From CrossFit to Struggling to Walk: Kathy Wolfe’s Journey Back to an Active Life Transcript

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Opening and Podcast Introduction

I was in my 50s, I'm CrossFit. I always say I went from Crossfit girl to not being able to walk to the mailbox in a very short period of time. And I just got back from Paris last week with my daughters and our 13-year-old granddaughter was wonderful.

Every time I would take steps, every time we were walking a mile, and I don't forget when I couldn't. We can't put mom upstairs. It's a gift. Welcome to the Deeper Healing Podcast.

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

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

Let's dig in. Hello, everybody. I have such an amazing guest today and just someone I love so much. This is Cathy. Cathy is very unusual local person who actually did the entire Staying Hill program because she was so sick.

I remember when you and I first started talking, I was like, my God, you actually reminded me so much of Marty when he was at his worst. Okay, so Kathy, tell me how long ago this all began.

Cathy's Early Symptoms and Decline

So about eight to Nine years ago, I just knew I was off. I wasn't feeling well. And it's so sad because my children were just starting to get married.

We were starting they have grandchildren and it was really sad. I remember thinking I better enjoy them because I don't think I'm going to be here in my sixties.

So here I am 64. better than I've ever been, which is amazing, and we'll get to that part of the story. That's the great part. But I started just feeling off.

I remember a pivotal point, I was a CrossFit person. And I remembered at my job at that time, we had a trainer that would come in two times a week and I'd kill it out there.

Nobody, the 30-year-olds weren't keeping up with me and i was always proud of how strong and how fit I So you're 50 then? Yeah, I'm 50. You're strong, you like cross-fitting and like you are amazing.

Okay. And then I feel a twinge in my hip. And that would be the start of thinking a hip problem. And so I would eliminate a lot of the exercises that will affect the hip.

But then I'd start feeling a shin or a knee. Over probably three, four years, it got so chronic that I couldn't walk to my mailbox. Literally, to walk out my door, walk the mailbox, I had to think twice about it.

And I was embarrassed, so I hid the truth. My husband knew, obviously, he lived with me and he saw the changes. But I hide the truths from our grown children because I knew they would worry about me.

And, I'm gonna get better. This is just gonna take time. Now, why I thought it was just going to take a little bit more

time, it's only getting worse as the years went on.

It's not an injury because it is moving around, right? So, you're thinking, okay, this is more like systemic inflammation or something. The doctor tells me it's inflammation, my numbers are off the chart, I better get my diet under control.

I was a pretty clean eater, not perfect, but definitely pretty cleaned. Are you just seeing a GP then? I am. And I remember my son-in-law saying, at one point I'm diagnosed, pre-diabetic, almost diabetic.

My son in law was like, she's CrossFit. They'd laugh when they came to our house, they'd bring junk food with them because they knew I don't have any.

And so they're like, if she's diabetic, what hope is there for the rest of us? And I remember him saying that and I was like… That's true. What hope is there for the rest of them?

If I'm eating clean, working out, doing all the things I am supposed to do and I, and, I I m feeling terrible. Another really pivotal point. I was in my early sixties and went up to Michigan to help my mom who was 83, 84 at the time.

And I got to the point where reaching to floor to pick up something when something fell, kind of would look around like, Oh, maybe they'll get it sooner than I will.

You're looking at your 80-year-old mother like, hey mom, can you get it? And she would, literally. It's funny, but it's not funny. But you go on a plane ride home, I'm like something is inherently wrong that I am thinking, mom are you going to pick that up?

Here, i'm helping her get in the bathroom and she's moving better than me. And I had to give up the things I love to do. I transitioned into hot yoga and Pilates And then it got to be where I could no longer even do hot yoga.

And I was up at higher levels of Pilates and I had to go to the entry level. I thought, maybe if I go back to entry, I'll work myself back up here. Well, you know, I think everyone does this.

We did this too. When Marty was sick, it was like we would just go to the GP and, whatever, just the normal five minutes and there was never getting to what it.

