Overcoming Chronic Illness and Finding Healing Through Faith and Science Transcript

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Podcast Intro and Guest Introduction

Health is always a journey. And that's why I got involved in this, because I thought, how many people out there like myself wouldn't think of this or wouldn't know of this?

And it can help them, you know, this tool will help you to identify if you're not seeing a chiropractor and some people aren't. It can help you identify where you might need to go.

If you want to go see a chiropractor, I can actually print out a report and you can take it and they can confirm with an X-ray. But it's just fascinating how versatile and how many things we can explore.

Welcome to Doctor Talks, the podcast where every episode leads to a healthier you. Join us as we navigate the world of optimal health, uncovering groundbreaking strategies to conquer chronic disease.

In each episode, we'll bring you the latest insights from leading health experts, medical innovators, and wellness warriors. If you're seeking to transform your health journey, or if you're looking for answers to burning questions, you've come to the right place.

Get ready to unlock the secrets of lifelong health and vitality. This is Doctor Talks, real talk from real doctors on the issues that matter to you most.

Hi everyone. Welcome back to the Integrative Health Podcast with Doctor Jen. We're going to be talking about Lyme disease and mold exposure today. Meet Doctor Kim Groom. She's a certified IHT wellness practitioner, license coach and nutrition advisor.

Doctor Kim has lived through a complex healing journey which began in 1984. She battled with late stage Lyme disease, which was only one health issue along with toxic mold exposure.

These brought her a host of challenges which led Doctor Kim to seek alternative wellness therapies.

Early Lyme Disease Struggles

Through faith, diligence and learning to manage body stressors and imbalances. She now enjoys optimized wellness. Awesome. Welcome, doctor Kim. Thanks for being here this morning.

Well, thank you for having me. Yes. Of course. So tell me a little bit about your history. And it sounded like started in 80, 1984. So back okay. So those listening to back then, I would say that probably no one was talking about Lyme or mold.

So tell us a little bit about your journey. Wow. Yeah. I mean, you think back then it was almost 1894, right? It was so long ago. But I was a young mom with three little children.

And no, nobody was really talking about Lyme disease because it came from Lyme, Connecticut, and it was just in the stages of being identified. And now, of course, we know from a great interview with like, Tucker Carlson that it came over probably from Plum Island.

And all that history is, is out there now. But back then, you know, as a young mom, I was losing functionality in very scary ways. You know, I remember trying to do a simple thing like change a set of drapes and standing on a stool, and my fingers were just not responding.

That and tremors, memory lapses, you know, and and that was back in the day when you didn't work from home. So my husband has this corporate thing, and here I am at home with three little ones thinking, oh, there's a lot riding on mom.

And she can't go down here. So it was it was scary. I will say, honestly, it was scary. Yeah. So you knew something was wrong and where did you start?

Because the problem is, when you go to the conventional doctor's, they're just going to say, well, you're just a mom. These things are happening. You're getting older. Here's a script.

Yeah, you got it. That's it. And because it wasn't talked about or really discovered, nobody really knew what to do. So it turned into a journey of several doctor visits.

And maybe it's all in your head, honey, where my husband started to come to the appointments with me so that the doctors were a little less apt to say that with him sitting in the room, that it was all in my head, honey, because it really wasn't in my head, it was in my body, and it was infectious.

It eventually was a billboard that was posted in my county. I lived in Hunterdon County, new Jersey, and there was a big billboard, and I swear it was the Lord who put that billboard there because my husband read it and said, look, this looks like what you're dealing with, let's call the one 800 number.

And that began seeing a specialist in Morristown, new Jersey. He and his wife were familiar with line. They had heard about it. They knew something about it.

And that began some of the horrific treatments. I mean, God bless them. They were doing what they knew, but the treatments were. I've pick lines full of clathrin, which is a very strong antibiotic.

Conventional Treatment and Faith Journey

So anyway, to this day, Doctor Kim has to really think about her gut health because it fixed one thing to a point, and then it broke a few other things along the way.

Wow. Yeah. And and even now for treating Lyme, you can't really go after the Lyme until you're balanced and you pay attention to your gut health because you can do a lot of damage if you just go in there guns blazing, so that that can be a little scary.

So how did you finally heal? What did that look like? And then that led to you creating your own wellness therapy program? Yes. Well, it's been a long journey because I would say that, you know, to quote my husband back then, he said, you know, that I've antibiotic treatment helped you, but it helped you half way.

So I recovered some of the neurological and physiological things, you know, the muscle tremors. And plus I began this exercise program, which included riding horses for muscle strength, which I'm doing to this day, but not necessarily because I need to, but now because I love it.

