From Crippling Rheumatoid Arthritis to Back on the Job Site: Tim's Story Transcript

(Transcripts are generated by AI and may contain errors)

Introduction to the podcast and healing mindset

Pull yourself back in off that edge and say, hey, You've done it with odds a lot harder than this in business. And I think a of it, unfortunately, is the mind.

100%. When you tell yourself you're done and all I can do is pop a pill or go see this specialist and that specialist, it's over. I've spent the last five years talking to sick people.

You can literally tell in a conversation when they're like, I am not accepting this. This is not my life. Then I'll have other people like I'm never getting better.

And I'll always say to them, whatever you believe is true. 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. So what I love about you, Tim, is you're just such a regular guy. And, you know, Tim is a he's a really cool guy. He owned an auto body shop.

I'm going to brag on you for a little bit. You know how to fix anything.

Tim's first symptoms and worsening pain

Is a home builder, but he is the guy who uses his hands and his body for his job. And I am going let you, why don't you tell us how this all began? I just like she said, I was just a regular person.

So I I never really had ever a doctor's appointment. I've never had a physician. And I have never been to the hospital in my life except for when I was born, of course.

Outside of that, I just never felt the need. Never really got sick. This slowly but surely, you know, 58 now, so I thought, well, getting older. At the time, this has been in 2019 when it first started, in October.

I said, I'm getting older, you know, up on a roof all day, pouring concrete, doing this, physically active, so I am just getting aches and pains. But then it started getting noticeably worse at night in the middle of my sleep.

I would wake up with, it would start out as cramps in my legs, calves. And then my one finger really started bothering me, my index finger on my right hand.

I thought, well, that's odd because usually you remember if you stove did or you heard it and never did anything that I can recall. And it went on for a couple of weeks.

So I went to the, uh, just like when the stack cares and they did x-rays and he came back. He said, Well, nothing's broken. It goes, I don't see no arthritis in the joint or anything goes.

You must've just stoked it. That didn't seem right with me. But I said. Okay. Just ask me what a stove did mean. Does that mean like kind of jammed it up or something?

Yes. He thought like maybe in my sleep I did that. I'm like, I think I'd remember I wake up with that kind pain. But he bandaged it and put a splint on it.

And then it didn't get any better. It's been like two weeks since I take the splin off and I have to use this hand. And I just let it go, you know, I'm like, well, nothing's broke.

There's no arthritis, so it just must have. I don't know. So I put it off, but then one night I woke up again in the middle of the night and this time I had a golf ball size.

It just started real small in my upper groin area and I took a few steps out of bed and it brought me to my knees. In that area I could not get rid of that cramp.

Oh, I still to this day I remember the pain and I said, oh, this isn't no good. But you know, there again, you go back to work the next day and back up on the roofs and the ladders.

And then out of nowhere, probably was two or three weeks after that, in the middle of the night I woke up and that was it. I knew, boy, something's really wrong. I could not lift my shoulders.

My wrists were just gone. Everything ached. I couldn't get my hands up high enough to comb my hair or brush my teeth. It was that agonizing. And I used my elbows, I remember, to get up.

That's the only thing that didn't hurt my elbow joints. He's becoming totally debilitated. Like he cannot open the car door. He cannot dress himself. This is a guy who's a home builder.

And now he's not able to do anything. Right. So you're like, let's go to the ER. We're, like what are you thinking? I mean, well, that's, what I told her and she goes, can we wait till in the morning?

Because he's a fine-ear soul person too. And I'm like, yeah, I can hold out till then. I mean, there's nothing they're going to do for me anyways. So we waited till in the morning and I went there.

Of course, they took the blood work and they looked me over and this and that. Um, and remember him shooting me with, well, didn't know anything about it, but he shot me in prednisone.

Oh, this is great. Within five minutes I was healed. This is the best thing ever. I'm good to go. So I went home and he said, we'll let you know in your blood resorts in a day or two.

And he did, he called me back in few days and says, well, your blog came back, you have rheumatoid arthritis. I go, what? You know, I didn't know nothing about that.

Just knew it wasn't good and I seen the people that had it and they were older and it was all debilitated. They were hunched over. He said I have to come in and see you about this.

Can't talk to you on the phone.

ER visit and rheumatoid arthritis diagnosis

The next day and talk to him, he was rather just a blunt and said, well, you know, like I told you over the phone, yeah, rheumatoid arthritis. You have all the markers in your blood.

I set you up an appointment. It's going to be two months before you can get into a rheumeatologist to have this done. And I'm like, two month? I got to live with this?

No, I can't live this kind of pain for two. Months. So the steroid relief was just like very short term? Yes. Like it was like a day or two? Yeah, but I said once a like day and it started wearing back off and then it came back.

Okay. So then he shot me up when I was there and he goes, you know, this is till you get there, we'll give you some pain meds and some pills before you're and that's what this should keep you.

And I really don't want to take this stuff. I've never taken medicine in my life. I don t plan on starting to be an addict now. But he assured me, well, you have to have it.

You're not going to be able to function. Which I took as limited amount as I possibly could because I still wanted to work and use the hand tools and everything, not feel tired all the time, which I already did feel then at that point.

But I went home then and explained it to my Kim and she said, Oh, hell no. You're not going to a rheumatoid arthritis. So let me get this right. I said, well, they told me it's been coming on for a while, I just didn't pay attention to the symptoms, which I kind of thought was like, Like I said, there again, I was never to a doctor.

