# Had Severe Migraines from 16 to 60, Now Parasailing: Patient Claudia's Story of Persistence Transcript

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## Migraine Origins After a Car Accident

I am a chronic migraine sufferer. Was in a car accident and hit the dashboard. I thought I was having a stroke, I though I'm gonna die, and I wanted to die.

Your red wine, your aged cheese. That's when I started noticing, okay, stay away from this, processed foods. It was like, step back from the doctors. And I need to go back to what is causing it in the front.

So I went and had a food sensitivity test done and that was a huge game changer. a good bit of weight and everyone's commenting, oh, you're looking so skinny and all that.

And it's like, I am just trying to get through this time period of where you clean all these things out and then you start to reintroduce them back in to see how you reacting.

I was proud to say I wasn't on one medication. It was all, going the alternative. Welcome to the Deeper Healing Podcast. I'm your host, Danielle Howley.

This is for everyone who's been dismissed, misdiagnosed or told to just live with it and refuse to accept that answer. You're going to hear amazing patient recovery stories, raw and real in their own words.

People who found answers after everything had failed them. you're gonna hear from medical experts we trust that are pioneering new approaches to healing the body because we deeply know we're designed to heal.

Let's dig in. Hi, everybody. I am here today with an amazing person. Her name is Claudia. Claudia and I have known each other for a long time. We were previously neighbors, like three doors down neighbors.

She's had a really long journey with her health. And believe it or not, I don't know all of it. So I'm excited. Why don' you tell us how did this all begin?

So I am a chronic migraine sufferer. I was in a car accident, I think about 16, 17 years old, and hit the dashboard. And at that time, there really was no concussion protocol.

two black eyes, the whole nine yards. And about a year later, I got my first migraine, and I really thought I was gonna die. I thought it was having a stroke, thought was going to die, but I wanted to.

Took an aspirin, went to bed with an ice pack, it's gone. And I don't know how long it was before I had another one, but they kind of start sneaking up on you.

And over time, you know, eventually you say, okay, well, I need to go to some doctor for that, which is a neurologist. He was actually very awesome because he was the only one of all of them that ever even broached the subject of foods and the triggers there.

But the problem is, is it was a standard migraine list. Your red wine, your aged cheese, some of him have tomatoes, and some have spinach. It's a whole vast variety of stuff.

That's when I started noticing, okay, stay away from this. processed foods. I remember being really upset. Like, you know, I was in my early twenties that I could no longer go to Taco Bell.

It just wasn't going to work. And so you start really, really cleaning, cleaning up your diet. Simple, simple, simply

foods, so I'm still getting them.

You start to kind of figure out, okay, what is triggering them? Of course, stress is a big one. Sleep is very, very essential and the schedule of sleep.

So traveling with a jet lag situation is really tough. Also diet, diet on a schedule. Like I have to eat on schedule or I will get a headache. That's really key for me.

And most of the migraine people I know are the same way, like I have to eat first thing in the morning. So anyways, continuing to go to neurologists, still getting was put on a slew of different drugs.

The first go around, there was epilepsy medicine, which is a preventative. You take it every day. but can't get pregnant on it, a lot of weird side effects.

I took myself off of it. The other part of is the drugs that whatever is popular drug right now, it's usually a $25 pill and hey, that works great when you get a headache and then A couple days later you get another one, you take another $25 pill and eventually they don't work.

So then they switch you to another pill. And some of them cause rebound headaches, which are just a vicious cycle. Um, so they're always like, well, just try and stay away from the drugs.

Went back on the epilepsy medicine, hated it again, got off of that, kind of gave up on neurologists. Actually went to the authority here locally who said, yeah, I can't help you anymore.

And there's really not a worse feeling than when an authority figure looks at you and says, So just so I know the timeline, this is like 16, 17, 18, 19, 20, 21, 22, 23. Like, where are we?

So the authority telling me that was already the fourth neurologist because we moved around. That was here in 12, so that 20 years ago. So you're looking at, you know, from 18 years old into the 30s already, late 30's, early 40's.

