Introduction to Lyme Brain

Hi and welcome to another episode of the Healing Lyme Summit. I'm your host, Doctor Mariah Hinchey, and today's episode is all about Lyme brain, a term used to describe the brain fog, cognitive difficulties, and mental issues that a lot of Lyme and Coinfection patients suffer from.

Not only are we going to talk about how Lyme affects the brain, but we're also going to talk about ways of coping, including mastering the mind or overcoming these mental and cognitive difficulties.

So here to share with us is Doctor Nicola Ducharme. And she is a Lyme literate naturopathic physician, bestselling author and educator. So welcome, Doctor Nicola, and please tell our audience how you came to specialize in treating complex chronic illness.

Yeah. Well, hi. Thank you. And thank you for having me. It's great to be here. So, Yeah. So when I first got out of, naturopathy medical school and went into practice, I started working with children with autism children on the spectrum.

And I was very fortunate to have a great mentor who kind of trained me in that work. And it was wonderful, super great. And what ended up happening is some of the moms of these kids came to see me and they they'd be like, oh God, I'm wiped out all the time.

Everything hurts, I got headaches, I just thought it was new mom stuff. And then I thought it was moms of special needs kids stuff. And then they're like, this is kind of ridiculous.

So I would do a functional medicine workup and look at adrenals and heavy metals and all the thing. And surprisingly, because I was even then in Southern California, Lyme came up time and time again.

And so it was sort of just a natural fork in the road for me to then focus more on line.

How Lyme Brain Affects Cognition and Mood

And I still do work with kids on the spectrum, and I love that. But Lyme is really sort of 99% of my practice now. That's wonderful. So when you talk about Lyme brain, as in one of your books, what are you referring to? Yeah.

So most of the time when we think Lyme brain, we're sort of referring to like cognitive issues, right? So people say, oh God, I can't remember my kids names.

I drive up the street and forget where I was going and have to turn around again and come back or just, you know, I can't find my words or I mean to say one thing and something else comes out.

I can't focus, I can't concentrate, but my brain is also, in my opinion, it also includes like the psycho emotional elements of these chronic illnesses.

And so, you know, some of the depression, some of the anxiety, even sort of OCD kind of behaviors, panic attacks, things like that, that are really, really common in people with chronic Lyme. And so, you know, they can be very real symptoms.

They're symptoms of the infection, just as real as joint pain or headaches. But they're also the repercussions. They're the secondary effects of dealing with these sorts of, you know, complex illnesses and being sick, you know, for many years and often having gone undiagnosed and, you know, potentially having some medical PTSD about things they've been through.

And so I see this kind of real element of like hopelessness and despair and frustration and bitterness and and so that's kind of where more of that mind set piece comes in.

And what I've learned in recent years is helping people to overcome that aspect. And we'll certainly talk about, you know, the elements of Lyme brain, like the infections and the toxicity and the inflammation and, and go into more of those kind of solutions for those things in a little bit here.

But what I realized so much in the last couple of years is how important it is for people to address those elements and work with their mind and on this, like rewire it and train it to, to kind of overcome those negative aspects and to, you know, be more hopeful and feel more positive for the future and be more able to cope with what they're going through throughout their treatment.

That makes a lot of sense. So how important do you think this is in someone's treatment plan to focus on this? It's massive. It's huge. And so now I mean, you know, as I've worked with patients on this aspect, you know, they tell me things like, oh my gosh, I wish I'd had this in the beginning of my treatment.

Oh gosh. You know, this is helping me to progress through treatment and not get discouraged.

Neuroplasticity and Rewiring the Brain

Or when I have bad days or hooks reactions like now they have tools to be able to cope with those things better, or tools to be able to cope with the anxiety of going to a doctor's appointment, or the anxiety of having an IV or a therapy or whatever the case may be.

So I see it as a game changer, I really do, and I feel that it's not widely enough talked about. You know, and sometimes when we say like mindset, it's like, oh, I'm just thinking positive, you know?