I didn't know no medical, anything. All I knew was I had to be at work. If I wasn't working, you're not paying your bills. And real quick, so when the first joint pain started, like how long was it between that and then when you ended up in the ER?

Was it a couple of months? I want to say a few months. My finger was the very first symptom, then the muscle cramps, but the finger, it lingered for a good month or two.

And then it just, like I said, in my mind, I'm thinking, well, maybe that's where he met. Maybe he meant it was only a couple of months. That's when it started.

And I was still thinking this does not make any sense because I am pretty much useless. I mean, even to get down at lunchtime, which was my favorite time because like take a break.

Had to roll on my side and then use my elbows to get up and even then that was everything I could do just get back up. So nighttime I'll never forget was the absolute worst because you are dead tired and all you want to do is lay down but to lay Down on either side of the shoulders was just I got so bad.

I started getting them egg crates a foam It was set them on the bed thinking that would help it. Nothing it was I said, so now you can't even rest. No, you're dead.

Tired and you couldn't rest you was I mean, I already told myself this is not the route I'm going. This is my life and all I'm going to do is take a shot or pills.

You might as well shoot me now because I mean, that's how I felt. I wasn't going live like, there's no way. My whole life, I've never sat still, always worked with my hands.

And now I think the only thing you're going take away my hand, my only source I have, no, now there is no. Luckily, Kim, she, again, did the research and she was looking and looking.

She goes, There's somebody in here that had something similar. He was so bad, he was a triathlon. She had talked to him and he said, I went to a holistic doctor up in Myrtle Beach.

And I said sign me up. I'll try anything. So she set up an appointment. And I never realized how bad a doctor or a so-called doctor could be. I mean, he was the point of, He gave me everything under the sun.

He says, I think you're, you got Lyme disease. Don't think it's rheumatoid arthritis, but it mimicking it. Blah, blah, blah. Can't say you have it because you only have two of the parasites in you.

You don't have all the markers, But nobody does. The time you get them, You'll be done if you go by their standards. So he gave a bunch of pills and holistic antibiotics for over a month.

And with that came even worse pain. Oh, wow. I went from, I thought I couldn't get any worse to kidney stones.

Then I found out kidney stone can be worse.

So now you can't sleep. You can move. Yes. Now I have kidney on top of it because of all the stuff he gave me.

Holistic detour and kidney stone complications

And then, on top of it, when I got the kidney stones, I never had a kidney stone in my life, so I had no idea. I tried calling him, and the office says, oh, sir, we see here you didn't sign up for the premium package.

In order to talk to the doctor, there's an extra $5,000 you need to pay. And he's not available to anyone who hasn't paid that premium. Oh, no, this is not the guy for me.

And then when she said, well, he actually lives in your area, you know, He's on vacation in key away his houses. I'm like, oh, yeah, I am sure he is with the money these people are paying for no health.

So then I said well I kind of don't know what to do at this point. Like I've said with with a kidney stones that I didn't realize what I had. Went to the emergency room that night with that.

They're probably looking at me like I was some kind a pill popper. some meds, but I said, just give me something, anything to get rid of this pain in the kidney stones now.

I don't care about the other pain. And they gave me morphine, which that lasts about 15 minutes. Then they had to, I say, it's back. She goes, we can't give you any more morphines.

You've had your limit. Because I almost just leave at this point. Well, they finally gave another shot and then I didn't realize four days later that that medicine will back you up.

Certain people. what they should have did and the doctor was decent about it in the ER said, I'm sorry. Um, so I had to go back then in emergency room because I, four days, no poop and it was not good.

So he had said we should've given you this medicine that would counteract because certain people get Yeah, like a stool softener or something. We should have gave you something we didn't realize.

So that was even more extruding, because then they couldn't give you meds. He had to do it all manually and extract the poop. I'm like, oh, I wanted to just cry then.

OK, this is not working. Now I am 10 times worse than I was. Oh, now I can't even… I don't want to at this point. The medical doctors, they tried the holistic and I Well, Kim, you know, she kept working at it and working as she goes, let's just go here.

This one's local. It's close. One of her girlfriends, a nurse, and she said this holistic doctors just knew and opened up. And this is how you found deeper healing.

I'm like, oh, here we go again. You know I told myself, I had health insurance. So I was like we're fine. Then she tells me, they don't take health insurances.

They have to pay cash. I'm like, and then I thought about it, I was like in my own mind, well dumbass, what good is it if you have health insurance and you use it and they make you worse?

You may as well just pay whatever it takes at this point and get healed because without getting healed, you're done anyways. So I really, it wasn't no brainer.

Everybody says, oh, don't want to try that route because of the financial part. I am telling you, if your not Maybe you're not hurt enough or you not feeling enough pain because when you get to that point, you don't care what it costs to get healed.

I mean, if you could have took my last nickel, I really wouldn't have cared because it was miserable. Even going through what I went through with Marty, we ended up losing…

It's funny. Well, just looked up really quickly rheumatoid arthritis, which I'm sure you got this diagnosis is the first thing you do. It says, to this day, there's no care for rheumatoid arthritis, first thing it says.

So of course, I'm sure you're doing this, what are my options? What are the things I can do for this? It literally says steroids and immunosuppressants.

Yes. If you are saying, okay, can't be cured and now you face saying I cannot work and I am a young guy, still have a lot of years left, this is our main family support, how we live.

How many people get in this situation? Marty and I were in the same situation. He had a virus that said, no, there was no cure. And he was completely bedridden, unable to work.