So are these headaches like once a month? Are they? You know, and that's the thing is you would get these waves of just getting slammed. And one thing that I noticed, you know moving to different areas of the country, your allergies are going to change when I first The first neurologist was in Atlanta.

I grew up down in Florida. The First neurologists was an Atlanta, I was dealing with a lot of new allergy, never had allergies growing up had, allergies all of a sudden had asthma from the pollution.

Then when we moved from Atlanta those allergies went away. But the variation I noticed since we're on the coastline here. that if something is brewing off of the coastline, it will affect me.

It still does. I can still feel it, just this… Feel the pressure. Yeah. Pressure change. And it's just kind of like the plates in my skull are just like…

Anyways, so that is always keeping that in mind. Of course, everyone around here feels it when we get spring, when get rainy summer, you know. So this is, yeah, this in…

## Medication Failures and Trigger Discovery

So decades are going by. Oh, decades. Decades. You get married, you get pregnant. You go through menopause, it'll stop. No, no. They're definitely, after my son was born, It was tough because my husband traveled, so I was a single mom.

Your lack of sleep, your whole schedule is off. The minute that I, three months in, got him on schedule, then I could get back on the schedule and that made me feel better.

So you're just kind of going along as figuring things out. So here we are in the early 40s and there's a local doctor who's actually a plastic surgeon who wrote an article about that he had figured out with this certain surgery for people that get migraines through the front.

Some people get them in the back, I get him in front. Is it because I hit that dashboard, the trauma there? I assume so. But he does a surgery where he cuts on the eyebrows and takes some fat, puts it around the nerve endings so that the nerves still send the signals.

Your body won't feel them as much, so you don't get the headache. I thought, gosh, you know, cutting on my face and it's not 100%. Are they taking your own fat cells?

Because I'm always so suspicious when they're putting something, anything in. I am like, well, what are they putting in? They are taking their own. Open it up, put the fat cell around the nerve endings.

So it is kind of blunting the nerves. It's like a facelift. Once you cut on the face, you're always going to have to go back in for maintenance because your eyes are going start sagging.

It just wasn't an option. Just because I hear it so much. What about Botox? I mean, I use that all the time. I'm on my 40th Botax and I am like, my God.

Yeah. So that's another one that you have to stay on top of. Okay. But what nobody notices on that commercial for migraines is at the bottom, it says, do not use if you a history or the side effect is ALS.

I lost my mom to ALs. And I tell you, you know, me sitting in that doctor's office being told there's nothing else we can do for you. Seeing my mom be told that, that there's nothing else we can do for you.

Go get your affairs in order. Good luck. I mean, it takes the fight out of you and I saw that the just everything drained out her, but there was something that just clicked in my head.

Like, wait a minute. Is that why I get these headaches? Those headaches are telling me stay away from this, don't do this. All those different things.

It's a huge paranoia of mine. That is always going to loom right there. Is that my future, right? So anyways, back to the plastic surgeon. He also did catamol treatments, which is supposedly helping migraines.

So you said no to the Botox. You said, no, to this surgery, putting the fat in. To the surgery. I said yes to ketamine. Because you're like, let's give that a try.

Well, that's try, you know. Let's drive the car and see what happens. Yeah. And I did it three times. The first time was I was crying one minute, laughing the next.

It was out of control, right? My husband's like my god, I've never seen anything like that. Went back to do it a second time. I went back a third time, I had eyes open talking to the doctor.

So I'm like, how is this not addicting, right? I remember reading that about Matthew Perry who died from ketamine addiction. And he said the second time is great, and I'm always chasing number two.

And that's how I was like, yeah, I get that. I still didn't help the headaches. One of those times I had a severe migraine. Could feel it as I going through this drug-induced thing.

That's wild. Yeah, it was really kind of wild, so that particular doctor, though, really opened my eyes to the fact that I I never connected that I was inflamed.