But it's not it's so much more than that. And there are ways that we can actually work with our mind to rewire it. And so, you know, a lot of it sort of based in neuroplasticity, plasticity and some of this sort of really cool stuff that we're more aware of.

So for our listeners, what is neuroplasticity? Can you explain what you mean when you use that term? Yeah, absolutely. So back in the day, it was thought that our brain was just what it was, right?

We had a certain number of neurons. If a neuron or a brain cell, a nerve cell died, then that was it. We couldn't make new ones if a certain part of the brain was damaged or had, you know, whatever issues that that part of the brain say, for example, for simplicity, if the part of the brain that deals with visual changes or whatever is compromised in some way, that those functions would go away forever and there was no getting around it.

And so, you know, a lot of people say, oh, we can talk about this in a minute about, you know, the temporary versus permanence of line brain and some of those issues.

Well, our brains have major capabilities to heal and to rewire. And so neuroplasticity is the brain's ability to grow and change and adapt and create that so that we can get so much more functionality back.

You know, we can really, like, grow new nerve cells. We can strengthen neural pathways. And so this is a big part that I talk about with the sort of the mindset piece and creating more.

All the positive wiring is that the more we think of thought or the more we do an action, the stronger the neural pathways become for that thought or thought that action.

So we know this, right? Because we know that if we learn the piano and we practice the piano, we get better at the piano. Why? It's because we've created stronger neural pathways around that activity.

And what people don't realize is that the same thing happens around off the wall, and even our emotions, too, that

if we think a negative thought over and over and over again, we're going to strengthen the neural pathways like we're physically giving strength to that thought.

Whereas if we think a positive thought or take a positive action or say an example of this would be spending time in gratitude, right? Or spending time thinking about happy things or feelings, conjuring up feelings of like people that we love or things that we really care about that make us happy.

The more time we spend in that, the stronger the neural pathways become. And so our brain is really rewired that way. But it's not it doesn't happen by itself.

It's it's something that people have to do deliberately and have to practice. Just like if you want to learn a sport or a musical instrument or a language, you have to learn it, and then you have to practice it to get better at it.

And then it comes more naturally. So it's the exact same thing. And so the analogy I give is, you know, when we start out having a thought, it's like a little winding dirt track, right?

One person can fit on there and it's just the sort of little just the dirt path. And then as we think that thought again, that dirt path and or the neural pathways will get a little bit wider.

So all of a sudden it's 2 or 3 people across.

Mindset Tools, Meditation, and Hypnosis

As we keep going, it gets wider and stronger and all of a sudden we've got, you know, a like a concrete path or a driveway. And as we keep going, it gets stronger and wider and and more, more easy to navigate.

So all of a sudden and we've got a five lane freeway, all of those positive thoughts and we catch ourselves like letting go of resentment towards that doctor six years ago that laughed you out of his office.

Or we find ourselves naturally forgiving a family member that just didn't get it, you know? And we find ourselves being able to face treatment and face the ups and downs of Lyme in a much more gentle and, you know, and positive way.

So what are some of the techniques that you use and teach your patients to be able to pave these new pathways in the brain? Yeah, well, there's different ways to do it and some work kind of.

Well, the first thing we have to do is calm the nervous system. Right. So we have to kind of get out of that constant sympathetic fight or flight kind of response.

And so the tools that I am teaching my patients to do this are helping to shift to the parasympathetic response. But then there are some tools that are using more the conscious mind.

So the conscious mind is where we think our whole mind is right. That's the thoughts that we have. It's very deliberate. It's very you know, we're, we're it's like a monkey mind in our way.

But it's how we make decisions and it's the thoughts that we have over and over again. But what really drives a lot of that is our subconscious mind, sometimes called the unconscious mind.

And the subconscious actually accounts for like 95% of our habits, of our decisions, of our actions. On a day to day basis. Like when we get out of bed in the morning, we automatically take ourselves to the bathroom, and then we automatically take ourselves to the coffee machine like we're just on automatic pilot.