You're sitting there like, I mean, we lost years. We lost, years before Marty got better. and you start to say to yourself, like what's my time worth?

So what are we talking about? Your appointment was probably $350. Like, what are we talking about? Like let's not be, this is crazy. Sometimes I just feel like saying to people like, What are you really talking you about, like what is your life work?

What is time worth? Well, then that's it. And I think some people I know with me, I wasn't going to settle.

Finding Deeper Healing and a new approach

I've never settled in my life. That's part of being your own boss and yourself in business. Yes, your whole life, that is all I knew. Luckily, Kim was saying, no, you're not.

You have that. When I first got diagnosed and I looked on that, everybody Googles and seen rheumatoid arthritis. I had that 15, 20 minutes of that pity party for myself by myself.

And I'm sitting in the house half built. How am I gonna finish this job? Yeah. I'm like, and then, you know, it really sets in, You are done. And then you have to pull yourself back in off that edge and say, you've done it with odds a lot harder than this in business.

And I think a of it, unfortunately, is the mind. 100%. When you tell yourself you're done and all I can do is pop a pill or go see this specialist and that specialist, it's over.

Mic drop. That's a mic drop right there. Mindset's so important. I've spent the last five years talking to sick people and you can literally tell in a conversation when they're like, I am not accepting this.

This is not my life. And then I'll have other people like I'm never getting better. I always say to them, whatever you believe is true. Absolutely. Yes.

You know, and I can tell the people who are running towards a solution. They're going to get there and they're open and not waiting for their insurance card to make it better.

You got there kind of quickly because when I look at what do most people do with rheumatoid arthritis, they usually go down a long road of rheumeatologists, you know, all the things you're talking about, the steroids, and the immune suppressants.

And that has its own slew of side effects. I mean, you had that for a little bit, but some people go through that, for years. Then they also hit the liver damage, or they hit the medications aren't working, you know, and now things are progressing because time has passed, they're not better, it's just been kind of damper down.

So in a way, You got there quickly because of your mindset. Your mindset saved you. It got you going on the right path quicker. So, dear God, may someone hear this story of Tim's and may it help you get there quicker.

I have to say it out loud, Tim was very hesitant to tell his story because he's like, I'm not a social media guy. And so, we're both like super grateful that you're willing to share this because as people know, they're Googling, there's no care for rheumatoid arthritis and here you are sitting here.

You are cured. You are literally cured. So let's talk a little bit about that. You get this blood test from a physician at the ER, you have rheumatoid arthritis, this is your diagnosis, and you end up eventually coming to deeper healing.

Let's about what happened when you got there. I know specifically when I got here, I seen Dr. P and I thought, oh, hell, he's so thin and fragile. How's he going to help me?

I'm like, hell, he looks like me. But then I just laid it all out on the line. I said, I've been here, and I want to take a blood draw and this and that and we'll start.

And I remember some of my first questions to him were, hey, if this doesn't work, this regimen you want put me on and go through, what's your alternative?

Oh, I've got a bunch of things in my quiver. We have a punch of program. we won't stop until we get. I go, really? You got all the, Oh yeah. Cause this is just the first of many and we'll find.

Yeah. So you think there's a cure. He goes, there is a care for everything. It's just, you know, and I remember him saying, how's your relationship? How's you mental state?

And I thought. Okay, I can work with this guy because he does he understands because if those things aren't in line and you're stressed out on that and then this is on top of it.

Yeah. It's always evaluating every person under the deep, which is diet, emotion, environment and physical. When I look at RA, it talks a lot about environmental factors, you know, and especially someone like you who, who worked in auto body for over 15 years.

solvents, I mean, yes, you were doing paints, we're doing all the things. So your chemical level would have been very high.

UVB ozone treatment and early recovery

I know you would've been looking at that. But I love that he doesn't just say, oh, this is someone who's got a lot of chemicals. He's also asking you about your relationship, your emotional state, how's your diet?

I knew you are a pretty good eater. That was one thing you and Kim are always very good about, about diet. the whole person, not just this little diagnosis, because it's like, how do you get out of?

These are just names. Someone made up the name rheumatoid arthritis. It's a name. He always says, like I'm just pretending I am him, he would say the diagnosis is not the disease.

So he probably would, say, your disease was heavy chemical load, probably maybe some bacterial viral something. So he confirmed the diagnosis. He got a blood panel and he saw, okay, he's got the markers.

So everyone who's listening to this can say like, oh, I have the Markers, you know, and this guy did too. Um, so then what was recommended for you? After you got all the blood work back, He was number one, very surprised.

Your my metal content was Not too bad. Yeah. Oh, really? He was really, he goes, and you did concrete and I did, I had a concrete business for 10 years.

So yeah, so then the concrete goes just, you should be off the chart. And that was, she said, well, everybody's different. See your, your body had way of getting rid of all that.

So he goes, but I do see the markers for your rheumatoid arthritis. And I see, that's one thing Danielle, I will say about him, just like you said, he said you call it what you want.

You put any name you on this. I don't care, you name it, it can be it. But with you, we're going to start with the gut health because it's all going go back to the autoimmune no matter what.

Yeah. God never hurt my life. You know, it's funny, so many people, when they come in, or even when I'm talking to them, they'll always talk about their biggest pain point.