But it was halfway done. And what happened was I was getting a monthly quota of deoxy cycling or amoxicillin from a doctor in new Jersey, and he was off label.

But I was told that I needed to stay on antibiotics all the time, so I just did what I was told. I didn't want to go back to. One doctor had told my husband I was going to end up in a wheelchair, which was horrifying.

Thinking here, you're going to have three little children and your bride is going to be handicapped. You can imagine what this man was thinking. Anyway, long journey, long journey.

Lots of antibiotics. I do remember joining a Bible study and having the women pray for me, and I went back to the doctor to pick up my antibiotics and he said, there's something different about you.

And I said, yes. And what do you think that would be? He said, I don't know. You just seem brighter. And I said to him, well, you know what? I am brighter, and I'll tell you why.

I said, for the first time in my life, after meeting a bunch of sisters in the faith, I believe that I'm going to beat this. And he said, well. And I scratched his head and he said, I don't know if you're going to beat this, honey, but I'm happy you're not depressed anymore.

And he gave me the script, and out the door I went. But that was the beginning of, you know, a faith journey that led me to a place of believing that, you know what this thing is something that can be conquered, that the Lord is able. He is strong.

And I'm going to partner with him in my journey to to take it out of me. Yeah. Anyway, so yes, it's been a journey. Yeah. And I found while practicing in my brick and mortar that you can fix everything.

You can take all the supplements, the peptides, you can take the antibiotics. But if you don't mix in spiritual health and faith in Jesus in there, they're not they're not going to get to 100%.

There's still just something missing. And it's hard because when you get into the integrative world and functional world, there's a lot of New Age stuff mixed in there.

So that's why this is such a great conversation, because you need to kind of go around all of that. Absolutely. I was on a podcast with Melissa Schreiber, fitter.

I think that's her name on Nurses Out Loud. And when you come down to Tennessee, you might want to connect, because she interviewed me exactly. On that note, she said, how many Christian people out there will throw the baby out with the bathwater, with alternative healing, because they know that they don't want to open the door to the occult.

And, you know, there are practitioners that are of all different faiths. We live in a big world. And as a believer, no, you don't want to open up the door to eastern mysticism and worshiping energy centers and things like that.

So I really feel that where I'm at now with the IHT practice, I have my moniker. It's called Bioscience for believers. I focus straight up on the science.

There is no doors open and what I'm doing, I have checked it out thoroughly for myself to see that the energy centers and the things that are being tested are completely on a science basis and not something that anyone who comes to me would have to say, oh, you know, what am I walking into here?

Because it's it's a really valid point. And that you make. Yeah, it can be scary. I remember when I, gosh, was dabbling in the New Age because of integrative medicine.

Otherwise it never would have crossed my mind.

Discovering Bioscan and Frequency Testing

You know, with Reiki I was asking Reiki, you know, I had Reiki done to me like three times. And I was like, I went to a Christian Reiki practitioner and I was like, is this okay?

Is Christian? You know, being a Christian? They're like, yeah, it's fine. And then they gave me some books to read, which I just threw away, getting ready to move, but I don't know why they were still in my house.

But talking about like, the universe and energy and I'm like, no, like, really? If she was a Christian Reiki practitioner, she should have been telling me to read my Bible, not these other things.

So I think it's hard when you ask for validation, but you need to be going back to the Bible and then trusted mentors

and friends or whatever that read that are in their Bible every day, because otherwise we can just get a little bit off course and and you've seen that.

But it's I, you know, I've never thought of it from the other perspective. How Christians would actually turn away from integrative or functional medicine because they're concerned that that would be opening up doors.

So I've never heard it flip that way. That's interesting. And like if you're a say, you're a say you're an Orthodox Jewish person, you know, you're going to go to a restaurant that serves pork.

Now you're just not because it's against what you hold in your heart with your beliefs. And I think that with many Christians, I was reluctant when I began my journey with the bio scan.

It was at least five years ago. I was concerned when I went to my coach's home. She's now my coach and my mentor in the industry. She's had 15 years in it, and I was so thankful because I asked her point blank, like, what energy are we using here?

And she said, honey, I am a Bible believing Christian. I just want you to know that. And she said, no, if that bothers you, you let me know. And I was like, oh no, thank you. I'm very relieved.

And she said, all of the energy we're working with here is just like, you know, the physics of a rock, the physics of a tree, the mathematical address of the cellular resignation of something.

But I will never come in here. You have you come in here, anybody, and ask you to embrace as an energy center, as divine? Because she said the only divine source of these energy centers is the Lord.