And it's the subconscious mind that has the wiring that tells us to do that. We're not making that up in our conscious mind time and time again every single day.

And so some of the tools, like doing emotional freedom technique is a really lovely one, like doing affirmations and reinforcing positive thoughts and positive like mindset, doing gratitude journaling.

I find that to be huge, you know, and I have people every day write down three things that you're grateful for. Write down three wins that you had today.

Write down three ways you took care of yourself or you nurtured yourself today. And when people start doing those kinds of things, they sound pretty simple.

But with repetition and consistency, they're beautiful. They work beautifully to help you with that rewiring. But the other thing we have to look at is how to reprogram more on the subconscious level, like how do we get to those deeper levels.

And so there's some tools that are really wonderful for that meditation is a really, really nice one. Hypnosis is a nice one. And so, you know, my, my, my folks that I do these programs with, I give them the meditations that I create, I give them healing hypnosis tracks that I've created.

And, you know, there's a lot out there available too. I mean, whether it's everything from apps to YouTube, there's so many resources and tools out there that, the hypnosis and meditation to me are two really lovely ways to get to those subconscious levels.

And then, as I said a few minutes ago, doing all of those things helps to promote the parasympathetic nervous system response. It calms the nervous system.

And when we're in constant fight or flight, that's not where healing happens, you know? And it's really easy to be in fight or flight with, you know, the way that Lyme impacts adrenals and cortisol responses and the fear responses and you know, and like we said with the different things and we'll talk about this in a little while about how are the pathogens and the toxins and the inflammation and all the stuff that's going up in the brain, making things feel really crazy.

But we have to calm that nervous system response, to be able to get into the parasympathetic state, which is that's our healing state. Right? And so that's part of it is, you know, it's just calming everything down so that us conscious mind quietens down, our subconscious mind can sort of less than better.

And then, you know, the neuroplasticity helps to actually like on a physiological level helps us to do that rewiring. So it's a whole host of things that come together.

Yeah. So is there a part of this where I mean, I swear a lot of my patients have like a PTSD, right? Just from being chronically ill, from being mistreated, from being told they're crazy, you know, family members not believing them, etc..

Yeah. Do you have to so like I my practice is very big with eMDR. So is this a thing where like you almost have to kind of undo like a PTSD? Or do you think just focusing on paving the positive, you know, settling, the autonomic nervous system, working on the subconscious, working on the positive.

Trauma, PTSD, and Letting Go of the Lyme Story

Is that enough to override, you know, that sort of like PTSD loop for a lot of people? It is. And then there's a lot of people like, I love MDA. Like, I really think that going and going back and doing some of that more specific trauma work can be helpful as well.

But I do definitely see people. And, you know, one of the things that I work with is a process. It's called hote opponent Pono. And it's a Hawaiian technique that helps facilitate forgiveness and release.

And so we have practices around that too, that really especially help in that area. But I think, you know, Lyme is

really kind of unique in the journey that people have been on.

People with cancer don't get treated like there's people with HIV. You don't get treated like there's like, you know, there's something really funky about Lyme that it's more than just misdiagnosis.

It's to your point, like people being told they're crazy, people being told it's all in their mind. People's being told they just need an antidepressant or an anxiety med, even, you know, family members turning on them, friends turning on them.

You know, there's so much that's gone in the past for a lot of people. And so going back and cleaning up some of that stuff with tools like eMDR can be really helpful.

But the work I do is also encouraging people like, okay, but that's your story. And the more you read, the more you tell your story. The more you live in your story, the more you're stuck in your story, right?

And it's really easy to get stuck there. I know it is. And it's easy to feel justified in wanting to be stuck there and wanting to tell that story. But and I say this with love and compassion that will just keep people stuck, looking backwards.

And their healing is not in their past. Their healing is in their future. And but to do that, you have to kind of have a little bit of discipline and like getting up and going to the gym in the morning.

You've got to, you know, go to the gym for your mind and deliberately push that focus forward and out of the rearview mirror, forward through the windshield.