So your biggest point would have been the finger that, you know before the kidney stones, but you would talk, about you, know that. But when, we start talking a little further, there'll, always say, oh, and I am exhausted or and this and that and, this, what I really just want to deal with my passion, whatever my biggest thing point is.

I love that when he says, don't get too caught up in your name because everybody's an onion to unpeel, so including you. So I think his recommendations to start were UVB.

Yes. So he was going after virus bacteria that so explain that a little bit for like, what is UVB? I get like so okay. UV B ozone is my personal favorite treatment at deeper healing because that's what killed my husband.

My husband had a very serious autoimmune condition, which was. Epstein-Barr virus, which if I pulled that up right here, it would say the exact same thing.

There is no care for Epsteen-Bar virus. And if you want to be depressed, join an Epsten-bar support group on Facebook. People are suffering horribly with that virus and UVB healed Marty within five weeks and he was completely better at it.

So I get really passionate when I talk about that. So explain what it does really. What it it you take a small amount of your own blood and it runs through wide spectrum UV light.

Ozone gets added, O3, so super oxygen gets to your blood and it goes back into your body. So what it does is it pulls down bacteria and viruses. You know, we talk, you know people, like now it's very commonly known that UV light kills germs.

Like people use it to, COVID especially, everyone was like, let me sanitize your phone or let my sanitized your floor and they'll use a light. how UVB started was a group of children who had yellow fever.

This was like in the turn of the century, they were all dying from this virus. And someone had this idea, like, what if we could kill the germ with UV light?

And they took some of their children's blood and they ran it through UV Light and all 16 of control group, of kids survived. So that was the beginning of technology.

By the 40s, it was used widely across the United States in hospitals. When they got rid of that technology was in, I think it was like 45. And this is all in the book, Invisible Cure on Amazon.

If you're interested in learning about the history of this, it's a great book by Tom Lowe. When penicillin came on the scene, they were like, penisill, and it's a panacea for everything.

They literally chucked the machines in the garbage. 2016, Harvard wrote an article and said, we need to go back to the cure that time forgot. Because we all know antibiotic resistance has become a massive problem in the U. S.

We have MRSA, we have sepsis, all of this medical issues from the overuse of antibiotics. And here's something

using light and oxygen that is not only healing, It's very inexpensive and it's easy to use and there's really no side effects.

There's a lot of side-effects from the overuse of antibiotics, as you saw. And we see that a lots. We'll see a lotta Lyme patients come in, they're like, I've been on antibiotics for a year and my gut's in a mess and I'm still sick.

So as an example. I am really passionate about UVB Ozone. The other thing that excites me about it is your body is telling itself what to do. So when you have an autoimmune condition, and I mean, Marty used to hear this all the time from the many doctors we saw over the years, they would tell him your bodies attacking itself.

And I saw him, I see a lot of people, you disassociate from your own body like, oh, my body's the enemy. which is like a really weird place to feel about yourself.

And really, it's that your body's like shooting cannons off, right? Because it is something wrong. It doesn't know what it. UVB ozone creates the flag.

This is the problem. Since you're getting back just a small amount, The treatment only takes like 35 minutes, but your body's working on it for three days.

And that's why the course is like, you'll see patients do it like Monday, Thursday, Tuesday, Friday, because by the end of the third day, it's not doing anything anymore and you can hit it again.

So Marty did his for he did for five weeks. At the fifth week, he completely recovered. Like it was crazy. It was like straight out of a movie, bad ridden to completely batter in five So you started with UVB Ozone.

How often did you do it? I did it as often as I could, which I believe was twice a week. Yeah, awesome. And I would do the low dose. They have a high dose and a low-dose, and he recommended a Low-Dose.

I kind of like it when people are local. All our stay-in-heels that travel in, they're here for a very short period of time, They'll do a standard and they'll follow it up with a High-Doce, And they will do four.

Each High Dose is equivalent to three. So it'll end up being 10 total, which is like amazing. But for someone local, I love standards. Standards are like slow and steady, you know, it kind of wins the race without going so hard.

Um, nothing wrong with just doing a course of standards.

Adding thyroid support and low-dose antigen therapy

So, um, I love that for you. That was, that was a good way to do it. You know, and I, everybody says, well, how'd you have the time? I'm like, just make the.

When you're sick, you make 35 minutes. It's not even like it takes that long. I mean, at that point I had all my hands wrapped up trying to use tools without your fingers because they've just gone.

And I was cause I can remember this to this day, doc Beale still ragged me about, remember when you came in, he wouldn't shake my hand. because my hands hurt so bad.

I said, even if you just lightly squeezed them. Just you saying that, okay, I just had a memory. Because we had talked on the phone and I remember the day you came in.

First of all, you shuffled. Yes. You were not walking. Oh, your legs were affected too? Yeah, my muscles were just like, I always wear work boots on the job and I'm a fanatic about that.

I would tell all the guys, don't come here if you think you're wearing tennis shoes. But I got to the point where the boots were too heavy, and couldn't lift.

And I was shuffling, but I had to start wearing shoes because they were a lot lighter and easier to walk in. So you shuffled in and then I walked over because I was like, Oh God, this guy's suffering so much.

And I went over to hug you because i'm a big hugger and you literally were like don't touch me. Oh my God. Okay. I remember that you couldn't be touched.

Yeah. You couldn' even walk and I, and i felt, oh gosh, it's so crazy. He'll still to this day rise to me about that. Keep it up. Remember you could you shake my hand?

Cause I'll go in there and give him a hard time or something. I mean, it's so hard because now it has been years of you just being normal to him. It's hard for me to remember how severe you were when I first saw you.

