Epstein-Barr, Mold, Pregnancy + Cancer: Angela, A Young Mom's Recovery Transcript

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Early Symptoms and Misdiagnoses

I was also doing a mold protocol at home with the nebulizer and something that I getting to put in there. So I started off with all that and it's just really is an investment in yourself.

I said to myself, okay, you know what? What I doing was not working. Whatever it takes is what I'm going to do because I have to be here for my child.

I want to see my daughter graduate. That's right. And I wanna see her walk down the aisle. Thank you. It really does not matter what car you drive, what your house looks like, how much money you have in the bank, if you do not have your health.

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 going to 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. Okay, everybody. Deeper Healing here, our Deepers Healing podcast. We're here today with guest, I'm literally so excited. I've been like, actually counting the days to Angela Green's podcast, because you're such an amazing person.

You're a mom. You are a young mom, new baby, which is probably like not a new, baby anymore, but young, mom and a teacher and just has been through quite a journey of health stuff and come through it with like miraculous, amazing.

So why don't we start off with where did this begin? Wow, where did this begin? So, you know, when I think back to everything that I have dealt with in the last more than a decade, I can really trace it back, to like being in high school, college.

Childhood and College Health Crises

I remember having chest pain, having these heart palpitations. You know I guess I would describe it kind of like heartburn. And I didn't really know what it was.

My mom was taking me to different doctors, my primary doctor and all this. and they're like, oh, it's just heart burn. They gave me some kind would take it when you're eating spicy foods or whatever.

And it wasn't going away. It would still happen every now and again. And then fast forward to this horrible episode that I experienced when I was in college, we went to go visit my brother because he's a Marine and he was stationed down in North Carolina and I grew up in Ohio.

And so we want to visit him. I got really, really sick. The only way I can explain it is Think about a college student who is so sick that crawls in the bed with her parents.

She's sick. Okay. I literally got in bed. With my parents when we were sleeping at my brother's house and I'm like, I am so I don't know what's wrong with me.

My throat was hurting so bad. Had a really bad fever. I was just really, really sick. And they were like, well, you probably have a strep. I don't know what's wrong with you.

Like, I really fatigued. They took me to some random doctor there. We were out of town and they didn't really know it was wrong. With me, they we're just like oh, she's sick, take Tylenol or whatever.

And I was really sick. And then the whole trip, super sick, on the way back home, we're dry because we drove from Ohio to North Carolina. On the back, I'm sitting in the front seat and this is like one of the scariest moments of my life.

My mom was driving, my dad, and my siblings are in backseat sleeping. And all of a sudden I just started getting this chest pain again and I was feeling like I'm going to pass out.

And I am like trying to tap my mom and something is not right. I don't feel good and holding my chest and then I blacked out and my dad apparently, you know, because my Mom, she's like me.

She can panic in situations like that. So my dad is a little bit more calm. So I can't even imagine him driving. Yeah. And my kid goes like, oh my gosh.

It's like literally blacking out. The last thing I remember is I heard my brother saying like and and like wake up, you know, like tapping me and I don't know.

And then I kind of like came to and my dad's now in the front seat, you know, driving and putting in. I mean, this was back in that day. So, I had your little Garmin.

You didn't have all that on your phone. We have the map quest on the way down to Carolina. Yeah. Can do all of that. So my dad gets us to a hospital, like somehow found it in the GPS because we're, I don't know even where, what state we were in.

We didn't where we at. we get to the hospital. Again, they couldn't really figure out what was wrong with me. And I'm like, am so sick. Like, why can't they figure what's wrong me?

So we got a hotel that night, stayed in hotel. went back home the next day, you know, they're like, follow up with your primary care doctor. Okay, so they were like oh, we don't know.

We can't explain like what's wrong with you. I don' even remember if they did blood work, I, I don"t know and then fast forward to, you know I'm in college so you I"m trying to be in shape and going to the rec center, working out, going for jogs, all this stuff and I remember this one time I was jogging the track in the Rec Center at my university and i just started having all these chest pain again and in college.

I'm not an old person. Why am I having all this chest pain? And up to the point where I had to stop running. So then I told my primary care doctor, they did the stress test.

They had me running on the treadmill with all the things. And they're like, oh, it's just your heartburn. You know, They're telling me like oh it is just that.

Take this medicine. And I'm like, I am just so sick. And then I kept just getting sicker and sickier. At one point I remember getting blood work for my thyroid and I kind of panicked a little bit because it was a bit off.

I don't remember if it high or low, but my sister has chronic, you know, she has type one diabetes and she other chronic things going on and has a thyroid issue.

So I called her immediately and was like oh, it's just a litte off, probably fine. They didn't give me any medication. Like okay. and then keep moving forward, I'm like…

Well, so here you're saying this was high school then college, right? You're slowly progressing. You're like, whatever this original thing has never resolved, no one's ever figured it out, and now you're progressing.

Now are you out of college? Are you married? So now I moved down to Charleston. I graduated college, I taught for a year in Ohio, then I move down into Charlestown.

Teaching Years and Chronic Sinus Issues

And I start teaching at a school here and I was in like a little trailer and you know I would see little things, you know, in our school we were outgrowing it.

So I was definitely, we had a lot of classrooms and trailers. And I would see some kind of looks like mildew, like on the walls and the paneling and all that.

They would put a work order in for it, but it's not mold or anything like that, they would clean it off, put it like a humidifier or whatever in, you know, your classroom.

And I was in that trailer for maybe seven, eight years. I remember having a lot of chronic sinus infections, like super chronic. Probably every month I would get a really chronic sinuses infection and there were times where I'd just bend over to do something and liquid would just pour out of my nose like a faucet.

That's not normal. I don't think that's supposed to happen. I would tell people that and they're like, what? I'm like no seriously, I mean I could just bend over even when I wasn't sick and I was just like a faucet.

It was really weird. Anyway, so I'd go to the little CVS Minute Clinic and then they would test me for strep throat. Sometimes they told me I did have strept throat, sometimes they said I didn't.

And they would still give me an antibiotic, which I now know what's the point if it's something viral and it is not strep throat. Like, why are you giving me the antibiotic?

That's not going to work for that. I know better now. So of course I took all the drugs they told me to take and I was super sick and would get really fatigued and just horrible.

Really bad sore throat, just really felt crappy all of the time. Were the other things still popping up too? Were you still having, so now you're having the heart palpitations, the hard burn and the exhaustion and chronic.

So now the symptoms are just like piling on top of each other. Right. And I'm just seeing these in my mind at the time as very isolated things, like they're not.

You know, it was weird, but I always thought it's weird that all these things are happening to me. I'm like… And how old were you? At that time, I was in my early 20s.

Okay, so you're young. Yeah, and I just started teaching and all of that. And so, probably mid-20s, yeah, at that, time. and… I was just really sick all the time and then I met my husband.

And we got married in 2016. And a month after we get married, we were at a friend's house. It was a birthday party. We were having a few drinks and all that.

I started getting these really bad chest pains. Like, I thought I was having heart attack. Nobody would listen to me. Everyone there is drinking and partying and having fun, obviously.

So I'm like, y'all, this is… I think I am having an heart-attack. I'm like, no, seriously, something is wrong with me. I sat down for a little while.

One of their, somebody else's friend or whatever that was there was a nurse. And so she was kind of like checking

my vitals and kind checking on me and just trying to kind figure out what's going on.

It kind eased off a bit. My husband and I actually left early from the party, went home. I'm like, okay, you know, I don't know what's going on with that.

But it was worse than before. Yeah. This was worst than the others. It was not good. And I ended up going to, the doctor at that point, and I think they tested me, did some blood work and found out that my thyroid was off.

And I'm like, okay, they had told me that at one point in college, and this is a different doctor and all this. This is down in Charleston. And so I was like okay.

So I have this thyroid condition and they're like yeah, it's hyperthyroidism. It's really high. Yours is really unsafe through the roof. Your resting heart rate is like 140, 150. I don't sound good.

And so they gave me some kind of prescription. What do they give to like heart patients when they're… A beta blocker? Yes, a beta-blocker. That's what they game me.

I started gaining weight and feeling like crap. It slows everything down. Yeah, they gaved me a Beta-Blocker and they were like, we're not going to give you any prescription for this thyroid because you have to go see an endocrinologist.

And I'm like what's that? And then after talking to my sister, she's like oh, well that's who I see for my diabetes and all those things. You know, I start learning like okay, what do these different doctors do?

So nobody would give me a prescription for my thyroid, just the beta blockers, because I have to go see this like specialist, you know? And at one point I was at work getting my classroom set up.

It was the beginning of the school year. So like a month later. Actually, I wasn't a new trailer by then. Something else was in my trailer, but when the new I was, oh my gosh, it was really scary.

