

And I hear that often. This is the good news about being a young healthy looking girl is that given the right opportunity, you have youth on your side.

You know, you do recover faster than someone who’s older, who has been dealing with it for decades, which we see a lot of those. So you have a young cells on your side, more vitality.

We have dream, we’re going to keep putting it out there. we are going train hundreds of practitioners in the deeper healing way and we going scatter them all over the world so you don’t have to travel so far to get what you need.

Imagine if you just had, could go right in Pennsylvania and go to a little deeper healing. That would be nice. I will say, I’m totally sold now though.

Like the 12 hour drive is like, like I’ll come down in a few months. It was such a good experience. Yeah, talk about your experience. That’s something they always say in their post interviews about the, not just the practitioner, but the staff.

Yeah. I can’t say enough positive things. And I, again, just about Dr. B and Julianne, every single person there. that was one thing that both my fiance and I were amazed by because you know, like I said, I’m so used to going to facilities where you often are kind of dismissed or, you’re just another number.

But from the time I walked in, it was like every single person, everybody who talks to you, can tell they genuinely care and they want to know and it doesn’t matter if they’re seeing you that day or they’re not like they are still going to check in and that was something that really stuck with me because it was like when people asked how you were doing they genuinely wanted to know they didn’t want just good you know, they wanted the details like how are you feeling?

Do you have any side effects or symptoms? you know, decrease or increase or what have you. So that was the thing that really stuck with me, just everybody’s kindness and, you, know instantly making you feel like you’re at home because I did think to myself, I was like, You know where am I going to be there for two weeks?

Am I gonna feel super comfortable? You, it’ll probably be the end of the second week till I do, but Rest assured that first week you’re made to feel right at home.

So no need to be nervous about that. You’re not a number at Zebra Healing. you know, you are Becca, You are a person. It’s funny today on the way how no one ever forgets.

I was like said to the group, I’m like, Oh, we’re interviewing Becca today. And they were like Oh my God, tell her we love her. They’re all so excited.

I know, I will. And they’re going to be excited to see this. You’re forever, you’re part of the deeper healing community. How do we keep close? We talk about maybe we’ll do an annual trip or maybe…

We have some fun ideas coming down the pike. So I definitely want you to And I have one quick question before we wrap this up. How is your immune system now?

I will say I haven’t had any random sicknesses that have really held me back. For a while around where I lived, there was a lot going around and I did catch that, but it was not like it a year ago had I gotten it.

It didn’t take a major toll on me and was able to bounce back rather quickly. So that was kind of nice to see. That was another thing that really stuck out to me.

since being back home, my ability to bounce back rather quickly with that. But I mean, as far as feeling good, I can tell a difference. You know, everybody’s very familiar with the downward spiral.

No one ever talks about the upward spiral, and that’s where you’re at right now. At the bottom of that, it’s the stay and heal, right? It’s literally turning it around.

And then the journey is the going up. You’ve already been doing the lifestyle changes, you’re already a super researched person, avoiding toxins, implementing all the things.

So you really just needed that, let’s turn the ship around. And now once you get your mold finally, finally out of your body, which rejuvenates probably sped that up, they’re probably going to talk to you about some maintenance stuff, you know, like things that you can do to reduce your reactivity, but they are going want you to be clear before you start those things.

Yeah. So, yeah, on it. You’re on the path. Yeah, this was amazing. Thank you so much for sharing your story. I just love you. And just, I’m so happy for you and I love that you brought your fiance and had a support person and having him like, and he’s a little bit on the journey too.

Yeah, so it was recommended to him about, you know, kind of, getting tested, but he said he was like, once we go down next time, he’s definitely interested in that.

But as far as making the lifestyle changes, I thank him regularly because he has really taken charge of that and swapped out our cleaning products with safe things.

our cooking, like kitchenware, everything. So we’re definitely on the same page there, and I’m blessed to have the support in that way. I really think that couples that do that together, I mean, that’s what makes it really sustainable.

The worst is when you’re like, babe, we gotta buy all new pots. And he’s like these pots are fine, you know? And it’s, now you are not in agreement. So it’s great having a partner who’s been on the journey with you, gets the importance of it.

You guys are light years ahead of people your age, and it is going to benefit you as a couple and as family all the way through your life. Becky, you’re amazing.

I know your story is gonna resonate. It really will. There’s a lot of gems in what you went through.

Staff Experience and Immune Recovery

You have no idea. you have No idea how you’re going to shorten people’s runway because they’re they are you. I hope so. Yeah. And I think to your mom, like, you know, this is kind of honoring your Mom sharing your story too, because I Think that’s gonna resonate with a We have to plug this right now.

Dr. B’s been so upset about the amount of mold patients from all over the country that call deeper healing and they are on horrible protocols that don’t work or the protocols they’re on are making them more sick or they have horrible remediation advice or it’s just such a red hot mess.

We gotta build a mold course, we gotta break it down and make it so crystal clear and understandable. And that mold course is done. Five modules, it goes through everything.

So for people who are listening out there, if you’re like, wait a minute, do I get there? You know, they’re mold illness symptoms, you know? Yeah. Stop Googling.

Do not go anywhere else. Seriously, just click the button wherever it is around these show notes or on YouTube, wherever you're hearing this. There will be a link.

It's called the Mold Recovery Protocol. it Is Dr. B's step-by-step protocol of everything he teaches and all of his knowledge of over the 30 years. He had mold exposure himself actually in two different houses.