What a relief. You know, but that's not always the case, you know, and I'm surprised because on the Nurses Outloud podcast with Melissa, we did talk about Reiki practitioners.

I don't know much about Reiki, but exactly what you said. There is a little catch 22 in there where the, you know, provider of the energy is somehow this vague universe, right?

Is that how that works with Reiki? Yeah, yeah, most of them and everyone probably practices a little bit differently, but it's definitely not. The focus is not on Jesus.

It's about thinking that they can move energy and change it. You know, it's not. It's dark. So what is what is bioscience for believers? Doctor King and I, I claim that, you know, I have a friend who's a brand specialist and she's like, why don't you just call it bioscience for believers?

Because bioscience science is what the bio scan would fall under. It is cellular energy. It's biological. It, measures the frequency of your cells, and the machine is quite sophisticated.

I don't want to make it all about the machine because there are other modalities. I mean, there's footbath, there's detoxes and things like that. But the reason I added the word believers is twofold.

If you're a believer in Christ, I would like people to feel safe coming to me. That's the first thing. And then the second thing is many people don't believe that the bio scan can really do what it does.

And of course, they have a disclaimer that it doesn't treat, it doesn't diagnose, it doesn't do blah, blah, blah. However, what it can do is read your cellular energy and pinpoint.

Because the database is loaded with over 800,000 entries of what is going on at the cellular level, so it really can pinpoint a moment in time when you sit down and do the scan of what is quote unquote, cooking in your body at the cellular level, and it doesn't mean you have it.

If it says that the energy of this, you know, source avian flu, celiac, if it says that that energy is resonating in you,

doesn't necessarily mean you have it.

I would say that it's then up to the patient to say, I have symptoms of that. And then once it's identified and you have a report, you're free to go and pursue that.

And basically what I do as an advocate and a researcher is I will help you figure out, based on what the readings are, what your next step is. You know, for example, I had a client, she came in with her seven year old son.

He was throwing up every day. And you're taking him to the doctor? Nurse. She said, I really don't want to. Number one. That's her choice. Okay? Why? Because I feel that it will be very invasive if I do.

And I don't want my son experiencing a lot of blood work and and things that may frighten him. Okay. So we find out that he is resonating for two things parasites and celiac.

Now, what came first? The chicken or the egg? Well, he lives on a farm, so a certain type of parasite, nematodes, shows up. And I said to the mother, how do you want to pursue this?

Because of course it's up to her. And I'm not an M. D., she said, I'm going to order the herbals that deal with nematodes. Let's look them up. We look them up together.

She selects one that she thinks will work for her child. Anyway, long story short, and she takes them off gluten. Now I copy for her the Stanford website.

If this is what you do. If you think your child has celiac, which includes a biopsy of the intestine novella to the tune of I don't know how many thousands, and she says to me, thank you for letting me know, but no, thank you.

I said, well, what do you plan to do? I'm curious, she said, I'm taking my child off gluten. I said, fine and long story short again two weeks later, how is your child doing?

He is fabulous. He has stopped vomiting. He's got his energy back. I am just thrilled now. This was a fraction of what I think she would have spent and totally noninvasive for her child, and I'm thrilled to have been able to be a part of her journey and make life a little bit simpler for her.

She could have chosen to go any way she wanted. She could have had a stool test. She could have gone to Stanford, you know. But this is what she did. And, you know, praise the Lord.

It was successful for her child. Yeah. That's great. So what does it exactly look like if someone was coming in to get that?

Personal Healing and Negative Lyme Results

What's the it look like putting these little electrode on your fingers, which is where the Central Energy Center, I mean, okay, the eastern people have coined the enter your energy centers in the human body as meridians.

And so they are called meridians. But, it's sort of like pharmacy is named pharmacy. But if you look it up in the Greek, it means pharmacopeia, which means spell potions.

So people say, oh, no meridians, chakras. Oh, not in the Bible. Well, look up pharmacy the next time you go there, pick that was that translates in the Greek to pharmacopeia.

So anyway, all that to say is yes, these are called meridians and they're energy centers and this is where the machine is hooked. It doesn't, hurt and it just measure your cellular energy.

It's a very sophisticated little machine developed by a biophysicist, and it generates a report. Yeah. That's. So the report shows where it's picking up signals that need addressed, need support? Yes.

I mean, I've been trained on how to read the numbers and and what means what. And there are different categories. There's balanced where you are balanced on the cellular level.

And then there's aggravated and then there's more aggravated. And then there's chronic and deep. And when something's chronic and deep, it's usually been around for a little while and the body is not happy with it.

So that's usually where I'll go in for the deep dive, and the frequencies will clear. Once the report is generated. There's another step to the process where there are frequencies that will clear.