I in the hallway, because we all had to have like a display in hallway of student work even though we were like in trailers. So I'm setting up where the display is going to be for the school year where I am going hang on my students work.

And I'm standing there and I just remember feeling lightheaded and my chest, like, you know, I am having these heart palpitations again. I was like what is going on?

And then I fall to the floor and one of my teacher friends is like oh my gosh, she runs to go get the school nurse. They put me in like a little wheelie chair, take me to like your heart rate is like 155 and I was just standing there doing nothing.

I mean some people are sprinting down a track and they don't even get to 154. That's right. Mm-hmm. Is it like a normal heartrate like between, I don' know, 80 and 100 or something like that?

Usually 120. Okay, so like, if I'm just stand there, doing that thing, you know. So they called an ambulance and This is so embarrassing. I do not want to leave my job in this ambulance.

This was ridiculous, you know? And of course I did because they were like, You have to. You cannot drive yourself. Yeah. you need to go get looked at.

Of course, my husband is out of town for drill. My family's in Ohio. I'm like, Oh my gosh. So my teacher friend meets me at the hospital and I called my mother-in-law and my in-laws and sister- in law, they came.

Graves' Disease Diagnosis and Treatment

They live like an hour away in Manning. And they were there with me in the. hospital. and told them all the things that, you know, I had just recently been diagnosed with this thyroid disorder, but I wasn't on any medicine.

they're like what you need to get on something ASAP. so the doctor in emergency room prescribed me something for the hyperthyroidism. So I think I was put on methamazole or something like that.

I started taking that, I went home from the hospital. I did notice a little bit of a difference. I wasn't having the heart palpitations as much. And I got myself one of those little pulse-ometer things.

So I could check my heart rate at home because now I'm paranoid. My heart rates getting up. Months went on and my husband and I had just gotten married in July, right before that school year started.

And, you know, we wanted to have kids and I was like, oh my gosh, I started doing this research and i'm thinking, Oh my Gosh, maybe I'm not going to be able to Have kids because now this is like an autoimmune disorder.

And eventually I did get linked up with an endocrinologist and all of that. You know he said, You have Graves' disease. I get diagnosed with Grave's disease and.

iIm doing the medication every, i don't know how often i was going every six weeks or whatever it was. He would check my blood work. The only ever thing he ever checked for was, you know, thyroid.

He never checked anything else. It was just that every once in a while, like if I said I wasn't feeling well, I think he would check like my B levels or something.

And yeah. So he just adjust the dose. Okay. Take more, take less. That's like a no treatment, no cure, autoimmune condition. Yeah. I mean, he pretty much told me, your options are you can either take this radioactive iodine or something to kill it off, which I'm pretty sure causes cancer, or you can just have surgery and have it removed.

And I wasn't willing to do either one of those. I was like, both of these options seem kind of scary to me. You know, I just got diagnosed with this. Let me just wait it out and see what I can do.

My husband and I ended up conceiving like six months into when, you know, we had gotten married. So that December, like, or January, whatever we found out, I was pregnant.

I wasn't feeling my best. They altered my medication and gave me something else that begins with a P I can't remember, but something that's more safe when you're pregnant, so I went through my pregnancy.

Um, had to see a specialist and all of that kind of stuff. And then. Because, you know, with a thyroid condition, I guess, and I don't know they considered me like old or something if you're a certain age.

You're old. So anyway, but yeah. I'm wondering where deeper healing came into the field. Yeah. Because I know you had your daughter when we saw you. She was already born.

After I had her, I guess I started becoming what they call you, you know, a crunchy mom or whatever, because after my daughter was born, You know you want the best for your kid.

And so you start doing a lot of research and you research everything that's going into your child's body that going on their body. and that was me. I was researching everything under the sun, And I hate when people say, oh, you don't know anything.

You're not a doctor. you're just learning that online or on Google. Well, newsflash people, it's 2025. Do you go to the library and check out a book every time you want to research something?

No, You research online, like everybody else. I have to say becoming a new mom was a big epiphany for me, too. Yeah, I don' know why it was different.

Yep. Like for m I wasn't worried. But when I had my son prematurely, I literally remember walking into my house and I said to my husband, every chemical in this house has to get out.

Yeah. Like today, I want it out of the house. I don't want any chemicals near this kid. It was like, why was it okay the day before? Didn't even make sense.

And I had friends that were like crunchy moms and they were starting to teach me stuff or they would tell me things to look up and research. like I'm not telling you what to do, but I just want you to Look into this or look into that.

gosh, I am like living in a really toxic world right now. But it was so overwhelming. And I'm thinking, where do I start? And, you know, had friends helping me and I was like, okay, um, going to start here and start there.

I look at this laundry soap and we're doing cloth diapers and all the things. So I started kind of going down that rabbit hole already. And then had, you know, friends of mine, they're saying, Hey, You need to do this for yourself.

Like you need it. You to seek someone else. I know you're going to this endocrinologist. He need a look for like a functional medicine doctor. Or you to look.

Something else, and in my mind, I didn't even know. That was foreign to me. you I just knew the very traditional Western conventional medicine. I knew nothing about that alternative side of medicine, the holistic side.

The naturopath. I was raised the same way. Traditional family, doctor said boo, you said, great, give me the boo. Exactly. So I'm like, oh my gosh, well, how do I even find someone like that?

I went into the, I had started going to this little herbal store that was close where I lived and I was getting ingredients and herbs there because I started to make my own homemade elderberry syrup and all of these things that my friend was teaching you how to do.

And I picked up this magazine and it was like a little health magazine. In the back it had all these different people in the area. So I'm seeing these chiropractors and doctors and these people, right?

there's Dr. B's picture, you know, and it's just a little clip and you, know it said something like chronic illness and whatever else. But when I read that, I'm like, this is the one, like it jumped out at you.

It was like God was telling me, that's where you need to go. And I was really nervous to like make that first phone call. What am I even doing? What I'm I doing right now?

So when I called that phone number, it was you. It was a long time ago. So it Oh my gosh, I could cry. Your voice on the other end of that line was like, it was hope for me.

It really was. And I just remember you being like you need to get in here. Like we, we can help you. Oh, my Gosh. So I took a leap of faith and there I went, you know, and that was when you guys were in the Other Building.

Yeah, We were at 1300 Hospital Drive. You know it's funny about that. I feel like You've always been the biggest cheerleader for deeper healing and always like even with, you know, saying crunchy mom.

Like I feel like we always got into those conversations too, because we're like really trying to do good by our children and like, we love, love love.

moms like you, who are like, wait a minute, is this right? I don't know if this is right. Just trying to figure out, it's so hard to think things out.

I remember when I was first starting to tell family and friends, I'm going to this place. It's called Deeper Healing, Dr. B, all this stuff. And they're like he's not even a real doctor.

They're saying all these things. Well, first of all, I'm like, first of all, he worked in an emergency room for 20 years. I am pretty sure he's a real doctor.

Yes, yes he is, by the way. That does do it for people. They're like okay. So, you know, and then I just kind of had to block out the haters and be like I got to do what's best for me.

Clearly what I m doing is not working, so I gotta do something else. And again, I had a baby at home, figure out what I can do to get healthier because I want to be that mom running around at the park with her kids.

You know, I was barely getting out of bed every day. And when I sat down with Dr. B- So you kept progressing down. Yeah. That's what- I kind of want hear.

Like, so your kid was like how old when you made the call? So when i made call, i want say that she was probably, it could have been like maybe A couple of months.

A year and a half. Okay, so she was on maybe a year. She was little. So you had gone through like a whole… Yeah, between a a and two years, something like that.

Like a full year of new mom feeling like shit. Yeah. Basically. And think about like being postpartum, and you know, your body is messed up, okay? And if I was in a better place, As far as how I was feeling, I feel like I would have breastfed longer.

I only breast fed her for like the first six, seven weeks because I got so overwhelmed. And I just feel it robbed me so much of what I wanted to do as a mom.

Because I could just barely function. Were you still getting sick all the time? Yeah. And the sinuses. So you're having like the chronic fatigue, sinus problems.

Finding Deeper Healing and Mold Testing

Yes. In the house that we are living in, which we don't currently live in. I would tell my husband all the time, you know, when we would be away for the weekend and come back, I'm like, don' you notice the smell in that house?

Like it smells musty to me. He's like well, it's built in the 70s. It's old. You know. Listen, that is not normal. Like, It just smells Musty. To me, and he apparently can't smell anything, but I feel like I can smell things.

You know, I just knew I was getting it from home and yes, and you're literally now we don't live in that house and we've never had it tested. So I don' really know for sure.

But yeah, you know I felt like, something's making me sick. Like I am getting sick so when I first started going to see Dr. B and I sat down with him.