And that's where I see if people can get a handle on that. That's where I see the change as a really profound yeah. I firmly believe that if someone does not think they're going to get better, they're not going to get better.

You know, we have a lot of discussion about having hope, you know, or at least letting go of that. I'm never going to get better. I'm a victim. This is who I am.

This is what I identify with. And, you know, yeah, it doesn't matter how long they've been sick for, they they have to be willing to like, let go of that identity.

Absolutely. That is and it's such a huge part. And this is where, you know, it's hard for people to find positive, positively oriented community, too, because a lot of people at Facebook groups and support groups and things like that, like a lot of people are just sort of telling their story over and over again.

I'm very stuck in that. And it's a, you know, it's a double edged sword because understanding that alone is very isolating. And people are looking for that, you know, camaraderie and support and other people going through the same thing.

But I always caution my patients, like, just be aware that a lot of people do recover from Lyme. They're not in those support groups anymore. They're out doing life, you know. Right.

Yeah. It's you know, you brought up cancer and other illnesses and it's like, you know, most of the time those illnesses are isolated to one part of your body.

And it's like, you know, with Lyme, it's like it affects every part of your body for most people. And then so you're going to have, like, you know, the emotional issues of dealing with a chronic illness like depression, anxiety, etc..

But then on top of that, it's like your brain's on fire. So like you're literally having like depression, anxiety, OCD, all of these things because your brain's on fire, not just because you feel like, oh, woe is me.

Like I have this chronic illness, you know? So it's, correct. That's the double edged sword. But, you know, the more

you can work on being deliberate about the mindset piece, the more you can recognize, like, oh, this is just this is a symptom.

This isn't who I am. Like, I'm not broken and I'm not going to be like this forever. This is a symptom that's happening in my brain right now. And they can connect the like, this is a very real symptom and it doesn't make those things magically go away.

That's not what we're saying, but it helps them with dealing with it and being able to work through it and stay more positive. I've actually had patients say, when you realize, like you're being paranoid, you're being fill in the blank, just say Lyme brain.

Oh, I've had it just helps because it's like, oh, this isn't me, this isn't me, this isn't my personality. It's my it's my Lyme. It's my Lyme brain. So that's always been very helpful.

Okay. So when you were talking about damage. Obviously the damage isn't going to be permanent. So if you work on strategies to rewire the brain correct.

Or do you feel like some of the things could be permanent, like 99% of the time, damage is temporary or like don't even want to use the word damage because that sounds so permanent.

But you know, 99% of the time people can have wonderful healing once they address all the underlying elements.

Temporary vs Permanent Brain Symptoms

And, you know, I have seen bodies and brains and minds be so resilient, you know, and I had super sick patients who were in wheelchairs or literally like, you know, one of my longest term patients.

And she's doing amazingly now. I stay in touch with a because we're friends. But he she used to draw a drive from her house and then forget where she was going and have to turn around to come back.

Or, you know, she forgot to pick her kids up from school. And, you know, I mean, things that just seem so hope wasn't so serious. And since then, she's gone and done a PhD.

I mean, she's she's in highly demanded lecturer and professor. I mean, she's incredible. And so I always tell my patients like you can recover from this, you can get your brain back because a lot of people say, and I know you would have heard this too.

Like, I could kind of live with the pain. I could kind of, you know, they can rationalize their way through that, but they're like, I just feel so stupid.

Like I just feel like I just need to get my brain back. And so that's a multifaceted approach. There's no one super simple way to just turn on that switch.

And but all of these things together, you know, the right treatment for the Lyme, looking at different things like inflammation and toxicity, along with the mastering the mind, the rewiring, the, you know, working with that neuroplasticity.

That's the way to make the best the biggest difference. Yeah I agree. So doctor Nicola, tell our listeners how they can reach you if they're interested in becoming a patient.

And also share with us your program and how patients can learn more about your program as well. Yeah, absolutely. So so I have two websites that I'll give you.