He scoped up my nose, which was completely clear. My sinuses were completely clean, but he said, wow, you are so inflame behind your sinus. And I said what?

What am I reacting to? You know, I'm not seeing it. What? Let me say, because I remember when we met, so we're meeting probably around this time, right?

Because we have sons the same age and she's my neighbor and just like me, non-toxic living, I know you're a really good eater, like that was I'm sure because of this journey.

And then also amazing yoga master, you know, meditator. Yeah, I've been practicing for 35 years. I teach, have been teaching for 20. Meditating is a huge part of my life.

And you, know yeah, did the diet. Did the sleep. Stayed away from all the toxins, the cleaners, all of the things, toiletries, perfumes, everything according to the book.

Literally. so healthy on appearances and stuff. I was like, okay, step back from the doctors, they're always putting band-aids on that, I need to go back to what is causing it in the front.

And I went and had a food sensitivity test done and that was a huge game changer. So I know we all react to different foods, not necessarily allergies, but just reactions.

When we have a reaction, our body produces histamines. We've heard of antihistamine, but what happens is your body produces these histamine kind of like fight things off and mine were out of control, right?

So you can block it with an antahistamine, But it does not take those histamiens away. So I started doing a digestive histamin breaker, started cleaning that out my system, still to this day do that.

It's just a little pill every meal. But knowing after my food sensitivity test what my body was reacting to was such a huge help. It was a map. And it's not just don't eat almonds.

it was down to spices and oils. hugely important, especially when you're looking at foods and the ingredients that are in there. My big one, which is still there and it's gonna be there, is brewer's yeast.

Okay, so you can't have alcohol. That's the easy part. Brewer's Yeast is a fermenting yeast, yeah, agent. So anything that says white distilled vinegar on the label, I can have.

Oh, interesting. So that whole aisle of dressings is off limits. The hard part is going out to eat. Brewer's yeast is vinegar. Or the only vinegar I can have is apple cider vinegar, I cannot have balsamic, can't have soy sauce.

It's so tough to eat. I can eat Asian. That's just how that works. Yeah. lemon zest, lemon, olive oils, I spray it on and the salt and pepper, honest to God, it's delicious.

And it like so simple. Everyone's like, oh my God. The salad's so fresh. It's not weighed down by the difference. it will even last a day. You know, like if you dress something, its like ruined.

This will leave it last. I mean, I'll do a simple dressing with olive oil or avocado oil as our new thing with apple cider vinegar and a little bit of honey.

Just a bit a honey, those two bacteria right there, the honey and the apple-cider vinegar are really good for digestion. That's how I remember we met when she knocked on my door and I was drinking my apple, cider, vinegar water and she's like, I found someone on YouTube and I'm just like a vinegar is a grape, like it just settles the belly's pH.

You're finally figuring out food. Are your headaches getting minimized during this time? They're getting minimize. I lose a good bit of weight that wasn't really weight, it was inflammation.

And everyone's commenting, oh, you're looking so skinny and all that. And it's like, I am just trying to get through this time period of where you clean all these things out and then you start to reintroduce them back in to see how

you are reacting.

You're still not even at deeper healing yet. I was proud to say I wasn't on the wrong medication.

## Food Sensitivities and Histamine Management

It was all going the alternative. Well, you know, the medication thing every night, but it is constant. The drug commercial. Yeah. And last night I forget what it was.

I feel like all I've been seeing is Sarai's commercials. But this one, oh no, it, was it a gut commercial, It was IDS and the drug. It's always like the sunny puppies in the field.

Everyone's happy. Side effect death, side effect. I mean, I've never heard more horrible side effects. Wow, that was just a lot of side- effects! I'm always amazed when it's constipation and diarrhea at the same time.

How does that work? This last night's was literally like infertility, early death, sudden seizure. Suicidal thoughts. That's always in there. Just wanted my gut not to hurt.

I didn't want to die. Sometimes I want record them because they're just so like. They're so insane. But okay, so you did the round robin of medications and you were like there, you know, and they didn't work.