You know, he was, and again, I was kind of already going down that road of being a crunchy mom. So I knew things and I know there were things I needed to do, but I just, you know I, was taking small steps.

It's overwhelming. You can't do everything all at once. Can't change your pots and pans and your water and all, it's a lot. You know, you have to take it one day at a time.

But when he pulled up my zip code on that website or whatever he uses and he. Pulled up and showed me what is in my water. Yes. I was like, Oh my gosh.

Now I just not a tap water drinker. So I don't really, I never really drink tapwater a lot, but just knowing that I'm using it for cooking and bathing and all, all the things.

And my husband was fine with drinking tap waters. He was drinking it. Oh my gosh. And so, you know, he was

starting to tell me all this stuff and I explained to him why I was there and everything I Was going through and he's like first of all, we need to do some blood work.

We need a seat where we're at. What's going on? So then I came back and when I sat down with him for that very first time first Of all I had never gotten that much bloodwork done in my life.

I I'm like, I've never even seen anyone test for this stuff before. What is this? I just say that out loud. I see that all the time. Everybody deserves that.

Even just one time a year. Yes. Or every other year, like where am I? Yeah. Like we go our whole lives. Yep. With like a cholesterol marker. It's amazing, it was so eye-opening and he's explaining to me how everything works together and this is telling me this and You know, he's brilliant.

So he just spit that stuff up and I'm like, whoa. It took me a minute to digest all that. And I know I've teared up telling you this before, but the main things that just stuck out to me was when I sat with him and he looked at that blood work.

He looked me right in my eyes and said, I don't know how you got out of bed every single day. And I was like, I don't know how I do that either. He's like these numbers I would expect from someone who cannot get out of bed every day.

And, and I had my daughter there with me. Rosie was there, you know, probably climbing all over the floor, whatever. I said, this is why I get up. That's right.

Yeah. this little tiny human, she depends on me. I have to get out of the bed, you know? And finally, I felt heard. Because when you have an autoimmune disorder, and my sister and I talk about this all the time, When you have an autoimmune disorder, you really feel like you're suffering in silence because people don't see you as being sick.

They don' see those physical signs, they don see a cast on your leg, They dont see any of that. they dont know what is going on inside your body and they do realize how chronically ill you are.

I've had more Epstein-Barr people say to me, I wish I had cancer because someone would bring me a casserole and watch my kid. Like I'm trying to like, I can't get out of bed and I have no support.

And I was like wow, when you're wishing for cancer, this is the best. Yeah. I mean, and God bless my husband because he is just, God gave him to me for a reason because He is so calm and He's so understanding.

But there was times where I just felt like a really crappy wife. You know, like cooking dinner right now or I should be doing this or should I be making sure, you know.

And I just couldn't and I would do what I could and would push through and even sometimes I never told him how sick I felt because I didn't want him to carry that burden either.

I was working a full-time job. He's working full time job, we're both busy people, you know, and sometimes I just felt like I'm not pulling my weight and he would never say that to you, because he knows how hard I work and I know I worked hard, but sometimes, I want to do more.

I am just that person where I feel like should always be moving, always on the go, sometimes just couldn't, just needed to sit down. It's just, it's horrible feeling like that.

The chronic illness loop is a wicked loop. I've been on that, I'd been in that ride. Yep. And Marty's been one that right. You know, not a good wife, Not a Good Mom can't socialize.

No one sees, you know you, just like, Oh, can make that then they, then you don't get invitations because you say it enough times. Right? And I have always been a very social person.

Like my mom would say when I was a kid, everywhere we went, You made a friend. I don't know, I just wasn't doing things as much. I became a mom. Invested in her.

Super sick all the time. So the days that I am functioning well enough, taking care of my kid, you know taking of the house. Don't even have time to go anywhere or do anything with my friends.

Just became… a shell. Isolate of myself. That's how I felt. Marty used to say that all of time, just a Shell of Myself. Okay, bring me some hope and joy.

And so I had done a little bit of research on Epstein-Barr virus. Was that something that showed up for you? On the labs? It did. I'm really curious. You know it always says no treatment, no care.

Right, and I was already doing a bit research because I saw that it was connected with autoimmune and things and all that stuff. And Dr. B sat down with me.

He was like, you know, You have chronic Epstein-Barr virus and these numbers are showing, I guess you can see if you've had a recent flare up or whatever.

Or a past infection. It's different titers. Right. So he was kind of explaining all of that to me and he's like you definitely have it and you recently been sick.

And I'm explaining to him and like, okay. Back to the car ride or when you were sick. And so I now years later I am going back thinking that episode that I had when I was in college, when we were visiting my brother in North Carolina, I think that was my first exposure, first time having, you know, because it really is like mono basically, the Epstein bar.

I that's when first got it. That's when I first had it. I was super, super sick. And then ever since then, every single time that I've been really sick like that, I think those are flare ups that was having of that FC barn.

That why when i was going and they were testing me for strep, of course there was times that i did have streps, but there were a lot of times where they're like, no, it's not strept.

I'm like, well, then what is it? What is wrong with me? Yeah. And I feel like it was that every single time. Yeah, once it's there, it can just flare.

It's like a roller coaster ride, depending on the stresses in your life, what you're exposed to, and what's going through. Oh my gosh, I could remember filling out that first form that deeper healing gives you.

Do you smell, you musty smell? Like where all these things and I'm like, my God, this is personal. You know, like there's so many questions on there, just about everything, but it's important to fill that out and to be truly honest on their because otherwise, You know, you can't help.

That's a mic drop. Because people are always like, oh, I hate filling out the paperwork. I'm like I guarantee you the questions that you're going to get asked you've never been asked before.

Yes, because then otherwise nobody knows how to help you or what to test you for, what's to look at. We're, we're goin' so much deeper all the way back to birth, all of the back, to like how were you born?

Like was, ya know. Yeah, exactly. It's amazing. And that's when he was like we need to you from old. mold, you know, and he's telling me like how you can be very chronically ill from that.

It can cause chronic sinus infection. I'm like, oh, ding ding, that's me, just other things. And so, yeah, so he tested me for that and sure enough, there it was.

We had lots of mold and things in my body. You mean mold will also hold that immune system down to let those

dormant viruses really flare up. Yes. Wow.

So mold. Okay. Your mold levels are high. Your Epstein bar is off the charts. He can't believe your blood work. So he's like, get your butt in here and start getting treatments.

You probably did UVB ozone for sure. Yeah. And I was doing the cleanse. The cleanse with oxygen and all that. Game changing. And I was also doing a mold protocol at home with the nebulizer and something that I wasn't getting to put in there.

You know, so I started off with all that and you know it's just really is an investment in yourself. I said to myself. Okay. You know what? What I was doing was not working and whatever it takes is what I'm going to do because I have to be here for my child.

I want to see my daughter graduate. That's right. And I wanna see her walk down the aisle. So I wanted to help her with her children and I had to get better.

Whatever it take is I gonna do, because what really learned through this journey is your health is the most important. It really does not matter what car you drive, what your house looks like, how much money you have in the bank.

If you do not have your health, you, have nothing. You have, nothing mic drop. Well, and it's sad because we hear this all the time. It takes you hitting that rock bottom point.

to like really realize that. Like people just take their health to their advantage, you know, thinking. Or even like, when you had said, we had a guy on here recently on the podcast.

He talked about just, he was sluggish for years, but he kind of got used to it. It almost becomes their normal. Oh yeah, it's almost their norm for me.

I almost didn't even know what it was like to feel well. You're like, oh, if I'm not in a bad flare, I am doing well. It's almost like your norm becomes lower and lower.

Well, you have a whole new appreciation of life when you're just literally struggling every day. And every is just like okay, get through the day, especially as a new mom and having like the mold.

Did you, we call it mold brain, but did you the focus and the brain fog? I thought, okay, this is just due to being a recent mom, like, you know, when you go through pregnancy and all this, I'm like okay I still have brain fog sometimes.

Epstein-Barr, Detox, and Recovery

Sometimes I'd be at work and I be in a meeting or something and like I can't respond as quickly as I should be able to. This is not normal. Then at this point, I had started transitioning, went to a different school, was teaching somewhere else.

You know, all these school buildings are very old. And by the way, you know they don't really keep the air on in the summer. So what do you think happens when?

I know. Don't even get me started. They're sitting with no air conditioning on all summer life. We see the kids and the teachers at deeper healing all the time.

And honestly, we make paper houses on swamps. I mean, literally. Especially here in South Carolina. We make our houses and swams. And then we wonder why our house has mold.

Yeah, I know. So it's just a constant thing that you have to always be taking care of your health and keep up with all

of these things that are great for you and make sure you're living in a mold-free environment because it is really hard to control when you are out in the workplace.