One of them is my practice website, which is Restore Medicine Restock on Medicine no E on the end of restore. And then people can also go to Doctor Nicola ducharme.com and doctors Dr..

And then Nicola ducharme.com and that's where I have most of the information about my Transformational Healing Academy which is my eight week Mastering the Mind program can find me on Instagram at Doctor Nicola Ducharme and the same on Facebook.

Okay. Wonderful. So Doctor Nicola, you were talking earlier about the mechanisms of Lyme brain. Can you elaborate on that more? Yeah, absolutely. So I mean I see Lyme brain as sort of like a multifaceted piece.

Right. So it's not just one single thing going on. We do have the infections themselves. And so that's obviously the big you know, the big central thing people think about is like, oh my gosh, these infections are actually in my brain.

And that is possible. And there's so much more to that can be going on. So I look a lot at toxicity. So obviously the infection itself can create some toxicity, especially when we do, you know, do antimicrobial treatment.

And we're killing off these pathogens and they release toxins of their own. So those things can become toxins that then our body has to deal with and clear.

There's also a big inflammation component. And so this is where, you know, I talk to people a lot about diet because people think the brain's just kind of its separated thing up here.

And then the separate thing down here. And so.

Mechanisms Behind Lyme Brain

Well, you know, if I have inflammation in my gut, how is that going to impact my brain? But it does because inflammation anywhere in the body is going to create these chemicals, right?

It's going to create these markers like cytokines and chemokines and chemicals of inflammatory response that can travel around the body. And that can then cross the blood brain barrier and make it into the brain.

And it's like setting off fireworks in the brain. So managing inflammation and working with, you know, looking at ways to reduce inflammation is a big part.

And diet is a piece of that. If people are eating a lot of inflammatory foods, they going to be, you know, creating more inflammation everywhere in their body, including their brain.

The other thing I look at is neurotransmitter balance. So I have seen a lot of people where their serotonin levels are off or they don't have enough Gaba.

You know, there's two calming neurotransmitters, serotonin and Gaba. And then there's more stimulating neurotransmitters. And so we talk about neuroplasticity of being the wiring of the brain, neurotransmitters that the chemistry of the brain.

So we have the nerve cells. But then we also have these little chemicals that help transmit the message from one nerve cell to the rest to the next. And so sometimes working with amino acid therapy and helping with the neurotransmitter balance can be helpful.

We know a lot more now about heavy metal toxicity, mycotoxins. I mean that's huge in Lyme is mycotoxins illness. And so that contributes to what people consider like what they recognize as their Lyme brain can also be heavy metal brain or mycotoxins, brain light or, you know, inflammation.

Brain. So we want to look at some of these different aspects on more of a physiological level, and help to balance those like get the inflammation down, balance the neurotransmitters, you know, detox whatever toxins we find, even Candida can release toxins that affect the brain.

So there's different elements to it. Other over and above, just treating the infections in terms of the infections

themselves. Like I always talk about the three BS as being the big ones, right.

Borrelia being the Bartonella. And in my view, that and a plasma like you ever catch it, it's tends to be more secondary. So the three BS are the babies.

And you know, in my experience, when I see a lot of like the cognitive aspects, the short term memory loss, the difficulty with focus and concentration, that's a lot sort of based in the Borrelia, infection, the BS.

Yeah. Was it a lot like dizziness and moodiness, which makes people feel very foggy and also creates a lot of like low grade anxiety or just sort of generalized anxiety.

And then Bartonella causes a lot more like these are like activity or panic attacks, like severe anxiety, like OCD kind of stuff. And so to some extent, really healing Lyme brain like one of the primary things is recognizing the co-infections and addressing the co-infections adequately, because that's where I see a lot of people are kind of like they treatment is falling short and they're not getting the result they want because they've got untreated co-infections that are also contributing to this line brain kind of scenario.

But we have to treat co-infections comprehensively. We have to look at, biofilm breaking down biofilm, like all of those things that sort of impact everything in the body, but really, really do impact the brain as well.