And then I don't know if you had this experience, but in the beginning, when he first got sick he would have these flares. So he would be like really bad, like, really exhausted in bed.

You'd get the flushing, the joint pain or whatever it was. Plantar fasciitis would flare, all the things. Then you would almost like relieve for a bit and it would seem like things were coming out of it.

And then we would start socializing again or doing some things and.

Conventional and Functional Medicine Dead Ends

but then the crash would come again. That becomes your normal life, where it's like, oh, we can socialize. No, We can't, or, you know, I have to do all the driving or whatever the things are.

And when you're getting out of the flare, You're kind of like I'm good, everything's good. It's gonna get better. I am on a path to healing. Why you think you are on the path of healing, who knows?

I don't know. But we did that for years. For years, and then when two years pass and you almost like you realize it's actually, even though there's hills, the trajectory is down.

It's getting worse and worse, and there are little winds in the down, but two years go by and you're like, oh, wow, now I can't do this, this and this.

Well, that's what I got. That's exactly what got that. I had said enough is enough. We were on a cruise ship and a crew ship, when you can walk and have mobility issues, is huge.

Getting to dinner is a huge thing. We got off that cruise ship. My husband said, now he'll tell me. He didn't want to tell in the moment, but he was thinking, I'm scared.

I don't know what I am going to do. And I didn't either, but I was tired of functional medicine. Then I went to DOs because I heard- You didn' even tell us that.

The last thing you said was I with a regular medical doctor. So now a lot of time is passing, you're getting worse and worse. You're unable to work out.

Did you start going to functional? I started going functional route. And they weren't. we need to clean up that diet. It was terrible. You'd walk out so defeated because I knew against a general population what I was eating and doing, I already was in the top 10% of what people do.

So it felt so discouraging, hence when the son-in-law would say, you know, if mom's that bad, what are we all up against? So I knew, and then I started seeing, yeah, functional medicine and even they couldn't, that's how I was referred actually over here.

I know, a functional doctor referred her in. You know what's interesting? We did the same thing. And Marty, it was the thing except his diet. They did a lot of food sensitivity panels, the functional doctors when we were doing them.

His diet got extremely, his was no sugar, no eggs, I mean, it went on and on. No life. And he already had no life anyway. He was very vigilant about it.

We used to laugh. I'm like, I think you can eat one nut and one berry on Wednesday. But I have no idea what to even give you. Then when we would go back in for our visit, the doctor would say, we'd be like he's really horrible.

Like he is being really, really vigilant. Well, maybe he got some, you know, gluten in the ketchup. Are you looking at your condiments? Like I'm not even exaggerating.

They turned it back on him and I was like, my head was on fire. And I like the guy is suffering. He's already being so strict with himself and you're blaming a condiment, which isn't even true.

So anyway, okay. Well I would learn. You would feel better. Definitely eliminate in your diet. When you only eat spinach and an almond, You're going to feel bad.

But you are not living your life. These kids are having get together. There was no joy. Food is a big part of what brings us together, and we can do that healthy, but there was not joy, we couldn't even participate in anything like that, let alone go to a restaurant.

Okay, so functional. I'm so glad you're telling this story because so many people are in the same boat that are hearing this. that they realize conventional doesn't have it for them, they go to functional.

Now they've been doing that for a while, myself and Marty included, not working. So then did you find a DO? Did you think like maybe it's a structural problem?

Well, I had tried already DO, then I'm in functional, and then They had realized they weren't getting me better. And they had asked me to come here for the rejuvenants class to Come to Deeper Healing.

I was like, okay, I'll try that. Have a consult with Dr. B and I'm blown away. My husband's in there with me. Really recommend that you have your loved one or your partner with you.

Because otherwise, they're going to say, what do you want to do? And I knew it was going be costly. Now, What's

my life worth? Do we kill and stay? My husband's like, I don't care if we mortgage a house.