It is almost impossible to get away from it. You know, but I was starting to have some other really scary symptoms. I would be at work typing on my computer and my whole arm would.

So painful to the point where I had to go to my, you know principle at the time. And I'm like, I cannot. even type emails right now, like I cannot even do anything.

My arm was just so sore. It just felt like, I can't even describe the pain. it was the craziest thing. I'm like what is wrong with me? You know, it's just, so many different things, but.

I started seeing Dr. B, I was doing the things that I should be doing. My labs were, you know, getting a little bit better. And then I think I kind of like took that for granted and I, was living the mom life and trying to focus on my kid and all those things.

So then, would go this like long stretch of time without checking in with Dr B and And I would start feeling really sick. And then anyway, so fast forward, I ended up moving out of that house that we were living in.

I end up going back to the school that I was at previously, but it's a brand new building. went with the person that Dr. B suggested that they can actually come to your home and do an air quality check.

And that was really eye-opening because there was a house that we were going to buy. We put an offer in on it and we had that air-quality test done. You know, I kind of noticed a little bit of a smell in the house, like, but I thought it was a dog smell.

And I'm like okay, they had a, a. A dog, you know previously, and we did the air quality tests and it. Was not good. Then I did some more digging and I found the, the current homeowner, on, in.

The Facebook group, all the neighborhoods have Facebook groups and all that. She had posted something from like a year before about some water damage that they have and showed some pictures and.

All this stuff, right. And I talked to Dr. B about it, and he goes, well, mold can smell different. It doesn't have to smell musty. Yeah. it can have that wet dog smell.

And it could smell like different things. I'm like, I bet that's what we were smelling in that house. So you dodged a good idea. We had put an offering on it.

That's a big one. You know, it was in the process of going and I pulled it and my husband was so frustrated. He's like oh my gosh, we need to find a house and all this stuff.

I'm like, I am not doing it. I have not willing to sacrifice my health. And I've been working so hard to try to get better. That's awesome. Finally, God was like that's the house for you.

So I found this house and I was just like I love this. There was no weird smells. We did the air quality test. It was great. Amazing. You, it was really fun watching you recover.

You were, and I love hearing your, It cannot be minimized. The attitude of I'm getting better. I am going to do what it takes because you'll, there's people that are like, like you and they do get better and then there are the people who are never getting.

And I always say, well, whatever you believe is true. Right. I mean, and that's something I had to learn to is like your mindset. And I think that helped me for, you know, what I've dealt with in the last year or two is, like, having that positive mindset is super, super important.

And that's the great thing about deeper healing is because you're not just focusing on one aspect, right? You know, you've got everything. You're diving deep.

I can't remember what all the letters stand for, but it's all fabulous. Emotion, environment, physical elimination, rebuilding. There you go. It's interesting because a lot of people say that they're like, it just really nice having everything under one roof.

Yeah. If something comes up, like you'd mentioned on the way in here today, we'll talk about UVB for a little bit because you're like a poster child for it.

And it's my favorite treatment in the world that, you know, it is accessible. It's like, if you are a patient, the whole center is accessable to you. If you need something, there it it!

It is not starting a new intake, getting on board with someone and they're only in this niche. But that's not the body work. The thyroid is not alone.

The thyroid is part of this bigger system. Exactly. So when did you know this is working? When did notice things were improving? I started realizing, oh, I'm not getting these chronic sinus infections anymore.

weird drainage coming from my nose every time I bend over and things like that. And then I just started noticing I had more energy and I was starting to feel more like myself, you know, and that's not to say I didn't have bad days and like I still, with the thyroid condition and all of that, You still have these ups and downs.

Somewhere along the way, I was having a lot of double vision. I ended up getting diagnosed with thyroid eye disease, which comes with Graves' disease.

And I got really scared. Am I going to get the bulging eyes? Am i going get all these things? And then I had to tell myself, you know what? You cannot worry about what's going happen in the future.

You have to live right now and you have do what you can to help your body heal. And I just continued on doing the things that I should be doing. Somewhere along the line, I started seeing Jules and she, hello, amazing.

I know, well, you know I love putting the moms with, so Julianne Ingham is the nurse practitioner at Deeper Healing. And she's also a young mom. She's got a lot of passion for moms, pregnancy, fertility, children, helping the kids.

So I like, it was great for you guys. I bet you. Yeah, she's amazing. And, and she, you know, when she would say to me, like we, we need to do this or we do that.

took into account where I was coming from, because I'm a mom. I want to make sure I am doing this or that for my body. And I do want have more kids one day.

That was the other thing. You know, I thought we would never be able to have a second child. My husband and I have always said, we want two or three kids.

I was like, I don't think it's going to happen for me. I thought with this autoimmune disorder, even though I'm getting better, you know, would have these episodes at times, especially when I wasn't doing all the things that I supposed to be doing.

You know? It is hard when you're feeling good, right? Yes, exactly. And so I had my moments and then Dr. B was, like when's the last time you were in here?

Have you been taking such and such? know, you know. But I, it was, my daughter was almost, she was like six years old, so this was just like, four years ago.

I'm like, I told Jules, because she was doing some routine checks on my thyroid levels and different things like that. And I was like I really would love to have another kid one day.

Is that ever going to happen for me? And she did some blood work and she said, well, this looks great and this look great. She's looking at all these different thing.

I don't see any reason why that cannot happen. You know, she's like yeah, there's stuff we need to work on. There's things that we, you know we needed to do here.

I do have to say before that, I had an issue with my liver before this situation happened. Okay. I have some blood work done and Jules called me on the phone and she's like, are you jaundice?

Are your eyes yellowing? Is this happening? I'm like whoa, what are talking about? And I was seeing like these little brown spots on my feet, which I thought were really weird.

They just popped up out of nowhere. And she's like, based on this blood work, like your liver enzymes are super high. I don't know what, I can't remember everything that caused that or whatever.

But my gallbladder numbers, you know, I started learning like now when I look at blood work, like I know what that ALT means, that AST, alkaline phosphate, whatever that stuff is, so she was like, we need to get you in here because your numbers are like through the roof.

I think you're like liver, your ALTs supposed to be between like zero and 40 or something like that. Mine was 700, okay? It was insane. And so they're like, okay, this is what you're gonna do.

Like, here's castor oil pack, taught me how to use it. I'm like oh, I've heard of people doing this. Oh my gosh, and I learned about how that can really detox your liver and all these things.

And you know, of course, family and friends thought I was nuts. They're, like you gotta go to a real doctor. What do you mean? Just let them. Their liver enzymes are, you now, whatever.

Why are you talking about a castroil pack you were gonna put on your… And let me tell you, the next time they did my blood work, it had dropped like in half, And then the time the did it, totally back to normal.

I still do it all the time. If I feel bloated, oh my gosh, I do that and the next morning, honey, it's all coming out.

Pregnancy, Ovarian Mass, and Cancer Diagnosis

Yeah. Yep. But people think we're a little, yeah. So it's just amazing that there's these things that have come up along the way. And I'm sure there are more that I can't even remember, but all this stuff, and it is like, they just always know what to do.

They're right there, like we can help you. We're here, we know to what do and yeah, so fast forward to where I am having this conversation with her and I just really, it has been like six years.

My husband and have done nothing to prevent us from getting pregnant. not gotten pregnant I guess I'm just never gonna be able to have more kids you know she's like no you're like everything's looking great you and it was funny because one of my friends at work said you I had this dream that you were pregnant last night and I was like oh yeah you there's hope I am not kidding you this was two weeks later okay from my conversation with my friend at a little bit sore.

That was my first symptom the last time. I'm like, you know, I told my husband and he's like yeah, right. You know and I was like you need to get a pregnancy test on the way home from work.

Like I think I supposed to give my period like last week I had stopped like tracking it because I just wasn't getting

pregnant anyways, whatever. So I wasn' tracking or anything and I was like, please just get one.

And I said, don't get those cheap kinds. Hey, get the good stuff. Like, you know, I'm telling him to get, like get multiple boxes. Cause I've been on more than one stick, honey.

Okay. He's like. Oh, okay. So I pee on this stick. When I tell you I had the shock of my life, was pregnant. Wow. I peed on another stick pregnant I'm like oh my gosh I can't I was like this is insane so I did the same thing for my husband that I do with the first pregnancy I wraps it up in a little I don't know tissue paper or whatever and I put it in his fan cave I had the camera going and i'm I'm like, hey, open that up.

He opens it and he goes, what? You know, he's shocked, like it's just as mean. And he was like what, you know. So I called my OBGYN, I think it was the next day or something, and I talked to whoever answered the phone.