Yeah. So it's beyond just looking at killing infections. We have to understand how and where these infections live and what they do to the body. And in each individual patient.

It's kind of like, you know, it's funny because everyone's like, we need or I will say we need to find the underlying cause. And they're like, well, my infection is the underlying cause.

And it's like, well, I would argue that you probably have 2 or 3 or even maybe ten other underlying causes that this infection has now created in your body.

Things like you've said, you know, issues with being toxic and possibly heavy metals and mycotoxins. And what about increased intestinal permeability and now food sensitivities?

And like all of these other things like brain, you know, all of these other things that the infections make inside of your body. Yeah. Well, and then you have to go on about like the thyroid tank, you know, the adrenals are tired, right?

So there's a lot of hormonal stuff as well. You know, I've had some male patients where, you know, they end up with low testosterone as a result of it all.

And, you know, if you don't have testosterone, you're not thinking, well, you know, your brain's not sharp. So there are, you know, lots of different things.

And that's why, you know, I love the integrative approach to Lyme because it it is so comprehensive and so holistic. But, you know, to your point that you were talking about like, we've got to isolate which infections and go off to them.

And it's even how we do that within the infection. So with the with the Lyme itself, the Borrelia piece, you know, one of the things and I do a lot of antibiotic therapy with my patients.

I never do antibiotics just all by themselves. I use a lot of naturopathy support and really sort of bring that integrative approach. But even with that is that some antibiotics cross the blood brain barrier and a great for Lyme brain and some aren't.

And you know, I'm not it's not in my scope of practice as a natural doctor to do I. V. antibiotics. But I use a lot of isilon, which is an injectable form of penicillin, crosses the blood brain barrier.

And if I had to say, what's my one medication that's been most successful for people with Lyme brain, it's by cylinder heads and tails above anything else.

So, you know, it's even sort of how we choose different medications or different antimicrobials as well, to target the right things and optimize how they work in the brain.

Minocycline for example, crosses the blood brain barrier just a little bit better than Doxy cycling. You know, tonight is all can be pretty good too. So we want to make choices in our protocols based on what's going to be the most effective in that regard.

Right. Absolutely. So what other what are your favorite treatment strategies in addition obviously to mindset and helping to balance the autonomic nervous system.

Yeah. So I mean I sort of fold into some of those categories that we talked about, right?

Treating Co-Infections and Brain Involvement

So I mean definitely treating the infection and the, you know, the right infection comprehensively is going to be a very, very central part of the strategy.

But there's also I mean, there's so many different things like we could be here, you know, for a couple of hours talking about different things, but, you know, just to throw out a couple of my favorites, I, I love Bluetooth, I don't I use a lot of Bluetooth, I don't because it's one of our major antioxidant.

So it helps balance oxidative stress or free radical production. And the brain creates more free radicals than any other part of our body because it uses up more oxygen. Right.

So we want to help with that. Speaking of oxygen, I love oxygenated therapies like ozone therapy or hyperbaric oxygen that's not accessible to everyone but that, you know, but it can be wonderful.

We can use cognitive enhancers like B methyl B12, super zinc, impose a team Alpha lipoic acid. Like there are some really wonderful nutrients that can help support the brain.

Well, we, you know, do all of this other stuff. I've even seen low dose don't track so and be helpful. Like one of the things low dose naltrexone does other than being immune modulating is it increases endorphin production and endorphins are feelgood chemicals.

So a lot of people on low dose naltrexone find their mood is better, their sleep is better, they're less irritable, they're sort of less anxious. And then I do use amino acid therapy like five HTP is an amino acid that fuels their atonement.

We can supplement with Gaba and Theanine and some lovely amino acids to help feed those calming pathways. And then there are some people who need more brain stimulation.

And so sometimes we'll use like hydrazine is an amino acid that fuels more of the sort of insulating pathways in the brain. So that's all, you know, on a very individual kind of basis.

But there are some of the things I really like. There's some other tools too, like neurofeedback can be great, other modalities that that can help plan as well.