I Don't Care if We live in an apartment. Priceless. Your life, because he finally, i could see it in him. Dr. B, or just being part of the team here at Deeper Healing, he felt encouraged.

He felt like great. i don' have the solution, but they do. And I'm going to make sure she gets what they're offering. So that's where it started. I had contacted my work and said, listen, I need a two-week medical leave.

So first I want to say it's very rare that a local person doesn't stay and heal. You have to be pretty sick. Mostly those are the people that are traveling and who can't get it.

Most of the local people just come in here and they do things and their being, you know, proactive, whatever. I don't want to give local people the impression that they have to spend $20,000. They don.

The program that healed Marty, also $20000. And I have say that was eight years ago. What I never think about ever is that $2000. We didn't care what we had to do.

It's like, this is your life. Not only that, Marty was probably dying or getting cancer. Or we were up for hundreds of thousands of dollars of whatever was coming.

And what did you even spend prior? We wasted over a hundred thousand during that time. And I know people know our stories. Let's go back to you. So Dr.

B says, Oh, this is a much bigger story basically that you were doing hormones. You were.

Discovering Deeper Healing

The basic functional medicine. This is what all the practitioners do is diet hormones, thyroid, trying to get it balanced, but they're missing. Why is the hormones off?

Why has the thyroid not working? Looking at the entire picture of Kathy under that diet, emotion, environment, physical elimination, rebuilding, right?

That's the foundation of what we're doing. So he says, you're very sick and you need the intensive to reverse where you are. Correct. And you're going to need to do it all together.

You didn't have to because you lived here, you could have just come in, but he was like, You actually need it to pull it altogether. They were really kind about that because I was nervous about.

And they said, okay, you can go every week. And my husband's shaken and said like, no, because I was worried about the money. I thought we can pay over time.

Then I said you could put it all on a card and pay overtime, whatever. No, it's time, enough was enough. But deeper healing was great. Danielle, I had that option.

You wanted to get sick and tired. Yes. It was time to dive in. I want to come back for two weeks. Those were the best gift I gave myself. I had two months to myself, I would leave between, there's water, it's Charleston. I would sit down by the water with my book during breaks.

i was journaling because I wanted to journal.i was telling myself positive things like you have hope again. And I would look at it like there is hope.

I want people watching this, Danielle. There's not just hope for Kathy, there's hope all of them watching us. Right? I get really emotional. Yeah. And so I would sit down there and say, it was a gift to myself.

No watching kids, no running around with my job, not taking care of husband. It was just a. Just slow down and invest in my life so that I could get back up and I can get running again.

Yes. My God. I want you to remember the one thing I do remember was how sick you were. I remember it all the time when I go to do something that I now can do.

I just got back from Paris last week with my daughters and our 13 year old granddaughter was wonderful. Every time I would take steps, every time we were walking a mile, I don't forget when I don't forget that my bedroom was upstairs.

In the past, they would have been, we can't put mom upstairs, I do forget. It's a gift. Every time I walk to my mailbox, you know what I will say when walking became hard, there's always another way to have mobility.

And I got an e-bike, best gift we gave ourselves too. My husband and I have ebikes. We can take off for 10 miles. If I get in trouble, if there is a throttle, then I can get back home.

but it just kept me moving. I could move more than I couldn't doing Pilates or yoga. So movement was key. And even Dr. B said that he's like, okay, movement's key, but we got to kind of rein her in.

She's a little crazy. This is why Danielle and I connect on some level. We are a level up. Let's go. she's whiskey in a teacup that's sitting on Danielle's wall.

and i'm thinking, I think we're kindred spirits there. so Dr B would say, Okay, i do want you moving, But we have to also be respectful. but this body is sick and it's healing and we want to be kind to that, through that process.

Okay, so let's go through the dark period. What were all the things going on with you physically and mentally? Exhaustion, obviously you said you couldn't walk.