I don't think I am, but I do need to make an appointment just to be sure and all this stuff, right? And so I was, well, tell me what happened. By this time I had peed on four sticks, okay.

They all said pregnant, she said ma'am. If you peed on four sticks and they all say pregnant, you're pregnant. Congratulations. And you know, we went to that appointment whenever at the eight week mark.

I know they make you wait so long. I just wanted to see it on the altar. And so I sure enough, there was a heartbeat and I was pregnant. I could not believe it.

and i really feel like if it was not for all of those treatments that i was going through to heal my body and detox my. You know, you hear so many stories like I, my heart goes out to these women that want to be a mom because I've always wanted.

To be. A mom. If I. Could not have that come to fruition. i just would be an empty soul. They're my world. And when I see these moms that they want to get pregnant and they're trying to go through IVF and trying do all these things.

It's an epidemic. This fertility thing is an academic and Dr. B says it all the time. We're not talking about the thing that needs to be talked about, which is getting the toxins out of the body.

We start pushing in, trying to force, you know, force something to happen. But he's like, actually, the Body is protecting the next generation. Right?

We need to be cleaning up the bodies. Like, I'm working with my daughter right now. My daughter has high heavy metals because for me, and she's 22 years old, I'm like, you are not having a kid until all this stuff is cleaned up.

But no one even knows to look for these things. Exactly. And that's what I wish those doctors would know to tell those women to do because if they detox their body, their chances of getting pregnant could significantly go up in so many fertility stories we have like that, where they just get really cleaned things start to work the way it does.

And I feel like I was really blessed to get pregnant with my first one. I mean, it took us six months, which I know is nothing compared to what some women go through.

But then with the second one, It took a six years. Six years, you know, where I, mean at some point we didn't, we weren't actively like tracking and stuff, but we also weren' doing anything to prevent it.

Like you would think after six year you'd have some kind of oopsie, right? But I told my family, I'm like, this is the immaculate conception over here.

But you're like, did we even? And especially when you have a husband who's a police officer and works night shift and you arrive in the bed at the same time.

This happy part of the story takes a very wild turn. Yes, it does. So we have, first of all, I just want to say before we

go into the craziness of what's coming next, your daughters are little clones of each other.

They are perfect and so beautiful. And what a gift and what blessing. I love your family. We love this film. We've been watching you guys the whole way through.

And actually, your daughter's in our Deeper Healing commercial. I know! And that was just a random. That's what she does every time. It's so natural. She runs up to you and hugs you every day.

Oh my gosh. They just happened to be filming when she ran up and hugged you. Yeah, that is adorable. Ended up in the commercial, so that's pretty cool.

and it's gonna be in documentary coming up, right? No, I thought I saw it in preview. Really? Yeah. Well, maybe, then. Maybe I'm wrong. We have a documentary.

Oh, yay. Hope for Deeper Healing coming out. Exciting. No, I was thinking of The Total Body Burden. Yeah, yeah, that's where I thought I saw her. Okay.

And maybe it's in there. There's a couple things coming. So, okay. So I'm going to let you tell this part of the story. You have your baby, baby number two.

Everything's great. Yep. Well, here's the thing. When I was pregnant with baby two, my little, little Selena, I think God gave me that baby to save my life.

She gave that to me baby. To save me life, she really, he gave to that me to say my she has. I mean, I, before I got pregnant with her, I knew that I had an enlarged ovary.

And they had told me, you know, it's a little bit enlarge, but weren't concerned about it. They were doing the typical, and I love my OBGYN. I've been going to her for over a decade.

She's amazing. and she was doing all the things, they were testing me for ovarian cancer. they did the C125. It was negative, although I know that sometimes it has false negatives, false positives and all of that.

But there was no signs of like anything to be concerned. you know they said it just looks a little enlarged but then they were tracking it and had grown like a bit but just not a lot and it didn't have a real concerning look.

So when I got pregnant with baby number two I had to see a high risk doctor again because you know they consider you old if you're like over 35 or whatever and you have to go to high-risk and I had a thyroid condition and all the things.

So I was seeing my regular OBGYN and then I seeing a High-Risk Doctor and usually when you like these ultrasound techs that are doing your your ultrasounds for you while you're pregnant.

I'm pretty sure they're trained to not really make a face or say anything. totally panicking. And then I thought she was going to tell me that my child had polydactyly because Rosalind had Polydectyli.

So my husband was born with 12 fingers. His mom was with twelve fingers, so it was his grandma. It's a thing. Yeah. My first daughter had that and I'm like, maybe they're seeing that again or something, you know?

And she's like well, I am seeing like a you know, something here and I said, Oh, is that my ovary? Like, cause I know I have a slightly enlarged ovaries.

She goes, yeah, this is really big. And I'm like, okay. So I was like panicking. I thinking, why is she saying all this to me? You know? And of course I can't ask her any questions.

she doesn't know. mean, she's the ultrasound tech. so now I am totally terrified. and of my husband comes to every

appointment, but this one, he was not able to come and had my older daughter with me.

And I am just like in tears. The doctor comes in and he goes, we're concerned about this. This ovary is like double the size it should be. We are concerned.

I told him, you know, that my OB-GYN, my primary one had known about it. this is what we've done, this was what she's tested for, blah, blah, Blah. Okay.

So he's like, I think we need to refer you to an oncologist for gynecology. And in that moment, My heart sunk and I'm thinking, I am pregnant with this miracle baby and you're telling me that I need to go see an oncologist.

I'm like, my gosh, this, what? And he kept referring to it as a mass. And I was like is there a mess on the ovary or are you referring the the over when you say mass?

Like I trying to understand what he's saying to me. He's like well it doesn't look like there's a mask on it. It's just, it's, a, mass itself. You know, I don't know.

Then he was talking about they're looking for, you know how much vasculitis. Yeah, blood flow and all this kind of stuff. And he's talking to me about that and I'm thinking, oh my gosh.

Right away. How far are you at this point? So I am probably in my second trimester, I feel like, beginning of the second. You know, it's not early on, but it is not super late.

I call my OBGYN right away and she's like okay, let's stop panicking. She's amazing. So I started seeing this oncologist for gynecology and she started looking at my tests and they're doing more ultrasounds, more tests, all these things.

And she's not concerned. She's like sometimes she does look like, oh, that she sends me for an MRI and I'm like you can get an MRI when you're pregnant?

I was like what? So they sent me in for an MRI, got one. There's a partial torsion that could, sometimes the blood flow increases, decreases, it goes back and forth, maybe that's causing it to be enlarged, but I just don't see the things that I would look for, for it be something concerning.

I'm like, okay, in my mind I was terrified my entire pregnancy, I could not stop thinking about that. The high-risk doctor said, you know, this is something you need to get this removed, and we can't do this at the stage you are in your pregnancy.

And I'm like, well, obviously not. Even if they wanted to, I'd be like no, no. So they're like you, need have this remove pretty soon after you deliver.

Along the way I am talking with my OB-GYN about what the plan is going to be. You know I delivered vaginally, naturally with first daughter and that was the Now my first daughter had a shoulder dystocia issue where her shoulder kind of got stuck coming out of the birth canal.

And so this baby was measuring bigger. So they were concerned about that happening again, because that was very scary. So they were, she was kind of warning me like, you know, we may have to consider a C-section.

I know you don't want that, but let's just think about it. And I also knew I needed to get this ovary removed and I was having a lot of anxiety about having surgery after having.

Like I have a newborn at home. You want me to go get under anesthesia and have surgery? Like, I've never had a surgery. So that's what my OB-GYN was suggesting was if we do, and she's like, I'm not going to do a C-section just to take out the ovary.

If we need to it for the baby, then we should do it simultaneously, you know, which I appreciate because she is not just like willy-nilly like let's do C section.

So she was like and we got to that point where the Baby was measuring bigger and were like okay, we just need do that and then I really thought about it and I am like that's better because I don't have to be put to sleep.

I was starting to have a lot of anxiety about having a surgery and being put sleep, I've never had a surgery before. You know, some people just think it's like no big deal, but for me it was.

And so those days leading up to having that baby, i was just terrified thinking about this C-section, and I didn't know what it would be like, trying to ask all my friends, like what did you experience?

So I have the C section and little Selena comes into the world, which is so amazing. And my OBGYN is doing this, you know, procedure. She's taking the ovary out.

And, before we go in there for the C-section, she asks her patients always like, what kind of music do you want playing? And I said, Christian music. and she's a believer too.

So she was like oh, of course, and this song came on by Katie Nicole and was a newer artist, I think. It's called I Pray for Your Healing. And in the moment that my doctor said she was taking that ovary out, she said, She's taken it out.

That song came on, you know, and it was just like a playlist going like, And I tell them the song specifically or anything like that. And that came out and I remember laying there, the sheets up there.