That's literally like so common. So now it's like decades in, your drug free, You haven't done the surgery. You're reducing your headaches, but they're not gone.

They're not gone. Okay. So now how the heck do you get to deeper healing? Well, I mean, obviously you knew me, but aside from that, like, what were you like?

Okay, can I take it? You're thinking, Can I go further? Can't I get well, there's got to be something I'm missing and I love your persistence. You know, what choice do I have?

I still had the fight. Seriously. I had lost my mom. I saw what could happen. It's basically, yeah, I, I have no choice. Not giving up, not giving in. But I want to see how my son turns out.

Correct. Well, you know I wanna see what he does. Amazing kid. What started waking up every night at 2 a.m. and leaning back in, like with a severe migraine, get the ice pack, you know, the whole nine yards.

And I leaned back into my yogic roots and looked at a Chinese body clock, which is a really cool thing to review. You can Google it. It is circle. it's a 24-hour period and every hour it will show you what organ, system, whatever is working in your body, okay?

very, very fascinating to go, this is what's happening when, if you are on a normal 24-hour schedule sleeping at night. So 2 a.m. is starting the lower large intestine detoxing area and the lungs, that was the big one, the lung.

I was like, I am breathing something that is causing these migraines. Okay, I've got mold. So I did a mold test on the house and then I Did the mold tests on me and it was okay My husband's like I don't see it.

I Don't smell it, you know, we've done all this renovation on our house I'm seen behind every wall and I you, know of course at that point you're the crazy person Started coming here and dr.

B said it too It's mold." And showed him the test. Yep, yep, here's what we got to do. Tested my husband. Yup, he's got it. Tackled the house, started getting everything cleaned and the whole protocol started to feel a lot, lot better.

So you're cleaning up, getting the house safe, and at the same time you are detoxing yourself from the mold. Yeah. Okay. And it's taking time, but it is working.

It takes a long time. it takes persistence, you know, to take this supplement at this time and all these different things, all of these things. and you did the cellular cleanse.

I know you were doing the cell cleanse, where did you end up finding it in the home? It was actually in our HVAC system. So I view that as we were fortunate because they had to tear out all of that.

They couldn't clean it. It's a 20 year old house, the soft duct work, basically. They say you should replace it every 20 years. It becomes so brittle.

So we had all that replaced, started all of our stuff. We're going along, then starts the 4 a.m. waking up. That's lower intestinal. Okay, what's going on now?

Why am I still getting the headaches, still doing everything? Going along. Going alone. Come back in here. I'm like, you know, What in the world? And that's when he said it's got to be parasites.

I had started with the para guard, which is a daily, you know, cleaning out, but I would only do it for a certain amount of time and then get off. It was rough, But I knew this was it.

This was the right track that I'd been waiting for. I just had to push through. There were so many days where I was like, at least it's not chemo, but sure enough, by the end of the six treatments, I felt lighter.

I knew my body was still healing. Could really, really sleep hard. So I think that's one of things that people don't realize is a good night's sleep. is gold.

And if you're not getting a good night's sleep, if your consistently waking up at two or at four or whatever flag, something's going on. Exactly. You're never repairing.

That is one thing is such a heavy detoxing time is when you sleep for your brain, for organs, all your systems are slowing down. you need that time to kind of re regroup.

right, and rebuild. I was living with, you know, when you're a migraine sufferer and you go into the doctor, they have you do the whole form, of how many headaches a day, how may headaches in month, How intense are they?

So you kind of live your life around the number. I've got a number three today. A number eight today, you know? I was living with number one, two, three all the time.

I forgot to bring this up. My eye doctor put me on neuro lenses in my glasses because they realized probably because of the accident that my eye brain contact was bad.

## Mold, Parasites, and Environmental Detox

That has helped a little bit. And I think, again, all of these things, it wasn't just one thing. Yeah. It wasn't just one thing. It was this and this, and I was doing all my things.