In the morning, because it was cold, of course, I would have, literally, couldn't turn the ignition on my truck because of that wrist pain. I said, Kim, can you go out and start my trucks?

She said what are you going to do when you have to leave? I got that all figured out. and I would use a channel lock so I'd get both hands on it to turn it.

Oh man. And I was climbing up my ladders and still, but I get halfway up the ladder and have to take a break because I'm so tired. So you see Dr. B and you start UBV.

So now, so you did the, and that's the injection where you're like getting an IV. It's an I. V., and then so we did two of those a week. I kept doing them for a month or so and Doc was like, how do you feel?

The same, Doc, to be honest, I said the same because, you know, it's going to take time. And I say, yeah, understand that. She goes, well, we're going to mix it up a little bit.

I'm going put the ozone in there then and we'll start. So the ozone is boosting your immune system. So, the one is like the way that it works synergistically is the light is pulling down the virus bacteria and the ozone is pushing.

Well, I used to say boosting the immune systems. The reality is if your system is revving hot, it's going to calm it down. If it is in the pooper, its going push it up.

It's the leveler. Um, but the great thing about it is it does what you need. You don't have, it's not like sending or you're like, I'm pushing it up. I hope that's the right thing.

It's, the body is telling itself what to do. So that what's so exciting to me about UVB and it helps with so many different things, whether it shingles Ebola Epstein bar or, you know.

rheumatoid arthritis. So, okay, but then he added something else to your regimen. Yes. And then, then you started, he goes, we also need at the same time to get your thyroid back in line because you have a reverse T or I didn't understand anything.

Reverse T3. Yeah. He goes that is playing a critical role. That's one of the first things we need to address. You know, We got other issues going on, But why would doing this?

Let's start addressing some of these very serious that we had to And he had given me script medicine and he says, now, the, uh, I remember that the prednisone, he goes, i'm going to give you, you have to have it.

I go, Doc, don't really want that stuff. Just don' feel good on it, makes me tired, lethargy. He goes. Well, I say, okay. I never took it. So I'd go in like two days later or so for more UB.

He'd say what the hell? Are you in that much pain? I'm all right. Because no, you're not. What's going on? Well I just sore. Do you need me to up the dose on your script for your?

And that's when he blew a gas. That's the first time I saw him. And then he got to the other side and he goes, what the hell is wrong with you? He goes you'd rather be in pain than take a pill?

I go, well, I don't want to get addicted. I hear all them horror stories. If you allow your joints to stay in this kind of, because your muscles are all in spasms, and if you allowed this, he goes, you're not going to have no bones left.

It's gonna just ruin them. So once we get you better, You're going need hip surgery, your gonna need shoulder surgery. I go, I don't want that. Then take it.

That's what convinced me I got to follow his regimen to the T. piecemeal, what I think. And that's to take the prednisone. Yes. To get the inflammation under control.

He goes, you just have to get it to where you can rest and you're comfortable. Because you being all tense and everything is making it worse and making my job harder.

So anyway, finally May Day goes this is not going to be a lifelong thing. You got to to where we start seeing the light before we worry about you getting addicted to it.

Yeah, I love that about him. You know, he always says like, we don't use a lot of scripts at Deeper Healing, but of course, in fact, oftentimes we're taking people off the scripts, He always says, sometimes you need the big boy meds, you know, and he, it's another tool in toolbox.

When you needed it, need it. And I, I'd feel like he's very judicious about using it and tapering down when it was the right time. So it is not that here's your med, take it forever kind of thing.

Um, that's funny. That really gave me some, um, feeling like I'm at the, right place. Yes. Because, And then he explained how he went through it now. He got better.

You know he spent. 20 years in a medical field in the ER. And he said, that's all I had to do is write my two jobs. You either get admitted or you go home.

I have a script, you got this pain, get this pill. When I heard that, I'm like, okay, this is a guy that understands that he's been sick himself. He understands this, it's not where we want to be.

Well, I think too, there's like a time and a place like for using those meds. And I'm always teaching patients, you know, There's an order to and I love what you just said, because if you don't fix the thyroid first, like the Thyroid here is like that master regulator and that gets overlooked so much for people out there that are trying to heal.

So and always saying you got to make sure thyroid's In good shape and because that's gonna the rate of metabolism the way the right your body heals and then to like your adrenals like if those who are off you can't get better and into you had so much information.

It's like you gotta get that down and we're gonna go in and modulate the immune system so the order you do things is so important I feel like people are just out here throwing.

drugs and just kind of doing things like all out of whack. Just like, oh, it's this, I'm going to try this one thing and that. But like from what you got from Dr.

V at Deeper Healing, is like just the whole full picture of everything. And that's what's so special because that you usually go like what happened with the Myrtle Beach doctor.

It's just like oh he got like sucked you down like this lime rabbit hole. Yes. that you were like, okay, well, maybe makes sense. I'm going to try it.

But, you know, it's like people I feel like they get so pulled away from just some basic things like the thyroid and the

adrenals and your gut. And, and, that's exactly what Dr.

B said, bring in your meds when you come in with first appointment. It was so funny because I said I am all on his desk and he's Holy shit, you're taking all this?

I'm like, yeah, he starts taking the stuff, throw this one in the trash, I don't think there's $30, there is $50. She goes, what the hell is this. Oh my God, I see that.