My husband's holding the baby or the babies. I think they put her on my chest or whatever. and tears are just rolling down my face. In that moment, I was like God's got me like I know I'm going to be okay.

It's going to be fine somehow or another because that song was really getting me through the last couple of years of being like scared about what was going on with that ovary.

And, you know, I go home, breastfeeding my beautiful baby. I'm super happy to just be in like a better space and a headspace. And I am like, okay. You know I will do this.

Breastfeed for the first year. So excited about it. Like I know it's going to be hard, but I doing better this time. All the while I waiting for these results because they said, we're going send this ovary to pathology.

Eight days later, I will never forget that day, my daughter was born on January 10th. And on Jan. 18th, My daughter is at school, and my husband had taken her on maternity leave.

My husband and I are sitting on the couch in our living room, holding my little baby in my arms. Here comes that phone call from my OVGYN. She says, Angela, it is cancer.

And that was one of the worst days of my life. This was the hardest days. I mean, talk about postpartum depression. Hello. So here I am holding an eight day old baby in my arms and I'm like, there's no way, like this is, my God, this not happening.

Who gets diagnosed with cancer eight days after having a baby? Like this my little miracle baby. And I just, I couldn't believe it. I could believe that my husband is sitting next to me and he's very quiet.

He's not saying anything. Am I OBGYN? She's just talking on the phone and assuring me you're going to be okay. We're gonna get through this. And praying for you. I'm gonna set you up with this oncologist, blah, blah, all the things, right? She's gonna contact you and get you in right away.

And I'm like, I mean, what is it? And they really couldn't tell me exactly what kind of cancer it was, but they did. I

think in that moment, she did tell I had a little bit of hope because I have done a lot of research on ovarian cancer, and that is some scary stuff when you read about ovariant cancer.

It's one of the harder cancers to cure. And that was what was in my mind the entire time, like hoping it's not that, you know? And when I hear lymphoma, I'm like, okay, kind of know a bit about that but not really.

They don't know what kind. I'm waiting for the psychologist to call me. I waiting to get this appointment to figure out what I am going to do. My mother-in-law is supposed to come over that day just to help with the baby.

She had been back and forth and stuff like that because they live an hour away and they were already on the way because it was supposed come that. And my husband was upstairs in our daughter's bedroom and he was on his knees and she was talking to his mom on her phone.

He said, Mom, Angela has cancer. And she just started screaming and he is like crying. I've never seen my husband cry like that. He's very strong.

Choosing a Non-Chemo Path

And, uh, in that moment I, I stopped crying because I feel like I had to be strong for him. You know, he's scared right now because his brother has passed from cancer.

His dad has past from and now he I know he scared, scared to lose his wife, you know? And so I was like, I got a, a woman up. Like I gotta somehow pretend like I'm okay because I don't want him to think that I am going down without a fight.

Cause these are my kids and I going to raise my kid. Nobody else is going raise them. No one can love them and take care of them like they can. So I knew I had to do something and right away I got on the phone and I called Dr.

B and whoever answered the call I was like, I need Dr B right now. I just got this diagnosis. And I'm telling you within minutes my phone was ringing and there he is on His voice was so calm and he's like, hold on a second.

Let's just hold the phone. You're going to get in here and we're gonna talk about this. Don't do anything. Like don't make any rash decisions. We're to talk this and figure this out.

I'm like okay. And while I was dealing with all of this, my daughter My first daughter had the same thing. She had high bilirubin levels. What is it called?

Yeah. she had jaundice. what is that called when like you have a different blood type than your child? The type O positive. Yes. Like my kids and the RH factor.

Yeah, there's like some kind of, I don't know, thing that happens that can cause the bilibrubine to be out of control, jauntice and all that. And with my first, daughter, we were in the hospital for a week with that, And I was nervous that this was going to happen with her, but they did let us go home.

We had to have the blanket and all the, the blue light and that stuff. But we had go every day and get her blood taken and her pricked and this stuff." So here I am taking my daughter to these appointments.

And my husband's driving us around every because, hello, I just had a C-section, so I had major surgery. Okay. So we're going, yeah, sorry. I'm going the breastfeeding clinic center, you know, where they help you and, all that kind of stuff, I'm going there.

We're going to these appointments for her. I am worrying about her Billy Rubin levels. Now I go to an oncologist. This is crazy town. What is happening right now?

I just want to have another baby. Here's my husband, so strong the whole time. He's driving that car. Taking us

where we need to go. Right there with me.

Amazing. And when I got to Dr. B's office and I went over with him where I was at, what was going on, he's like, we need all the facts first. Like the first thing the oncologist is probably going to do is have you do a PET scan and they're going do this and do that.

He's, like let's get this information. We need to know what we're dealing with. So I met with the oncologist. She did tell me it was diffuse large B cell lymphoma, non-Hodgkin's lymphomas, apparently a very aggressive cancer.

scary when you hear you have an aggressive cancer. I'm like, hold up. You know, I just had a baby and They're talking about, you know, the chemo treatments and you're going to need to do this and we're gonna need start right away.

This is very aggressive." And I'm like, hold up. And they're telling me, You're not gonna be able to breastfeed, all the things when you have chemos and everything.

I was like no, I am breastfeeding this baby for a year. Ha, ha, don't care what anybody says, i'm breast feeding this babies. and I don' want to be super sick.

One of the first things that I told my OBGYN when she called me and told me I had cancer that day is I said, what am I going to do? Because I can't do chemo.

That is going kill me. I cannot do chemotherapy. It came out of my mouth just like that. And I was terrified thinking about doing chemotherapy and I understand standard protocol.

They know what they know. You know, that's the treatment that they do. So I went and got this PET scan. So terrified. I was so scared getting this scan, I'm like, is this what my life is going to be like?

Am I going be in the hospital every day? am I not gonna be able to see my kids? That is what I so was scared of. And when they told me, even just to get that scan you know, it gives you radiation and all this stuff.

But I have to get it because I need to see where I'm at, you know But you can't be around your kids for like 18 hours afterwards and like what do you mean?

That was torture for me. That Was torture. I am the one that puts my kids to bed at night I' m the One that reads them stories and you Know and even when my husband is there to do it I I"m there too because i i'm just that mom, You know, and i" m not saying i am better than other people or whatever but i' am just That mom you, know when I when i m off work my Kids are with me that that's just how I roll You know, and I was not able to put her to bed that night and that really broke me.

And she, it was hard to explain to my child. Like she's six or seven or six, six at the time, whatever, seven, I don't know. It's hard explaining to her why I couldn't be around her, why had to come home and quarantine and hang out in my bedroom and get on the video chat with her and all this.

And, she cried and, you know, It was very scary. and of course my mom had came in town. She was there within, a matter of two weeks after this diagnosis and.

All of that. I had a lot of support. And honestly, it was just scary. It was scary waiting on these results, figuring it out, but my oncologist was really great.

She knew where I was at and I had so much anxiety. I just had a baby. And she was like, I'm going to meet with you that same day that you get that PET scan.

Schedule an appointment, and she did. Met with me. She went over the results and she was like, well, she's like the only thing that's showing up is this, you know, your hips are lighting up a little bit, but I do expect that you just

had a baby.

You know I expect some things to light up there. There's inflammation. it's enough for us to cause concern that we need to do a bone marrow biopsy. I'm like, what the heck is that?

And so I talked to Dr. Bean, he's like you know what, go ahead and get that bone mirror biopsies. And obviously he was never telling me what to, do this, don't do that.

He was just another person that I could just Get a solid opinion from him. Exactly. He's so good for them. Because, of course, when you talk to your family and friends, they're like, whatever that oncologist tells you, you need to do it.

But they don't know what I know. And they haven't been walking in my shoes for the last decade. They haven' been living this holistic lifestyle that I've been trying to live and don' really understand the things that i understand.

I was like, you know what? Okay, like I'm going to get this bone. I have to know. And like oh my gosh, what if it's in my bones? And I talked to my chiropractor and they're so amazing.

They were praying for me and, and then they were like we don't expect it to be there. Like, even the oncologist said that she didn't expected. She's like cause if its in your bones, we would see it lighting up a lot of other places.

Yeah. My oncology or my, my Chiropractors said to me, that PET scan would have lit up like a Christmas tree if that was already in our bones. You know, let's just pray on it.

That's the worst thing about a cancer diagnosis, honestly, is the waiting game. And the anxiety of that will kill you. The fear and anxiety will you, and I wear this ring every day for a reason.

I mean, it says faith over fear, And I kept saying that to myself. Over fear every time I was scared, every times I had anxiety, Every time it was mad.