And then Dr. B was adding his things in. But when the four AMRs started coming and the mold tests came back and my numbers were going back up. Somewhere you're coming in contact with mold.

I was so dwindled down to where I going out in the world. Then it's in my house, we tested the house. The house was clean. Where we pinpointed it, and this is so, so sad, was the puddles in bottom of the shower.

What? I started spraying after I showered. Isn't that crazy? That's how sensitive I am. So once he started me on the parasite treatment, things started shifting.

Working with a lymphatic massage, working with the myofascial, we kind of pinpointed that they were living in my lymphatics system. So it was a process to get them out.

I am still taking the herbal supplement for that. If I have animals in the house, I do eat out, and I live a life. come in contact with them. So I just feel like, hey, the next thing on the list, and it's more for my husband's health that's showing up on his numbers than mine, is getting the plastics away from us.

His liver has a hard time dealing with that and thought, well, shoot. I didn't notice that one on me. That's the one that I did notice, but he has definitely felt the difference with that.

So I think it's, again, the education of all these different avenues, your lifestyle, or your choices of the food that you put in your mouth. the stress level of your household.

If you are in a healthy environment, whether at home or at a job, if you don't like where you live, change it. We do have that freedom in this country.

There's so many different foods we can do. we have so much food options. You go to the grocery store and it's almost overwhelming how many food options.

When you do a food sensitivity test, you'll come back, and you're like, well, what am I supposed to eat? 99% of the foods that you are reacting to are your day-to-day foods.

So you have to step back and eat other foods and it's okay. You're going to be just fine. I was a vegan for 20 years. When I hit menopause is when chicken really became a necessity.

And I think that was a huge shift for me too, is I needed more pure protein, animal protein. So on the audience, I'm listening to this and I am like, so overwhelmed by all that Claudia did.

I haven't even heard, Is she headache free? I have to stay on my magnesium. That was one thing I was just saying to Dr. B, I take it in the morning and I took it before bed and he wanted me to up it.

I did four doses a day, four was too many on stomach, back to three, and good. The third one in middle of the day was really essential for me because you start to get that tired headache in a middle the That helps me greatly.

I feel like it's all the misinformation out there. Like everybody, I really feel this is like, everyone's looking for an easy button to push, right? So that's why the commercials are constant, because they're like oh, what's that pill I can pick that is going to make all this go away?

And the reality is that the body is not a box of gears. There's not button to push for most things. For most thing, it is getting back to our natural, you know, non-plastic, nontoxic, eating real food.

Like honestly, when he says clean water, clean air, and clean food, quite literally that sounds so simple, but in the world, the way we're living. It's very tough.

You know, we're wearing rubber soles and we are on asphalt and were in these contained environments where we were pushing air from this machine. Scotch guard, everything from our paint to our fabrics, you know.

Clothing, please wash your clothing before you wear it. Brand new clothing, sample things like that. I love this company, ETE, which is the laundry soap we use at the center.

thing is everything touches everything else. But what I love is it's non-plastic. You know, I look at everyone's cards, and they have these big, giant, tied buckets of blue goo.

And I'm always like, darn it. Everything that they're pushing in their washing machine is going into my drinking water. So it is literally everything that touches everyone else, but at least we can start with the environment that we control.

with the non-toxic chemicals, like literally getting away from it. If we were all like, we don't want canola oil in our

food, the restaurants wouldn't use it, I mean, it's literally that, It's all demand.

So as we make changes, as demand changes as, We demand healthier food. God bless you food babe for always doing that. But so wait, back to Claudia, we need to get to the end of the story.

So she's like, Danielle, I am migraine free. I went parasailing. Yeah. Like, oh my god. So I jumped off the Grand Teton mountain range in Wyoming and parasailed.

And this has just been one of those bucket list things that I never thought about. You know, adrenaline, stress, altitude, all of the hoes are the big bad, you know.

I didn't have an inkling. It was fabulous. Just amazing. And it makes me hopeful to start really traveling so that I can deal with jet lag situation, weird foods.