Yes. So then you look forward to bed, but then, you hate bedtime. For whatever, laying vertical would cause me so much pain. I couldn't fall asleep without CBD gummies.

If I'm honest, I just needed something to try to relax my body. My husband would have to do this general rub of my buddy to help it relax so that I could get into some sort of sleep.

So I dreaded nighttime. I'd wake up in the day. Brain fog was huge. Irritable bowel, my bowel would be acting up. It seemed like no matter what I ate, that wasn't going to be functional.

The achiness, the achyness everywhere. When a doctor told me you have rheumatoid Rheumatoid arthritis. Yeah, I was like, sure, that makes sense. I just heard everywhere.

What's the solution? Well, here's a bunch of medications. It's basically medicate yourself and just limit movement. If stuff doesn't feel good. And I'm thinking, if I start limited movement, it's stuck in this chair.

Right, right. Like you're already going down. That was skiing the black downhill fast. Down to the end. This is where you were like I am dying. Same with Marty.

Marty was, like. I'm dying and I like yeah, but you are like 46 years old. Like, what is going on? I was in my 50s, I'm CrossFit. I always say I went from Crossfit girl to not being able to walk to the mailbox in a very short period of time.

That's incredible. So she does a stay and heal. Obviously, she did the whole medical intensive.

Recovery, Lifestyle Changes, and Hope

What I love about the stay-and-heal is it moves the needle quickly. For sure. Gives you a jump start. It's big. Even at the end, when people are like, at Okay, I did something big here.

It's something really happened. I do want to say a little caveat though what I learned at deeper healing. Because I could see it's not drastic. We're used to a medicine, take a pill, we had a headache, it goes away.

That wasn't how this was going to happen. But I had to micro like, well, today I do feel like I walked a little better or I felt like at night I was sleeping a bit better.

10%, 20% would turn into 40%, 60%. I have to look for those because mentally we build on those as well. Correct. You have look to help yourself. I've had thousands of calls where people have said, are you going to guarantee in two weeks that I'm going fly away like a bird?

I am like, absolutely not. And one thing that I love that Dr. B says, it may have taken you 10 years or 40 years to get here. It's not like so many of the functional places we went to, they were like, maybe in 18 months, you'll feel a little better.

And then 18 month would go by, two years will go, by another year would by he's going down, down down 37 to 47 was just straight down. The thing about deeper healing is it reverses, it's not years, its not 18 months, not 6 months.

It is a journey. This is the quick turnaround, is that intensive. But also, the important thing that all of them need to know, and I have this on my wall, sustained results depend on being a partner.

You have to be a part in this and be like, okay, when I go home, am I in a mold-free environment? Am I drinking tap water? Is my food garbage or whatever?

And those are the things I had to do. Those are things that everybody needs to. You would be one of the people that's like, I'm already active. I am already a cross-fitter.

So, of course, this is like a mystery, right? This is a perfect environmental toxin story. But all of us, including myself, I have toxins in my life. I like to say I choose my toxins carefully and I'd like it to get a big bang out of them, but it's the 80-20 rule, right?

It's an 80 20 rule. But first you got to clean up. When your bucket's so full, there's no room for anything. And that's what I think the stay in heel does is it just takes the bucket and goes, dump the Now the bucket's going to start getting stuff back in, but you can stay on top of it.

And that's what the lifestyle changes are. Our goal is long-term, sustainable, living your best life. So what I loved is you opened this up by saying, I'm 64 years old, and I better than I've been in a long time.

In 15 years. At 50 I did do a Spartan race, so I was proud of that. But I started struggling after that race. Cause I wanted to do that at 60 and there was no, I wasn't even close to walking up to the race, let alone trying to one.

So, but like you said, Danielle, learning the processes. I was telling Danielle before we got on camera that I had just got back from Paris and Paris, some stresses start entering traveling internationally, sleeping in an Airbnb.

didn't have my air purifier surrounding me and my purists of pure water to drink. and you sit next to people at all the bistros and they're smoking. So I was dealing with, we don't realize in America how we do deal with second smoke.