I would play my Christian music and I wouldn't listen to that and that would get me through. So they're like, you know, we want you to do this chemo. You need to start in a couple of weeks.

And Dr. B is like… And this is the same thing I had been saying to myself. This is same things even a few family and friends said to me. Why do they want you to do chemo if nothing is showing up on your PET scan or your bone marrow biopsy?

What are you doing chemophore? They've already taken out the ovary where the cancer was. What do you do in the chemophor? And I said, well, that's what I want to know.

So I sat and asked and you know, it's standard protocol and I get it. I understand how their world works and it is an aggressive cancer and understand their small cancer cells and they can grow.

But I also am smart enough to that everyone has cancer in their body. You do, you do. Everybody does, everybody watching this does. They're just abnormal cells.

It's in your body. That's right. And if you feed them, they're going to grow. If you know how to detox your buddy, then you can get rid of them. I do know that I have an autoimmune disorder and I had Epstein-Barr virus in my system and was still in the process of doing more UVB for that, but I realized there is a link between that and lymphoma types of cancer.

And even the oncologist confirmed that for me. With Epstein-Barr. Yes. When you have Epsteen-bar virus, those kinds of chronic viruses in your system, you are more at risk for having a lymphom type of a cancer because it's your lymphatic system.

It's part of your immune system and all of that. It took me some days I was thinking on it and it was a very hard decision to make and every single day I worry if I made the right decision, but I chose not to do chemo.

I said, no, I'm not doing that. boost my immune system, because I know the chemo is going to wreck my system. And I already have an issue with myimmune system because i have Graves' disease, I have Epstein-Barr virus, you know, all these things.

I'm like, i can't afford for myimmune system to be worse than it is. All these stories were just popping up on my social media pages about people that were having chemos.

experiencing other things. And I sat with a different oncologist, because I wanted a second opinion. So I went downtown to one of the top lymphoma specialists at MUSC, and I asked him some hard questions.

I think he was kind of like, whoa, who's this girl? She knows some stuff. And I said, you know, I just recently read an article from the American Cancer Society and it listed all of the reasons why you might have a reoccurrence of cancer.

And one of things that was listed was chemotherapy. Is that true that chemo can cause cancer? I know that's true, but I wanted to see if he was going to tell me it was true.

Yeah. He looked me in my eye and he said yeah, yeah it can. I'm like, so you want me to do chemoe for a cancer I don't have in body anymore? so that I could get another cancer?

No, thank you. No, thanks. And I can't predict the future. I don't know what God has in store for me. If I was in a different situation where I'm sitting here and they're, you know, telling me different things, I may have made that decision.

But I did not want to be pushed into doing that because it's standard protocol. And I said, I am not another page in your medical textbook. and I know better.

So I'm going to do what I can. Yeah. And I think a lot of people just feel like they don't have any other options, you know? You're so right about that.

I've met a lotta people at Deeper Healing that I was sitting alongside that have had cancer, that chose to not have chemo, but also ones that did do chemoe and still were coming to Deepers Healing.

We see all of it. They would never tell someone not to do that. That's right. If people need that, they need it, it really depends on what kind of cancer you have, what stage it is.

Chemo can make you very sick and it's going to wreck your immune system, but there are things that you can do like fasting while you're getting that chemo that can get more effective.

I learned that and I did ask that oncologist and he goes, yes, I've read that. And I think that is, can be effective, you know, But also just the other treatments that, that are so important when you, even if you choose to go through chemotherapy, because I mean, there's so much that you're going through and you are putting on your body.

And from the stories that I've heard from people that are sitting right next to, you know, getting treatments, they're like, yeah, I'm going to chemo, but I have noticed a huge difference in the way I feel compared to when I wasn't coming here and getting chemos, or from other people I know that have had chems and weren't getting these treatments.

We've had, we have it all over. I see it.

Faith, Support, and Healing Progress

All over the place in there. People doing, I mean, the most powerful thing, if I can add to this exact conversation, people are in all different stages.

And, you know, with, whether they're, so I call it straddling the two worlds or only in one or in the other, but I think they are real. We have a lot of amazing supportive things for either direction.

But the thing that I'd think that we're amazing at, Dr. B says this, if cancer is nothing but a rogue cell and everyone has rogue cells, cancer, is a problem when they're multiplying faster than you can get rid of them, right?

The higher level question is this. Why is my body an environment that cancer's thriving in now when it was not before? We know what those reasons are.

Exactly. So that, you know, it could be high chemical levels. It could microtoxin. Yeah. You know it. And I think there are so many people too that were surprised like that I got a cancer diagnosis because they know the way I live my life.

Even my own sister, she's like, I am so shocked you were the last person that i would expect to get this diagnosis. What I say to people is You know, even though I've been living my life as holistically as I can for the last, I don't know probably eight years or so.

It does not erase like necessarily what has happened to me over my entire life. Like there was still things that were going on before that. I mean, you know, I was there when you were born, right?

Exactly. So that's why it's really important to keep on top of your health and to really be your own advocate and push for. other options and don't just sit across from that doctor in the white coat.

That's like surgery and pills. Those are your only options because that's not true. Not true, even traditional cancer treatments. One thing I've said to a lot, cause I ended up doing a lotta calls with the people that call in.

If, if you're, If I, I just finished my chemo radiation, Danielle, you are in remission. We want to see you again in six months for a scan. Do you know what I do for that six month?

I bite my nails, I freak out because I got six months to wait till my next scan. I was there. Do you know what that does? That causes disease. Being in chronic fear causes diseases.

That's why your faith over fear is a very powerful tool that you were using. Whether you realized it or not, you are like pulling your fear down mentally.

If people were empowered to know, how do I change the environment that allowed cancer to even get here in the first place? These are the conversations that we should be having.

Because that ovary was enlarged for four years before I found out it had cancer. that I had known about that for several years. And truthfully, your pregnancy could have ramped it up.

Yeah. You know what I mean? And that's what they said too. It could grow like within pregnancy. Uh-huh. That's why I say I feel like God gave me this baby to save my life because otherwise that ovary would not have been looked at again.

There was nothing, even the oncologist that's for gynecology, she was shocked to find out that it was cancer. She was the one that was going to do the surgery, but then because we did the C-section, my regular OB-GYN did it.

So she called her and told her, and she said that she be shocked. To find that out because it did not look like what they… I think because they're looking for ovarian cancer, obviously.

I'm a believer. So I feel like God could have turned that around for me. It could've been ovarian cancer. And he was

like, no, it's going to be lymphoma instead.

We're going cure this and you're gonna be fine. You know, and I started learning about the lymphatic system and how to do like drainage massages and getting on my rebounder and all these things that are good for your lymphatics system.

I was just, you know doing all this research and there's just so many amazing things you can do to support your body. I knew I had to be in a good mindset and my best friend kept saying this to me and she's like, you know what?

You have to get your mind right because that stress and all that, that's not gonna help. It's gonna make it worse. And she has that same understanding that you guys have as far as how that really can affect your chronic illness.

I tend to a very stressed out person naturally. Been like that my whole life, but I manage it pretty well. A lot of people don't realize when I'm super stressed-out.

But I told myself, you know, I'm going to do everything I can to be in a good headspace. And even when I would go to the oncologist and I'd feel some kind of way or just feel nervous about, am I making the right decision, or talk to a family member or friend that would put me down in the dumps because now they're like, maybe they are not doing the chemo.

What are you thinking? You know people tell me I am crazy and all this stuff. Yes. So it would, it put my back, emotionally. But every single time I walked through those doors at Deeper Healing, I have those cheerleaders right there.

We all love you so much. And here I am with this little baby getting these different treatments. They would hold her, they would go change her for me.

I was so grateful. Do you have a nursery now? Give me that baby. You need to have a little daycare. Can you imagine the space next door is for rent? Yes.

We'll have little deeper healing babies. I just have to say, I feel very emotional. You are an incredible person. Thank you. And you've had quite a freaking journey.

Yeah, and I've sat in, we've done what? I don't even know how many podcasts now. this story. It's unbelievable. The first time I cried. I know. I was like, where are the tissues?

Like, what's happening? We need tissues on the set now. You know, especially like as moms too, like knowing that you're a young mom. I mean, just imagining or hearing.

The rawness and you are a really good storyteller. And I just felt it and, you really strong. Yeah, and like I want to hug you right now, but I don't want mess up this.

But it's like so many women out there, if anybody's listening, The mindset part and like what she's done and now you did have, and luckily this is like, what this podcast is all about because there are cheerleaders out there for people.

There are other solutions and that's what we want to expose because we sit here at Deeper Healing and hear all the conversations from all of the different patients that are there, how they did turn their life around.

How there is hope, How you don't have to stay stuck on this side in this fearful side of medicine, thinking you have take a bunch of toxins and chemicals and make yourself sicker.