But, you know, looking at managing inflammation in the body is a big one. And so we have our favorite herbs like cookie and then and white willow and holy basil, and things like that that can help dampen inflammation.

And diet diet plays a big role when people, when my patients get off gluten and sugar and to to a slightly lesser extent, dairy, dairy. So the food on my list, the brain goddess gets more clear, there's no doubt about it.

So and looking at sort of not eating saturated fats and processed foods, which just fuel inflammation and as we said earlier, inflammation in the gut becomes inflammation in the brain.

And then obviously the detox part is huge. So I didn't really talk about that. So Ludus Iron is one of my favorite detox helpers. I use a lot of small ax lab.

Right. It's very specific hood, very specific strain of small ax that does cross the blood brain barrier and helps to neutralize neurotoxin. So I use a lot of that sometimes binders like charcoal and clay and silica and things like that can help pull toxins out.

And then looking at, you know, the micro toxin piece, the heavy metal piece, they're more specific, like they have a little bit more specific treatment part.

But you know, we look at colonization of mold in the sinuses that can contribute to the brain fog in the brain issues as well. So there's lots of different pieces.

I feel like functional medicine testing is wonderful because it gives us this information, right. It gives us these clues of where we need to focus our attention.

And, you know, it can feel a little overwhelming at first just to be like, oh my gosh, all these things like, but, you know, we just got to be strategic and take it one step at a time.

And you know, again it's that that mindset piece of like, I'm going to get there in the end. And there is no doubt in my mind, there is no question I accept no other possibility than I am going to get healed.

Yeah. And I think a lot of times it comes down to finding a practitioner that you trust and, you know, knows what they're doing. Right. And then you can kind of stop searching, stop being in that fight or flight where you're literally fighting for your life and searching and researching and, you know, looking everywhere for answers, being up on Doctor Google at midnight.

Oh, gosh. Yeah, yeah, that's the worst. So would you like to talk or would you talk a little bit more about your program in this rewiring and and what your approaches.

Yeah I'd love to. So I, I put together an eight week program that teaches people how their mind works. Right.

Supportive Therapies for Brain Healing

So the first the first thing is to be educated and aware so that you can recognize like what's happening and then make different decisions and adopt different practices to change it.

So I do teach fundamentally like how does a conscious mind work? How does the subconscious mind work? But how do we create this thing that we call reality?

Right. So I say to people in my program, I'm like, if you put your fingers like that, I can you and you look through this teeny tiny little space and it's a teeny tiny little square.

And that's what we think reality is, the way our conscious mind sees it. But really, reality is sort of like everything else. It's out here. And so if we learn how our subconscious mind works and how our conscious mind constructs our reality, then we think that we have the power to recreate it and influence it.

Like we can change how we filter information and how we filter our viewpoint. And some of that too, is working with people on like, what's their identity like, what do they say after I am?

What are the words that come after I am? And how can we change that to be more empowering? So I am a lime sufferer. I am super sick. I am never going to get better.

Like they're all like at our deepest level of our identity, of who we are. And so that's one of the things that we look at. We look at, you know, our values and how we create values, like where do our beliefs come from?

Where do I limiting beliefs come from? How can we change our limiting beliefs? Like how do we actually do that? And then so it's walking people through all of that and giving them tools.

And then I give actual strategies like, you know, we do it over the course of like the introduction and then the eight week program, they'll be given tools, they will learn tools that then they are encouraged to incorporate in their day to day life.

And that's really, you know, I can teach them all day long, but then people have to make the decision to like, actually practice and do the work. It's like, you know, people have to go to the gym. People have to practice piano.

Like there's that sort of day to day kind of playing it out. And so the program is eight weeks. I have released it as a sort of DIY program that people can just enroll in.

They get the recorded lessons, they get the workbook, and they can just move by themselves. The magic for me happens in the group coaching program, which I run 3 or 4 times a year.