No, everyone's smoking in Europe. Everyone here is vaping so you don' see it. You're feeling that burden again and now you know, okay. I'm going home, I get in my clean environment, all the air filters are turning back on, getting moving, and getting in the sauna.

My sauna has been a lifesaver. I missed it while I was gone. And so getting back into my regular routine. And it only took me a couple of days. I mean, it was a slight flare of feeling a little achy and a bit off, but now you understand it and you don't let it progress.

You don' t let go where I was before. And so I could just get things back under control. Pretty simple. When you were saying, what changes do you make?

Those are the changes. Do you move however you can move? I've been doing dead hangs. Look at you. Yeah, my goal is two-minute dead hang every day. That's amazing.

Well, it's funny because Marty's the same. When I think about my husband, I thing, well, he's a little medically sensitive. I mean, obviously a lot of the people we see do deeper healing are medically-sensitive, chemically-sensitive, malt-Sensitive.

All the things have food sensitivities. So how do you live a more normal life? Marty is doing same thing. If he is like, punky, achy whatever, hops in the sauna, takes his glutathione every day, eats really clean.

If he's like, Oh, I've been cheating. I got to stop. You know, you kind of just know what to do and you get back into it. And I feel like that's a big part of the educational side of our house which is take the body burden quiz and like it gives you a free assessment of like what's your things the emfs the molds the clean eating and you know i say it all the time we've normalized so many things in society that are insane And when I go to my local food store, I look in people's carts and I'm like, God, people are still buying that stuff, you know?

That's heartbreaking. And you already can tell they're sick. They're not well. Yesterday I saw a guy talking about coffee and it's like these are big industrial companies and expensive brand.

It's not organic. they are just, making it look pretty. Nice little bow on the coffee. But you'd be better off spending your money on a mold free, organic, single origin coffee, grinding it and making it at home.

What are some of the gems for the people out there? I'm going to get emotional just even saying it, but you, whoever it is watching this, you your child, your loved one, You're worth it.

What's your life worth? How could you put a price tag on your live? You're worth it. You don't have to live this way. When I see some of the stories coming out of what Deeper Healing does, I don' get paid to do this.

I'm here because I believe in the cause of they're doing. And if me telling my story to somebody can help them say, I'm worth it too, I am going to refinance my house if that's what I have to do.

I don't know what you have do, but you're worth because you won't always have make that investment in yourself. It's wonderful to be back. My husband wanted his spunky gal back and some days I think now he thinks, boy, can we calm down a little?

I'm joking about that, but that's how much spunk and life to get on the floor. I've had my granddaughter all week because she's three. and she's really active because her daycare was closed, to be able to do that two years ago, I wasn't doing that.

I could have maybe kept her, but we would have been watching shows all day and sitting in my living room because I was not going to get her out in the world and take her to all the playgrounds.

So your life is worth it. It's not worth saying, I'm 64, or I am already on the tail end. No, you're not. My best years are ahead of me. Do you know I just got a new job and two companies were pursuing me heavily.

I didn't imagine that in my 50s when I was getting sick, taking medical leave from my job because I can't do it, but I have to say that Deeper Healing is here to help you live your best life too.

They're going to care about you, they're gonna love you.

Avoiding Unnecessary Surgery

If you come in looking for help and you came in wanting to partner with them, you coming in saying, I will do my role, seems pretty basic. Come in here looking that.

That's exactly what you'll get. And they're here. I'm fortunate that they are in my backyard. Our grandson is here and they help him with his mold. Can't wait, I am about to set up an appointment with my daughter here who is dealing with a lot of autoimmune issues.

Learned a little bit about her on the trip and I thought, whoa, she just started to come to accept that these things are normal. We need to get you into deeper healing.

I just believe so much in the program. I believe in what they're doing. People who think they are charging this money so they can be rich don't really know what's going on here because it's quite the opposite.