He's like, this is junk. Yes. And I'm like I need that he goes, no, you don't know. No, we're going to limit this one. Okay. Where's what's for your thyroid?

That was his first. Yeah. I don' know because it's the first thing. This thing's so far out of whack and it' reversed. We're not and you have nothing here for that because he threw the kitchen sink at you but forgot about the most important.

Exactly. Just like you said, thyroid. And then the other thing that got added is low dose antigen therapy, which I think that you believe was a huge factor for your recovery.

That was my boost of confidence. shot and I don't know you know I left it in Doc B's hand he goes it's just it said live enzyme we're gonna put in you and i remember him having that little lunchbox cooler has to be kept cold and he just shoots it barely under the skin in each arm And I'm like, well, the first time I was like yeah, here we go again.

I think it's once every 30 days you can have another. It's every two months. Two months, okay. And he really likes you to be strict about that because people are like you know, he's like eight weeks.

We'll look at the calendar and we'll literally plan it out. He gets spaced out after I guess the third or fourth one if he says so. and you have to be on a special diet for three days.

So I'm sure you became a pro doing that. But like, I say to people, you can do anything for 3 days, it's really just- That's what I said, yeah. It's the mind game.

I've done LDA myself. You know what? I didn't like not wearing makeup. Everybody's got their pain point. We'll talk about L DA for a second. Yeah, L D A is really amazing.

And it is actually how I found Dr. B when I was trying to find a doctor to create deeper healing. Um, someone had said to me, cause I was singularly obsessed with UVB ozone.

I mean, the people I saw were like MS, Lyme disease, all these Parkinson's, no treatment, No cure people.

Full recovery, mindset, and life after RA

And they said, um, Dr. Michael Bowers Schmidt does low dose antigen therapy, which is so progressive. Very few physicians know about it. You should go talk to him.

I was like, okay, so LDA, it's funny. It's intradermal injections on the forearms, because when people hear injections, they think, you know. So it just little pinpricks, super microdosed.

And what it does is it reduces sensitivities to foods to chemicals to mycotoxins. It's incredible for anybody that has, let's say, a severe life threatening allergy to a food.

For people who are incredibly sensitive to lots of stuff, chemicals, molds, foods, it literally expands their runway. We need to do an entire podcast just on LDA stories because they're just amazing.

So for you, and usually LDA, people don't even notice it, especially with kids, it's really quick. For adults, usually

after the third or fourth, they'll start to notice.

He'll say, you're not going to know anything for the first couple, but then all of a sudden you'll be like, oh, wow, I feel really different. It was literally like that for me.

After the 3rd one, Okay, something's different. I mean, you can actually tell something. And that's when he started on the third one, he also started putting PK in with it.

My understanding was it was for the rheumatoid arthritis that was showing up in the blood work. He said, this will help. And what's the PK? I don't think I even know.

Is it a peptide? It must have been a pep because he would add it with the injection. There's different things you can add to the serums based on what he's trying to do.

We can definitely ask him about that and get more detailed information because that's when you're getting into like, I call him the mad scientist area of how he does things.

And that was when he did that. He goes, we're going to continue with that. That was your magic bullet. He says, the UV is helping you tremendously, but you really responded good to the LDA with the PK.

I never forget that, I'm like, oh, another. When was the day that you knew, Oh my God, this is working? The fourth LDA. No, but I mean, what did you feel?

Like, how did, you know, like, was, all of a sudden you're just like feeling really different? Oh yeah. I felt like 10 times lighter. Uh, I had a pep, and I could lift my feet.

And I just felt, this whole big weight came off of me. The inflammation. Yes. Was it like overnight or was like every day you got a little better? Every day I was getting a bit better.

But it seemed like after that fourth, LTA, that very next day, Like you could see the clarity and everything was like, it's going away. It's winning the battle.

Because Doc B would sometimes say, you know, the LDA with the PK in that can retrain your cells in that to stop attacking themselves. And he goes, and right now your, your body is in hyper overdrive attacking anything it sees and unfortunately you, the muscles it loves on you and it's just gonna, And this is, he says, but you know, we got to build it up and build up.

I think that's why I took 304 before it finally started. Like I say, when it kicked in, it, I was like, this really And it was every eight weeks. So four rounds of eight week.

Yeah. You're talking about almost a year. Yes. I want to say one thing. What I love is everybody wants a magic button. They want a hit a magical button, they want it to be better, especially a guy like you who's like, I've been healthy my whole life, now I'm debilitated.

Like what's happening? So now you're being asked to a little patient, but the difference is At Deeper Healing, we're always going for sustainable, long-lasting healing.

He always says, I want people, when they're done with us, to go back to life. And I was like, yes, that's amazing. That's what you want. My husband's been better for years, even better, both with diseases that have no treatment, no cure, based on Google.

So what you could have done, what I see a lot of people doing, which a lotta people who are gonna watch this are doing is they're going down the road of immunosuppressants, or they are going the down road medications.

All medications Have a shelf life, right? There's going to be a point. That's why we know like, whether it's an SSRI

or, you know, You could pick the medication and then all of a sudden, like oh, it' not working anymore.

You know you need to switch your medication. But they never talk about or not enough. the side effects, the liver damage, like, oh, we're helping this, but we are hurting this.

So they're not really long-term solutions. But when you're facing, there's no cure and I can't live like this… I mean, you'll gobble glass. You're like give it to me, whatever.