And again, they're harmless. It's like listening to a song on the radio. If your body doesn't particularly like the tune, it disregards it, but it doesn't do anything.

And your cell phone is more dangerous than the frequencies. So the goal is to clear the body and to find out a little bit more about what's going on inside, so that, like I said, the person can take the next step.

Yeah. But but the report does have different categories that I have to interpret. Okay. Okay. Awesome. Now what is it done for you and how did you to have you use this personally with your healing journey?

Yeah, I got started on a referral about 5 or 6 years ago when I was down here. I had a condo in Tennessee, and then we moved, but I found someone who was practicing with the IHT and I thought, well, because up until that time I was still getting bloodwork every other year for Lyme disease just to check my levels.

The reason I was doing that was when I was up in Jersey, but I was going to an infectious disease specialist, a wonderful doctor, and that was the recommendation was monitor yourself every year, every other year.

If your levels of Lyme are high, the blood tests then start antibiotics again. Just an ongoing cycle. I decided to try the frequency with it and it did show up as resonating in my body, which didn't surprise anyone.

Then we worked on the process of clearing it. Now, I used several things for the clearing. I used some herbals that were part of a protocol. And there's another protocol that I use where you can test to see what your body resonates with, because I can put 15 different herbs and antibiotics and things that people show up with in their bag that they've purchased on a test plate.

And you will be surprised that the body says, I'll take four of those and you can throw the rest out. And again, that's part of the reporting and part of the frequency testing.

But my own journey, I was able to go to my regular Doctor who I think the world of and he and his wife and their nurse, Mary, up here and in the Nashville area.

And I said, I would like a super duper line test. So this was about a year ago. And they said, well, how much do you want to spend? And I'm like, is it that expensive?

And they said, yes, it's very expensive. I said, you know, I just want to know. So I took the blood test and I waited and waited, fully expecting that something is going to come up.

And I didn't hear anything from them. And I finally called and I said, do you have the results of my line test? And they said, oh, we didn't get back to you on that.

And I said, no, not yet. And she said, let me go look it up for you. And she came back on the phone and she said, it's all negative. I could have fallen off the chair at that point because from 1989 1990, I have never had a blood line test with all of those categories co-infections, Bartonella, Eliquis, Rocky Mountain, you name it.

That was completely negative. And the only thing that I had done different from the time I left my infectious disease specialist in new Jersey and moved here, was the IHT scare.

There was nothing that I had really done differently other than employ that tool to try to clear myself. Yeah. Wow. That's amazing. Yeah. And the the Lyme testing usually I jinx is gold standard and yeah, we're talking $1,500.

Oh yeah. Oh yeah. It was all of that and then that a little bit more. Yeah. Oh yeah. And then you have all these co-infections that you need to rule out too.

So you use the scan. You're saying to, to specifically see what your body needed treatment wise to clear it. Yes. And there were some herbals I think it was the doctor captain's protocol that I used for a time.

And then basically, did I just use the frequency clearing to quote unquote, kind of zap them if you know what I'm saying, just to resonate in my body that, hey, this stuff's finally got to go.

But anyway, that is just a milestone for me.

Helping Others with Noninvasive Wellness Support

And I am physically active. I am involved in the world of equine sports with my daughters and my granddaughter, and I get out and walk. And that was something that years ago, I didn't think was promised to me that I would be able to do all the things that I do now.

I have to give glory. As well. Congrats that that is amazing and beautiful. Lyme is one of those things that is, it's very difficult. And in chronic Lyme, which you had so definitely seems like all the paths were aligned for you, you know, and like you said, through faith, seeing that billboard, it's amazing.

Yes, yes, a lot of wonderful sisters in the Lord along the way. And, you know, I still check myself for it from time to time because, you know, the ticks and bugs are still out there.

It's like I've completely just said, oh boy, I'm good to go. You know, health is always a journey. And that's why I got involved in this, because I thought, how many people out there like myself wouldn't think of this or wouldn't know of this?

And it can help them. You know, this tool will help you to identify if you're not seeing a chiropractor and some people aren't, it can help you identify where you might need to go.

If you want to go see a chiropractor, I can actually print out a report and you can take it. And and they can confirm with an x ray. But it's just fascinating how versatile and how many things we can explore.

Yes, absolutely. And you know, to bring it back this is safe. This isn't like, you know, have you heard a muscle testing? Yes, I used to. I work with a girl who was a naturopath who did muscle testing.