I keep it to very, very small groups so people will still get access to those recorded teachings each week. But then we have a weekly zoom in the small group setting where we can really unpack it, and we really kind of, you know, we can get coached on it, we can share our experiences and really create a very beautiful sense of community as well within those small groups, because by the end of the nine week period, those folks are close, you know, and that they're there to support each other and lift each other up.

So so I think the group coaching adds so much value to it. If that's not accessible to people, they can also just do it. As you know, an online digital learning platform and still get the information and get the worksheets and get the the practices and get all the meditation recordings and all of that, and they have access to that forever.

That's wonderful. And I love the live group. A piece of that. I think it's really important. You know, obviously there's there's support groups, online and chat groups, and we had an in person support group.

And I would say the hardest thing about the support group is actually keeping it positive, you know, because it's always can become very negative. And, and a lot of times very toxic.

I think it's so important for patients to find like a community space that is focused on being positive. Yes. And you know, to to be clear, we are not expecting people not to feel anger or sadness or have human emotions like we're not trying to right, overcome those things.

What we're trying to do is give people tools to move through them and move through them in a timely fashion, so that they don't spend a lot of time in that horrible space kind of having those things, you know, go around on a loop that then, you know, we all feel sad.

We all feel angry. We all have things happen that we don't love.

Transformational Healing Academy and Closing Advice

But it's a question of how long are we going to stay there and how long are we going to kind of keep that story going. This is okay. That happened okay.

So let's how do we move forward from there? Wonderful. So if you had to when it comes to lion brain in general, if you had to talk about the three most important things to our listeners, what would the three highlights be?

The three highlights would be one. Become aware of that mindset piece, and whether it's my program or another kind of program like it is foundational and fundamental to work on that.

Two is making sure you're with a practitioner who is looking at the different elements and not sort of tunnel visioned online or tunnel vision on hold, or one thing that's looking sort of more holistically, and making sure you're getting the right kind of treatment.

And then three is do all the things you can at home, like work with your nutrition, do the Epsom salt baths, do the coffee enemas, like whatever it is that you can do at home and by yourself.

It's not going to cost you, you know, any money. It's just things that you can you can make choices day by day. I really encourage that because it's important to have that sense of self-responsibility as well.

And it gives you more of a feeling of empowerment, of like, I can do things in my everyday life. They're going to help my outcome. So yes, you want a practitioner who's helping guide you in the medical aspects and yes, 100%, but there's a lot that you can do on your own as well.

And so there the three pieces that I think are the most important. Yeah. And I love that piece too. In the end, it's like this self-care at home. You know, you mentioned in the beginning of our discussion, like doing the gratitude journal and just thinking of three things at the end of the day that were positive and that went right.

You know, those things are so easy and so simple. Yeah. But they're profound, especially as they add up over time. And I think a lot of times people feel silly, you know, doing it, but it's one of those things where it's like, you know, once you get used to doing it, you don't really feel silly anymore.

And instead of struggling to come up with three things, it's like, you know, you've got a list of like 50 things, right? It that's the neuroplasticity, right?

You're training your brain to be sitting in gratitude and sitting in those positive places. So the three things that I mentioned earlier, and I have all my folks do this that are going through my program, they do this even before we start week one.

This is like introductory. What are three things or people or whatever I'm grateful for today? What are three wins I had today and what are three ways I took care of myself?

Or I nurtured myself today and it's just three by three, right? Takes a few minutes before, you know. And but it's such a great practice to get into and it really does shift the way people start looking at things.

Yeah. That's wonderful. Thank you. You're welcome. So tell our listeners again what the name of your program is, how they can find it and then also how they can find you.

Yeah, sure. So the program's called the Transformational Healing Academy. If they if they go to Doctor Nicola Duchamp. Com and doctor is Dr. Nicola ducharme.com and they will find information about that there and then my practice has also has its own website restore medicine.com r s t o r medicine.com or Instagram at doctor dot.

Awesome. Thank you so much Doctor Nicola and thank you everyone for watching. I hope this really helps you on your path to healing Lyme and we will see you at our next episode.

Have a great day!