I don't care. And I've been in that myself when I had my back surgery. It was like I'll do anything. Yes. Um, so what I love about your story was. You decided to put your trust, your instincts, whatever you were like, okay, I'm going to trust this guy and I'll follow this path for a little while.

And then all of a sudden you started seeing like okay. This I think this is working. I mean, a stick to it. And you're not on medications. You're literally back to work.

And I mean, how many years has it been? It's been five years now. So this is five-years no RA. Oh, we have to tell them about Dr. McCarter. That's such a funny part of the story.

Yes, she was. So another physician at deeper healing, Dr. B's out or whatever. And so you're in to see McCarter and she's looking at your blood panel.

Mm hmm. She's like, what made you think you had rheumatoid arthritis? Yes. Your blood panels perfect. Yeah. I just met her because Dr B was out so I had her.

And I said, I don't know, that's what the blood work or whatever. And she goes, well, i'm looking at your chart now and she couldn't, she says, let me go back in your file.

She went on the computer and that was when she pulled it up that, oh yeah, see you have all the markers in you blood. Well, you don' have it anymore in the your bloodwork showing markers for it.

That's really something that just doesn't happen. And I was like, I don't know anything about it. I said I know how I feel. She goes, jeez. And she was just impressed or just dumbfounded that.

Yeah, usually you don' see like a rheumatoid factor in like getting the, like you know, the sedimentation rates you have, all these CRP, they're really big inflammatory autoimmune markers and the way in conventional medicine.

Once they were there, you pretty much have them for, unless you, You've modulated your immune system, you've decreased the inflammation, like your whole body systemically, all of that coming down.

Most doctors don't see that that often. So I love this. This is straight out of Google. There is no cure for rheumatoid arthritis. Well, is there? But early and aggressive treatment will lead to a better outcome and periods of remission.

So one of the things that I've seen a lot of people do is they go down the traditional road first. Like most people, I have to say, Marty and I did the same thing.

I had my insurance card, go to my doctor, to the hospital, they make a recommendation, and do the recommendation. Most people come to a deeper healing after they've exhausted those things, like they're not working anymore.

They're. Not working well anymore, they were having a lot of bad side effects. Their wondering, is there anything else that can be done? I think partially why you got a really good outcome was you went quickly down that road.

And so when you recovered, you didn't have a long lasting damage. Yes. So I feel like my God, if we could have gone back in time, I mean, Marty and I lost almost 10 years.

I wish I could've like known my, what I know now, you know, back then, um, time is priceless. Yes, not to mention. Let's, let's talk about your costs.

Uh, UVB ozone was $250 a treatment. And you said you did that twice a week for like maybe 10 times. Oh, I probably did it quite. I mean, did for almost a year.

Okay. So let's say you did. Yes. And then LDA I always say is like the cheapest bang for the buck. That's $250 every two months. Um, and so maybe your entire recovery cost $4,000 over a years time.

Yeah. You went back to work, hopefully you made more than $4,000. That's not even including the human suffering. I have the conversation a lot about finances, and I think it's helpful for people to know what does it cost?

What does recovery look like? What does losing years of your life, what is the number for that? Like I can tell you for us, it's priceless. I would do anything to get those 10 years back of our life.

Our marriage, raising our children. You were very fortunate. You're very, fortunate to figure it out quickly, to have a wife who is like, we're not doing that.

Right. That was the hugest part. She definitely was not, because I was like well, that's what he tells me, dude, I should just go there. And she was, like oh no, no we are not.

No, That's not even an option. We're, not and thank God for her because that helped me say, oh, okay. What do I know? I don't know anything about doctors.

Yeah, and I want to have this conversation real quick, because do you think you would have found deeper healing without your wife? No, no. Like, so what would it been your route?

Like let's just pretend like you didn't have Kim, like, do think he would've just stayed in the conventional? Yeah. I believe so. Yes. And like probably ended up doing like infusions and like…

Well, Doc B told me at best, he goes, You'd be in a wheelchair right now, your kidney would be about done, so would your liver, and you'd a mess. That's blunt how he tells me.

You would in wheelchair and your livers and kidneys would done. And you would still be on every med and prednisone and that's all they know to do. Gosh, that is amazing.

Here you are like building houses. Not to brag, I feel great. I was going to say, where are you now? What are taking medications? I'm one of them, and I hate taking Advil.

If I have pain, if I spray something, then I don't want that junk. It's not me. Never done drugs, dont want nothing to do with it. Same with alcohol and all that, but I just have no use for it, so I work out every day, have my whole life.

That was some of the hardest parts, to go back to the gym. And you know everybody there and they're like, oh my God, he's benching like 50 pounds. I mean, I was somebody that I could do the max and 315, no problem.

So you had to rebuild your strength. Oh gosh, yeah, it was embarrassing. It was hard because just to lay there on that bench and that, and this is during the recovery with dark B, but now I got to break back to where I wasn't.

And they say, well, you shouldn't even be trying to lift that kind of weight anymore because you're getting up in eight. Hey, I feel great. You're building houses, you live in life, it's been five years.

I'm doing more than I did before now. Now I have maybe too much energy, too. But that's how I've always been. That's amazing. Very fortunate, but I know if I would not have found Dr.

D and you all, It would have been like he said, I probably would be in a wheelchair and just taking pills. It's

unbelievable. So what advice would you give someone out there who has RA and feels like they've lost hope?

That's the first thing I would tell them. You have it. Use your mind. If you are 100% convinced that this is the only option you have is popping pills or then I can't, no one can help you.