I really enjoyed working with her. I found, however, that lots of the supplements were not really doing the as much good as the practitioner thought they were, and I found that with my regular M. D.

as well, that a lot of the things they say, well, try this. You know, when I test them, my body goes, no, thank you, I don't need it good at it. My go ahead. Are you involved with that at all?

No, I, I've prayed a lot about it, I just don't I just I don't know I think it depends on the practitioner. So it's how can you measure that consistently through one practitioner to another.

I would agree what I mean yeah, I would agree that there's there's room for human error there. And not that there aren't some. I mean, my practitioner was a lovely Christian woman and I learned a lot from her.

But, you know, I to tell you that with this bio scan, it's a scientific tool. It's based on the same principles that they use with a lie detector test.

So I always tell people the machine never lies because it's really quite a bit of science there. And I don't I don't really get my own personal energy involved.

I make sure that people have their feet on a grounding mat, which people are talking about pmfs, and it's very important. There's some things, there's some principles of working with it that are important, you know, hydration, grounding yourself, you know, getting your cell phone out of the room and, you know, little things.

But I'm not really involved in my my personal energy other than my faith, and praying for everybody that comes my way. That's about my job. You know, just praying that the Lord shows up for them.

Yes, absolutely. And that that is important. That's part of the puzzle piece, for sure. So how how have people reacted to you? You know, you being faith based in how you work and using this other technology?

I've had people come who were not necessarily believers. They just, you know, I have a lovely friend who is involved in the nail industry, and she's exposed to people every day.

They just walk in and sit down at her desk, and she really doesn't have control over what they're bringing in. And sure enough, you know, she confided in me that she wasn't feeling well, and she took a little drive down and we had to work through a little language barrier there.

But she did her scan and we gave her the supporting frequencies and gave her, no, I don't sell supplements. I gave her a list of recommendations that she can go out and buy if she wants to.

Anyway, long story short, I texted her and she said, thank you so much. I am feeling better, so I'm not. You know, insisting that the only people who come see me are believers, you know?

But I do welcome them, right? Absolutely. That's that's. Yes, that's how I am also. So how could someone if this seems interesting for someone, how can they learn more and talk to you?

Doctor Kim, you know, I'm on Facebook under Kim, Katharine Graham, Doctor Kim, Katharine Graham I'm also my website. Is there. My business is licensed in the state of Tennessee.

It's life connections. So you can life connections wellness.com.

Faith, Frequency, and Closing Thoughts

And I also work out of a little office here in Franklin called Sapphire Suites, which is a really cool place to work because it's a women only shared office space.

So that's very posh. There's a couple ways you can reach me, but I would say basically Facebook and my website would be the best way. Okay. That's awesome.

Yeah. And do you do much life coaching now too, or do you do more of this bios and stuff right now? I mean, I do life coaching. I had a counseling center up in new Jersey in Flemington, and when we moved, you know, I sold the building and closed it.

So I have a background in pastoral counseling and life coaching. My my doctorate is actually from Cornerstone University in clinical pastoral counseling.

So I did quite a bit of that. Up north, I had a Bible bookstore and a cafe, but when I got involved in the bio scan, I, I tend to focus on that. I won't say that I'm not available for the life coaching.

I do have a church here that I go to that I love, and I'm just not doing as much of it as I used to. Well, you gotta go where the Lord leads leads you right.

Yeah. So I mean I have to be honest with you, I am fascinated with the world of frequency. Right now, and I am perfectly happy to talk on a podcast about the Lord and, and the counseling background that I have, etc..

I worked mostly with gals who were coming out of rehab when I had the Bible book store. We would hire them on an internship and you know, that was sort of a labor of love.

But, but I'm finding this fascinating. So it's kind of where I'm camping out right now. Yes. Absolutely. Awesome. Well, thank you so much for sharing your journey and about what you do now.

It's it's really cool to see all all the things that we can have to really dig into our health and, and find out new things. Yes, yes. I mean, yeah, you just it's amazing.

And I will say that a lot of this is going more mainstream. My chiropractor's office has what they call a frequency sound bed, and all of the chiropractors are raving about it.

It's basically a type of grounding thing, but it uses frequency. So every time I see them they're like, oh yeah, yeah, frequency, frequency. It's it's starting to emerge.

And I think that people are getting a little bit more ready for it, especially after the, vaccine and Covid chapter that we all lived through, where I think many people lost a little bit of faith in the big organization.

Yeah, I agree, I agree, and doctors in general, it's very unfortunate, but but it's good. We're all we're all awake now and we are. All right. Thank you so much.

And hopefully I will get catch up in Tennessee someday. Thank you for tuning in to Doctor Talks. We hope today's episode has enlightened and inspired you on your path to optimal health.

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