What we are able to do is to create a really safe place with really good education, with amazing medical experts that can work to clean you up, find your array of what's holding your body back.

We are divinely made to heal, if I've learned anything. I want to bring back, there are two things that Cathy told me that I did not know. And one was that one of her doctors recommended a full hysterectomy.

I think you should tell that because the problem is when we are going to conventional roads, the tackle box is medications and surgeries. And it's so often, and I've experienced this myself as well, It's really hard to know, do I need this?

Is this going to heal me? is this the right next step? And people that I've spoken with are often, I'm my own case manager and I have no idea if I am doing the thing right now.

Well, or Danielle, I would say I was so desperate to feel better that I wasn't stepping back and taking a moment to let that all digest. And they're just thinking, yes, i'm willing to do this.

It happened to me twice actually, the one with the hysterectomy that i was like, there's a better solution to this, and I don't believe that's what I need.

Trust yourself, trust your gut. take a good friend, take your sister, or take her husband to those consoles. If it's really something you need, I'm not here to tell you that, and I am not a doctor, but I want to make that very clear.

I would never give any medical advice. But I will say, stepping back now, 20 years later, that was one of the best gifts I gave myself to not let that happen.

meaning that a hysterectomy was recommended 20 years ago and then you said no because you didn't feel like… That wasn't going to solve the bigger issues I had going on.

The inflammation was starting to build. I actually learned that I could have an ablation that solved the issues that i had. have an ablation and keep my hysterectomy and my ovaries.

I knew at all costs that those were important, but that was a decision I made for myself. Of course, all of this is your own personal testimony. But the last one was, a few months before I came to deeper healing, in January, actually, I came to Deeper Healing in June of 2025. In January I had went to see a doctor and that hip that I talked about earlier in working out and stuff that was starting to hurt me, he did an x-ray and he's like, you have hip dysplasia, we need to replace this hip.

And I had scheduled surgery because, like I was saying, I understand you want to just feel better. And, okay, if that's going to at least heal this hip, then I'll work on all these other joints later.

I went home and I hadn't scheduled and didn't think anything about it. This was in December. Relief is coming in January. So I scheduled my work around it and even bought insurance at work based on having a surgery.

And come January, after the holidays and things calmed down, I was like, you know, now my other hip is hurting. And I talked to him, he's like oh, well, we could do that one next.

But the thing that stuck with me is, won't my shins and my knees hurt? And my shoulders hurt. What, are we just going to keep replacing all of this stuff?

This can't be the solution to the problem of my hip. I now think back of how achy I Having a hip replaced would have made me immobile. I would've been furious, and I couldn't have recovered from it because I wasn't getting to the deeper issues that were going on in my body.

The hip wasn' going to solve what else I had going. Because it was all over inflammation. It was everywhere. And so they were just taking the worst place and saying, oh, we'll put in a replacement.

Well, I'm saying if I have hip dysplasia, great, but I lived to 63 with hip displeasure, And I just told you I was so fit. How overnight did all of a sudden, oh, that's drastic hip dysplasia.

We need to replace this hip. How was that the solution? And I understand surgeons look for solutions and their solution is surgery. That's what they can offer.

They don't know that there's other options to explore. Genuinely, I know he was thinking, we want to help you feel better. But I had to stop. It's my health, it's body.

I just stop and say, No, this isn't where we're going with that. And here it is now a year later and your hip is fine, running around Paris and you're hip was fine.

Well, I mean, that's like pretty much proof in the pudding that you did not need that dramatic surgery to get better. Exactly. That's a tough one. A lot of stuff happens that can be pretty dramatic and a lot people with a lots of regrets later and that's hard.

And if that happened to them, I would just say pick up from where you're at. It's what I would have done. I were just picked up from where I'm at because the goal would be movement again.

And I am thankful. So thankful that I didn't, but I also would say, trust your gut. If you're not sold on it a hundred percent and whoever you bring to the appointments, your loved one, you partner, they're sold.