I know I'm always going to have to stay in my lane on those certain things. But I am totally fine with it. Let's say I'm going to a show where I am going be in the middle of the audience, I wear my air purifier.

Because nine times out of ten, i'm gonna be sitting next to that person that marinates in their perfume and it's gonna set it off. an airplane to that situation.

It's just so many different things that lay into it that cause what I call perfect storms. And you've got to figure out your perfect storm, what those things are.

For some people, they can have this. They can eat that. I cannot. I want to add a little bit to the food sensitivity panel. I had a really wild, wild learning thing.

So when Marty was really, really sick, I don't think we've ever talked about this. One of the first things that you start the functional holistic integrative route, right?

We did that for like eight years. And it's almost always supplement plan, diet plan. What's your diet? And they base the diet on your food sensitivity panel.

So it is very common. Lots of people come in here with a food-sensitivity panel and for Marty, I literally think he had 70 things on it. Like I'm not even kidding.

No sugar, no egg, No dairy, literally no soy. And we walked out of there and I was like, I don't know what you're supposed to eat. Literally, he's like, I'm going to need a blueberry on Wednesday.

Like, it was just mind boggling. And I mean, how many people have we seen in deeper healing? Their diet is literally two things. They're like these are the only things I can eat So when Marty got better, and also his inflammation was off the charts.

So, when we finally found UBI ozone, high mercury, he had the virus, no treatment, No cure. Everyone knows our story. If you don't, there's lots of videos about that.

But, so he recovers fully in five weeks. He loses 40 pounds of inflammation. And I can look back at these old pictures where like even his face was like puffy.

All of that drained, all that trained away. I'm not continuing with this crazy diet. I want to live. Enjoy life. So he's like, I don't care. Rerunning that food sensitivity thing.

He did the same test. Well, gluten is stuck. We're really gluten free, which I still say, is that glycosate or is it gluten?

## Healing, Lifestyle Changes, and Hope

Who cares? It's easy. Radish. It was like a couple things, but there were things like, who cares if I never eat another radish? But all that food sensitivity stuff, when I think about what happened, it was when you're inflamed, you may be able to eat strawberries, right?

And all of a sudden you can't eat strawberry. And you've seen that people were like the list gets longer and longer. All of the sudden, now I can eat that.

This was something I always was able eat. Now I cant eat it. The same thing happens here with low dose antigen therapy, where Dr. B's like, we're going to reduce down your food sensitivities so that you're not like let's say life-threatening peanut allergy.

Okay, that doesn't mean you go and gobble peanuts, but you are not going die on a plane when someone opens a Snickers, you know? So he always says, You're getting a bigger bandwidth.

You are getting the bigger runway. And it's the same thing with mold-sensitive people or the, you know, we've had people where they get a full body rash, now they're just getting like a little tiny thing.

So this is how you end up being able to live a more normal life. You know I love that you said that. Like Marty and I too, they were like, You guys must be crazy people.

We're not. we're NOT crazy. People we live with joy, We live full life, were out in the world. But we're also like 80-20. We're the 80 20 rule. Like we are literally most of the time and definitely in our home environment, we sleep really clean, We sleep, really hard.

we have a clean bed, and we don't allow toxic cleaners. If that cleaner, the cleaner who comes in, I know once in a while she sneaks something in. She gets a call from me.

I'm like, Hey, if I smell something, in my one bathroom. And inevitably she'll admit it. My neighbor has their house cleaned and they're using Clorox or sorry, whatever the brand is, Bleak.

I can smell it, yeah. So, you know, it's literally finding your balance. It's finding you balance of living a full life. The fact that you're even able to do the crazy things you are doing now, It was not even on the radar.

You were just surviving. I was surviving and now all of a sudden I'm thriving. Again, I am about to turn 60 and I got at least another 20 years and hopefully there will be things that I can do.

So literally the title of this is 16 to 16. And for people out there who are like, you know, when you said in the beginning about like giving up and stealing their hope, I saw that with Marty, they kept saying like no treatment, no cure, get his affairs in order.