Yeah, is that an option? You can do that, but like to hear you, I don't know, just hear the whole story from the very beginning. It's so opening. And I feel like…

you know, God put deeper healing, put my best friend who's taught me so much about holistic living, certain people in my life for this road leading up to this cancer diagnosis, because otherwise I wouldn't have made the decision I did.

You know I've learned so felt confident enough to make that decision not to do chemotherapy. You were the messengers on your body. Yeah, I mean, 100%. Yeah.

And then I also feel like the way that I have been living my life over the last several years, and I don't know this to be 100% true, but I feel it in my soul.

that maybe that's what helped for this not to grow and get out of hand or spread somewhere else because of what I'm doing. Because if I wasn't doing this lifestyle that I've been living and learned so much about taking care of my body and detoxing and all of this stuff.

Who knows where I would be? If you were drinking a bunch of Mountain Dew, eating a lot of cereal, drinking milk with hormones and antibiotics, it's all the things.

But if you would have created that environment, that would feed and fuel that cancer so much faster. It would've taken you down and out. You wouldn't have the knowledge.

And I mean, I was terrified because they kept telling me it's very aggressive and I researched it, obviously. And so I'm terrified. I knew I needed to get another follow-up PET scan.

Actually, the day that I supposed to start my first chemo treatment, just was so nervous about… I wasn't having an appointment with the doctor also and didn't want to go to my appointment because I afraid that would be convinced.

Now, my oncologist is very sweet and she's amazing and has never tried to force me to do anything. But I just didn't know her well at the time. And so I'm scared.

I am like, is she going to try to talk me into doing the chemo? And on purpose, I scheduled an appointment for deeper healing that day to get one of my treatments.

So that you could get talked off the ledge. They called me while I was in the chair getting an IV. Oh my gosh. Not even kidding. Yeah. And they called me and they're like, Oh, you know, You have this appointment and show up or whatever.

And I said, well, I won't be there. Not coming. I just said I have some reservations about doing it and I might consider it in the future, but right now I don't see the reason to I've had a bone marrow biopsy.

They were all free and clear. You're doing great. How far out are we now? How old is the baby now. She's about 16 months, almost 17 months. So yeah, January was a year.

I did have a recent PET scan and I got that all clear.

UVB Ozone and Final Reflections

My goodness amazing because I did have one three months later after my initial diagnosis and then I had another one. I don't know when actually know I was supposed to have another 1 like 3 months.

Later, but then, I kind of put it off and it was the holidays and I. Was just scared. So I kind of put it off and then finally went back to my oncologist and I'm like, hey, I know I need a follow-up.

I do need to make sure. And it's scary because I don't know what's going on in my body. None of us do. That's the reality. So, just I keep telling myself, you got to keep doing what you need do to do keep your body healthy and

make the right decisions as much as you can.

No one's perfect. I am going to, you know, my oncologist, she was so happy for me. I mean, her and her nurse, they're like cheering for, like, we're so for you.

You know you've got this free and clear PET scan and no evidence of disease and all that. And nurse your baby just like you said you would. Yes, I nursed my baby.

Have this amazing, healthy, beautiful. Yeah, and I made it like 10 months and then I was like just so exhausted after that! I think 10 or 11 months and I was like, I'm so proud of myself.

But you have two healthy babies. Yeah. Everybody's doing great. Awesome. I want you to add something because you said it on the way in. The power of UVB ozone.

Yeah. Oh my gosh, it's amazing. I had a lot of those last year, you know, after my diagnosis, because with lymphoma and Epstein-Barr, and I knew the Epsteine-Bar being in my system still, like I, that can contribute to this.

Like, so I was doing a lots of these. Anyways, but it has been a while since I've had one. I don't get sick as much as I used to but I all of a sudden got sick and usually I get it from the kids but they hadn't really been sick.

And all the sudden, you know, like Friday I wake up and I'm like, I feel so horrible. I could barely swallow, my tonsils are swollen, and got white stuff in the back of my throat.

Now I, don t have any of the fever. It's not as, as bad as what, it has been in past but i did feel some fatigue and i'm just like gosh my throw just is killing me.

So I was like, you know, I'm going to do all my things, herbal teas, everything that I do at home. And I always tell people like I have my kid's doctor and my own doctor, because I make all of my old things.

Anyway, I was like, well, need to be sure. Like, is this strep? Is it, you know? So I go to the Minute Clinic and they do a swab and then like no, it's not strepe.

And I'm like okay, what is it? They're like oh, just something viral. I bet this is a little bit of that EBV just kind of blaring up a bit here, which again is nowhere near what it was before.

Of course, then I was like, well, this was stupid. I should have called deeper healing on Friday when they were open so that I suffered all weekend. And then Monday morning still woke up really horrible.

This was the fourth day now where I'm like I can't even barely eat. But I called and of course they got me ready and they talked to Jules and she needs to come in, you know, get that EBV.

And the next morning I woke up and I felt like a new person. So she got a UVB ozone, 35 minute treatment. It's the ultimate like bash that virus. Yes, it was amazing.

I'm like, oh, if I would have gotten this done on Friday, I wouldn't have suffered at all. So you felt great that night. Yeah, I started feeling better later that day and the next morning was a lot better.

And then what's today? Wednesday? And this morning I wake up and I'm like, it's gone. There's nothing. It's funny. I did the same thing. I had something very similar.

Guess it has gone around. But I had it a couple of weeks ago and i've never done a high dose. Only done standards. And I was like having all the things and Dr.

P is like just go get a hi dose and like really? He's like yeah, just get high doses and literally went bike riding that Wow. It was gone. Wow! Yeah. No, I haven't had one yet.

That was amazing. Oh my gosh. I've done everything but the UVB. Because I hadn't been, but I'm like… I could go on and on about a UVBO zone. But for anyone out there, it's amazing with Epstein-Barr or any other horrible virus and bacteria, and it's a blood IV treatment with ozone.

And there is a connection. When Marty, my husband, had long chronic up steam bar, three separate doctors, when we went through our 10 years of all the physicians, said, I don't know why you don' have cancer to my has been because he was so severe.

I truly know that not only did UBI Ozone heal him, but it also It didn't just heal him, it took him back to who he was. It was like hitting the reset.

So I am a, I could go on and on about that treatment, but hearing you say that, and I had the same experience two weeks ago, just how immediate it was.

It's not always like that. Especially for someone who's very sick and chronic, that you were just having like a little like- Yeah. I think I was just had a low flare up, you know, or just whatever it is.

But just a viral something. Yeah, some kind of virus, even if it wasn't that I mean, it's nice to have that in your back pocket. You know like when you're sick, like I have to take care of it.

Right, you guys. Well, I think we did the longest podcast in history. I know. Going on two hours here. That was like two separate stories. It could be.

Maybe we'll split it up. Yeah, like that was an amazing journey. Thank you so much for sharing. So well, because of your persistence and your amazing You have to be your own advocate.

My last oncology visit and she was going over some blood work or starting to and I was like, oh yes, I know I saw my ALT was a little bit high. I'll get out my castor oil pack tonight or whatever.

And like talking to her like she goes, what do you do for a living? Are you a doctor? I'm like no I am a teacher. And she goes, feel like you're explaining the blood work to me.

She's like, I've just never had anyone talk about it like this before. You have to be your own advocate and you have learn. Can, you know, your, it's a lot to navigate with that big diagnosis.

And especially being in all the, like having all of the fear and there's, a lotta things that come along with it. Both my parents had cancer. So Ben went through it a couple of times, but I was there to help them navigate it and I'm like, I can't imagine people navigating this with, with I mean, the medical terminology, their labs coming back.

I'll be able to them read it, But like if you don't have that, You're starting from scratch. that is overwhelming. And especially since most doctors don't have the time to explain it.

It's just like, do this, here's an appointment and, you know, it's six, eight weeks out, and this is the waiting game. Like you're saying, I hear it from patients all the times too.

I just had one the other day who she's been bleeding out the rectum. They think it is colon cancer, but they can't get her in for eight week. She's a MIMIC and like she literally called me like what do I do?

And I'm like I don t know what to tell you to do. These doctors, they just They don't tell them anything. I feel like there's a lot of people that just are really frustrated with where they're at with a lotta this.

But anyhow. We're wrappin' it up. This was amazing. Thank you so much for sharing your story. You're welcome. And we'll pop a little picture of you and your little kitties in this video.

Yeah, let's do that. Love you. And if anybody out there wants any more information, just visit our website,

deeperhealing.com. You can also learn about our online courses.

We have a mold course. Uh, we have couple other courses, so just check out the info and we will see you next time. Online we have loads of courses and a free toxin quiz.

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