It's your mind telling you like everything in life. If you can do something, you're right. You can. And part of it is to like, I know for me, it was like I would, say I was a regular person.

I trusted. Like, so it's, is, and I think part If you trust the system and you just, you know, whatever your doctor says. I mean, I did that for years.

So when I talk to people, unlike I get it, like, that's, yeah, it wasn't a medical person. It wasn' a person who like questions. The doctor said jump.

He said, how high? You know? And I didn't. And Marty did too. This isn't working. What the heck are we doing? You know, it was like, you know road of hard knocks.

And so I see a lot of people like that. So for the RA people out there, here's a story. Here's different way to go. And what I love about you is you're just a regular guy.

You're not a doctor guy, you know. Most of the men, I loved that you asked that, would you have done it without Kim? Because I see a lot of them men get dragged in by their wives.

And we've had a lots of, because deeper healing is an environmental practice, a lotta the guys that we end up seeing have a lot of environmental exposures.

We've had demolition guys, they go into moldy houses where there's a tree growing out the side of the building and they're knocking it down with no mask.

You know, and then they have mycotoxin illness. They're like, I didn't even know that was real, you know? Yeah, because my doctor didn t tell me that.

Yeah. No one told me it was harmful. Yes. Or the OSHA laws are like you should shower. You should wear a mask. And I'm like I don't need that, they kind of don t buy into it.

So we'll get a lot of those type of people or they'll be in their 50s and they ll start having the aches and pains and their like i'm just getting older.

You can age really well. You're a perfect example. Yeah. I mean, that's one thing. And I'd look at my friends, some of them, and I'm like, oh, I don't want to say how old I am because I've not your age.

But they've accepted that. They all, um, 50 now I'll have a sore back and knees. Well, you know they can do stuff for your knee pain and that. I mean, they kind of like, but alien look, I know.

Well and one thing too with men that I've seen and just if there's any men like looking out there and I don't know why it is it comes back kind to a mindset thing.

And I think just generationally too, especially with the older demographic of men. It's like they put these doctors upon these pedestals and it's, like I'm seeing the best doc at Cleveland Clinic and he told me to do.

such and such because it's, you know, this research study or it is like, it s all these like authoritative, like I'm the, I m just like they, they but they listen to every single word.

Like you said, is just, but the women over here, are a little bit more curious about other things. So I think your wife told you a bit about like that male mindset.

And I don't know why I've seen it over and over again, because And you know, too, from talking to him, like, we're not here to convince you. Like, you have to kind of be open and ready for this stuff.

I mean, what we are doing is researched and people are do it all over the world and get tons of results. But the whole, just the mentality of like oh, my doctor tells me to do this and he recommends this.

And honestly, everything that doctors are saying is backed up by Dr. Google. Everybody's looking up the name that they get. I can't even tell you how many people will come in with symptoms, right?

Joint pain, neuropathy, a list of things. Sometimes the exact same list with totally different Diagnostics and I'm like that sounds a lot like this or a Lot like That but for some reason along the line of someone they saw they got this name instead of this.

Name. Yes That's the best point is like you said is Kim if she wouldn't have said oh hell no, we're not going there. Yeah, I like But like you said, a guy, I'm like, Let me do my job.

And I don't like the customer that has to micromanage or, so I felt the same way with the doctor's side. I never had no experience. No, the professional advice was you go see a rheumatologist.

Well, okay, I'm going to listen to this professional because no one wants to to me. You know, he got a medical degree. He's supposed to know what he's talking about and blah, blah blah.

It wasn't until I had all this where I found out and even Doc B, we first say, don' trust him. And it's sad. Because they got a script. That's how they were taught.

And he was taught the same way. It was a long journey of him awakening himself. Yes, it wasn't until he got sick himself that he figured out. I've been doing that for a while.

Yeah, and that's a story for everyone. you get sick and then you go through it. It's like just with I did a ton of kids with autism and you know the parents they have a normal normal kid and it wasn't until oh my gosh like you knows they something happened or they started to become symptomatic and the doctors don't have answers you just like and tell something happens.

Yes. it's unfortunate that you really don' start seeking out these other options, but we're so glad that you had Kim there and Tim. I've been stalking Tim for a few years now to tell a story because it's a really powerful story and you don't hear it very often.

You don' hear a lot of people out there talking about their RA, debilitating RA gone. Not even showing up on a blood test back to home building. So may this inspire people who are out there suffering.

I always say the right people find the message when they're ready. May someone out their, like thank you for being willing to share your story. It's huge for people.

You give them hope. You know, you give them a path. Like I always say, if we can just shorten someone's path to recovery, that's literally what this is about.

Another thing I want to just mention about you in particular, Tim is an amazing home builder. And one thing that I think is very special about, is you know how to build houses that do not have mold in them.

Yes, and that is a big problem in the Southeast. And Dr. B constantly uses Tim as an advisor on properties to look at the situation. I think you have a fair, you're really good at assessing a property You know, can this be fixed?

How can it be fix? Um, how to build it, what they did wrong. That's an amazing skill set that I know a lot of people locally would be interested in. So I just want to give a little.

We'll put his info in the show notes. The thing about Tim Turner and his home building. Well, thank you so much for sharing your incredible story. Your journey is a reminder that when you do feel like hope is lost, there's always a path to healing.

So thank guys so for joining us and until next time. Thank you. We hope this episode inspired you, here's how to go deeper. Visit deeperhealing.com to become a patient.

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