He's already bedridden. I see no point in living and I'm thinking, are you going to commit suicide? Like, what do you mean? This isn't living. I'm like, do I need to call like the suicide hotline here?

He was like no, it's just that there's no point in my life. You know, and how many people have come to the doors of deeper healing in that kind of desperation.

So persistence, that is something. It's like if you still have it in you and you're like is there a door I haven't looked under? Yeah. and a lot of the people that end up at Deeper Helium because these stores haven't been opened yet.

One of things I've been challenging myself with in the last year is getting rid of all the plastics. Like really getting like… It is the hardest thing.

It's actually harder than… it's so hard to go to the grocery store because that ship is sailed. Even the salads, I do a tower. I'm like this whole lettuce thing that's going on right now in the country.

Not worried about it. Growing my own lettuce on my tower, it's so easy and cheap. It's amazing. Okay, I'll tell you my latest thing that I'm doing was, and I am not a smelly person and not stinky person.

So, deodorant isn't really a big thing for me most of the year, but like right now it's Charleston, it is Swabee, like literally 80 some degrees. I just went to a probiotic paste in a glass jar.

I really like it. Okay, I just got rid of the plastic from my deodorant. Going plastic free? Let's all try to go plastic-free. That's the other way we vote with our dollars.

They'll abandon plastic if we demand we don't want plastic. And why do we need lettuce and plastic? It kills me. You go to Europe and they give you a little like parchment paper and people carry their little parchment bags and then get their cheese and it's wrapped in paper.

And like, we got to go back to simple things. So anyway, We're going to close this out. We went down a lot of rabbit holes, but I think the main thing is debilitating migraines, 16 years old and now free at 60. If I had a name for this podcast, I would call it a migraine's purpose.

Those things, right? Those thing tell me, no, don't eat. No, go over there. Don't stay here. Smell that. Put that on your skin. I am hoping that saves my future from what could be a horrible terminal thing.

The migraines have been alerting me for a long time and I've been pushing them down with medication. So that's probably the most important message out of all of this for me is they have a purpose.

The rash has a Purpose. Whatever your body is screaming at you, listen to it. It's the flag going up. And our bodies are so smart. I mean, we are sitting here the whole time.

Our hearts are beating. We're breathing. We don't think about that. And through this process of the parasite process, I was having some like really hardcore kind of Alzheimer's moments where I just couldn't, think the person's name.

I couldn' remember where i was and then it would clear. It was like my body was going, okay, i'm healing now, try and find what is screaming at you and where it's coming from.

And if you need help, let's say you needed help out there, I'm going to give you resources, free resource, the quiz, Body Burden Quiz. It is online. You want to see like what's my body burden.

So many of the things that we've normalized in this world are completely not good for the body. We all know that. The other thing you can do is the guidebook Dr.

B wrote, he always says, how do you never become my patient? Clean air, clean water, and clean food. What does that look like? How do I get clean air?

We're oversold air filters that don't work. We are over sold water filters. How you actually cut through all the chatter? What actually works? He put that all together.

Here's things that I like, but cheap, better, best, whole house, all the way down to a pitcher. And then the other thing is avoidance, avoiding bad fragrances, bad food, things, that are chemicals, and things are unnatural and you are not supposed to be using.

Stay well, friends, enjoy your life. try to stay de-stressed in a very stressful world, and all the resources are in the show notes. Thank you, Claudia, for sharing your long journey.

You are a warrior. And I hope somebody out there with a migraine who's never kicked, who has been told there's nothing that can be done, is inspired to look deeper into what else can done and deeper healing is here for you.

Okay. Hi guys. We hope this episode inspired you. Here’s how to go deeper. Visit deeperhealing.com to become a patient. Online we have loads of courses and a free toxin quiz.

Subscribe and please, please share this with someone who needs it. It’s always that one-on-one support that really gets people to find deeper healing.

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

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