Travel, Family Life, and Lasting Healing

Just pause for a moment. You're already not feeling well and you've gotten used to not feel well for six months, just pause. you don't have to jump into anything drastic so quick.

Yeah, that's a really important point and a hard one to figure out when you're in it. Cathy, you are amazing. So just to wrap up. There's so many things.

I mean, even just hearing you talk about your, this is a classic deeper healing person. Now I'm bringing my grandchild. And now I bring my daughter. Looking at a lot of the young people, when you said, my, we were on vacation and I was listening to her and like, Oh my God, This is much bigger story.

So often when I just even let's say I met a party, Danielle, what do you do? Oh, I work at the doctor's office. They help with chronic illness. Yeah. It might just say something very simple like that.

People are like, man, I'm exhausted and I am not good. Like, they just start telling me and it is a silent epidemic. Young people who look perfectly fine on the outside are so unwell and are making it their normal.

I got to get the coffee, got get my Adderall, gotta take my this or whatever. They're just limping through the days. And I just want to say you do not have to accept that for your life and don't let two years, five years 10 years get

lost.

Your time on this planet is absolutely priceless and your help is everything. And if anybody here at Deeper Healing can help you, we are here to help.

Whether you become a patient or you just get educated or buy one of our courses or take the toxin quiz, We're here for DIY. We just want to make sure as many people as we can live their best life.

And most importantly, I remember how dire Cathy was when she came here. It's astonishing to see you now and being able to travel with your family back to life, back, to living, I'm so glad that your time is over being lost and feeling lost.

And I am so happy you avoided having a hip replacement and a hysterectomy and you're intact and thriving. This is a success and your persistence and daily habits are all the reasons why you will continue to live a long healthy life.

You will be your mom at 83 years old picking up this stuff and running around with your family. Thank you for being willing to share your story. I know that it's going to help people out there.

So many of the stay and heal people, they're like, but does it last? They always ask that question. Does the healing last. The healing lasts if you are active.

That's right. If you do the protocols, surely. And you know, Paris, let's just be honest, there's pastries everywhere. I never eat a pastry. Part of my not feeling well was detoxing from- From a trip.

Yeah, from the pastries and the wine. And you know, you can indulge, that was a once in a lifetime. I can come back and get things. That's how Marty and I live too.

We live hard. When you lose 10 years and you think you're dying, like Cathy had said to me, I thought I was dying and didn't see the point in living. A lot of people that I talked to feel the same way.

When you lose so much time and then you get it back, you're like, I am going to Paris with my daughters and I'm going into that concert and you can get back to life.

And that's success. Success is getting back into life and living your best life, so I think it's a perfect way to close. I do. I just do want to close with saying thank you, Danielle.

Thank you for making this your life journey. It's her heart. If you all ever think it's anything different, it is she got her husband back and she wants that for you.

And she wanted that from me and I'm so thankful for her, her passion. She works endlessly here. Because she just works so hard for you, but I know she'll never stop because her life is making sure you have what access to.

I made a deal with God and this was way before deeper healing. God, if you help me figure this out, I promise I'll help other people. That was my simple little promise.

I never thought I would have a medical thing or have podcast or a documentary. Be careful. When you go on a God journey, you might just be a mustard seed.

And I feel like I definitely am. I don't know where this journey is going to go, but I'm riding the ride and I am going help as many people as I can. Each one of us, as we know better, learn better we got to help the next person.

And I love the podcast last week, Dr. Robert Forkirk, he said it great. He said, we've got put our own oxygen masks on. We've gotta get better. we gotta be strong, and then we can go help other people.

That's right. and that's what I feel like I'm doing. Every person who is willing to share their own dark night and their

recovery helps so many people out there.

So Cathy, thank you for doing that. All the resources are in the show notes. for taking the next step. And thank you. Thank you, Cathy. Stay well, everybody.

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