Like he knows and he breaks it down You know, how can you test it at your house by yourself? How can, you know understanding the moisture, the HVAC system, then we get into lab testing.

Okay, so how you can do this on your own? how Can you urine mycotoxin? We give you the links for that. How Can I test for mold in my house? we give You the link to do that we send you right directly to the really good reputable labs.

and you can do them all on your own. I mean, we literally broke it down. My favorite part about it is this, it's we broke down because we know people are on a budget, right?

Like some people call us, they can't afford to do this. They can afford that. And so we were like, okay, if you have no money, here's what to, do here is how you need to be thinking.

Here's like the least expensive thing that you could do to help benefit your body. So good, better, best. Like if you have all the money in the world, go over here, get these amazing air filters, you know, these supplements, start here with, could do more extensive testing if want to.

But you also have a starting place if have very low income and not a lot of disposable income to learn all this stuff. And really then here's the key.

This is where I feel like people go wrong when it comes to mold. You have to do these steps in right order. Because if you start down here, trying to detox this, but you're still getting exposed over here.

You're going to make yourself worse. And these are like clinically, unless you work with patients and you know what you are doing, just like kind of you did with, okay, I started just doing food stuff and then I maybe got a little better, didn't get worse, all my labs look normal.

We talk about that too. All the lab work and how most people their lab looks normal, about what to look out for for mold. Really, what do I do in the right order?

And how can you get the best results? in the fastest way possible. I think that's what makes deeper healing so unique. And then I'll stop ranting about this, if you can't tell.

Like, I love this topic. It's so big here in Charleston, South Carolina. We're in a low country. There's mold everywhere. Buildings are just not built right and people are so sick and we've been doing it for so long.

it's just, it sad. i'm on a mission to get this information out and Dr. B, we did it. So paper houses on swamps. That's all I'm going to say. What I was really going What makes, like if I was to describe deeper healing and like, what makes us different?

It is the fastest way to heal yourselves, ever. I mean, and I will probably, I can challenge a lot of people like in a of these other centers, but from what I've seen, because I have been in the environmental medicine world for over 20 years, have worked at a lots of different clinics, been to tons of conferences, trained an amazing mentors.

I know these big centers, I what we're doing, what people are doing with inflammation, mitochondrial health, detoxification, there's big ones in Europe, big one in Mexico, all over.

What we do here in Little Charleston, South Carolina has such a huge impact, like two to three weeks For somebody that's loaded with heavy metals or mold or has chronic infections, it really is this simple.

Your cells are inflamed, they are swollen, and it's thrown off your immune system. And so these cells, are basically starving and we're just not getting the nutrients.

nutrients in, nutrients out, and we have all these loaded toxins and chemicals and stuff.

Mold Course and Closing Remarks

So with all the little things that he does, he like mobilizes it, moves it. He's getting oxygen. Oxygen is the biggest healer. It's like what we do in our office and this is his proprietary protocol, like with getting the oxygen and like the step-by-step process.

You do that and you do it over and over, staying consistent. The cells will heal. It's so awesome. I see it all the time. And then it pushes all that mold out.

It pushes the heavy metals out and now we do have to give certain chelators and things to kind of help bind and that's where the protocol in the step-by-step gets very specific and it's very individualized.

So that I feel like people need to know like that the difference and I'm just wondering, Becca, would you agree with that after you came for your stay on inhale?

Yes, 100%. 100% different than anything else I've ever experienced. And I love that you guys are creating that for people because there is so much out there and it's hard to know, you know one person saying one thing another person's saying another but take it from me.

You can trust what you I think that is the hardest part is and I went through that myself where it's like I would believe people and that was just one of like a whole slew of doctors that would promise the moon under delivered.

And that's why for me being involved with deeper healing, I always ask people where have you been? What have done? what has worked? And now I have paid attention for six years.

There's not a lot of good stuff going on out there. And I'm saying that not because I want it to be true or because i want to sell my, you know, deeper healing.

It's because, I really care about people not, i care, about them not going through the hell that we went through, not. Going through. The hell you went.

Through. How do we shorten their runway and how do. We help as many as we can. And the mold course is a great way that people can help themselves. Yeah.

Learn all the right information. This is where online courses, like, we give you the knowledge, you have to implement it. And I think with mold, and I will say this, people with mould have a lot of brain fog, brain issues, that motivation factor and the implementation factor, I thing can be hard, which is why people come to the stay and heal.

You know, mold is extremely neurotoxic and their brains, people's brains just don't work. So it's hard for them to follow instructions and do things. You were really lucky to have your family support who were like, we're going to financially help you to get better.

And that's why we have the foundation. We started the Foundation for those people. I love you. I loved you sharing your story. It is such a help to people, especially being a young person who just did their stay in heel not that long ago.

To just give that testimony is huge. And may all of our efforts here help somebody out there shorten their runway. Thank you guys for having me. I really appreciate it.

Thank everybody for joining. If you want more information, especially on the mold course, click the show notes below and we will see you next time. 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. Subscribe and please, please share this with someone who needs it, it’s always that one on one support that really gets people to find deeper healing.

Remember, this is educational content, not medical advice. The information shared here should be discussed with your own personal healthcare provider.

If you’re excited by listening to the medical experts or the personal recovery stories on here and you want to start your deeper healing journey, go to deeperhealing.com and start the process.