Early Symptoms and Diagnosis

Before that, I hadn't, no, this was just me getting to the point of getting my diagnosis. I went to this chiropractor and bless them. They were the ones who were like, something's not right.

Like I probably went twice a week for a couple of weeks and they realized like this woman is deteriorating, not getting better. So one of the chiopractors there referred me.

He said, you need to go get some blood work. And actually, when I took the blood work to it, I didn't even have really a general practitioner, but I found one in my neighborhood.

And when i showed her the list of bloodwork that he wanted me to run, she said, okay, i'm not running these. This is like for cancer and stuff. I was like, oh, goodness.

Um, and she was leaving on vacation the next day. She said I'll call you when back from vacation. Well, She called me from like the airport. the next day and she said we got to get you in for more tests and I was like what?

Welcome to the resiliency method the truth about healing. I'm Dr. Erica and we are here to uncover the root causes keeping you stuck. Together we'll restore your energy your focus and your resiliency so you can finally heal regenerate and feel truly alive again.

She was told she'd be in a wheelchair, that her spine would progressively fuse, and that she would never ski again. And her latest x-rays? Zero fusion.

No sign of ankle spondylitis whatsoever. Welcome to the Resiliency Method, the Truth About Healing podcast. I'm Dr. Erica, and today Lyric Turner, now one of our core practitioners and trained in the resiliency method, shares her 20-year-old journey from being offered $10,000 a month injections to now eating sourdough toast every morning with zero symptoms.

After three months of antibiotics in a Honduran hospital that destroyed her gut at age 21, conventional medicine gave her a life sentence. And now she walked out of that rheumatologist's office and she's never looked back.

Today she is helping others do the same. If you've been told your condition is permanent, it's genetic, its irreversible, or requires lifelong medications, this conversation proves otherwise.

Welcome back, everyone, to the Resiliency Method, the Truth About Healing podcast. I'm Dr. Erica, and today I am joined with Lyric Turner. She is one of the core practitioners in the resiliency method.

And she's here to share with us today her health story, her journey, all the things that got her onto the path of having the desire to help others. Welcome Lyric, we're excited to hear from you today.

Thank you. And have you a part of this podcast so people can get to know you little bit better. Lyrick has been working with me for the last seven years and has a faithful practitioner, colleague, and friend.

Oh, thanks. Welcome. Thanks. I'm happy to be here. Yeah. So we wanted to start out by having Lyric share her health journey from the very beginning. And what got you to the point where you were in a situation needing to take action on your health?

What led you there? Yeah, well, I mean, gosh, it goes all the way back to college for me is probably when I first started experiencing health issues. But it took a long time to get from that.

That was in 1997. And it took a long time to get from that point to finally getting a diagnosis and then from point getting, landing on your doorstep.

So really a 20 year journey. How long of that do you think, how many years were you kind of caught up in the rigmar of the conventional Western medical model?

And what happened inside of what kind diagnosis were given? Yeah. Well, I started having probably like digestive issues, but I guess I didn't really probably identify them as digestive issue.

But when I was in college, I did a semester abroad in Honduras and came down with both Giardia and parasitic amoebas at the same time, was hospitalized when it was down there.

Were you out of the country when you're hospitalized? Yes, so I hospitalized in a Honduran hospital. Oh boy. And I was put on crazy amounts of antibiotics.

I pretty much was on antibiotics straight for three months, including probably another, who knows what they put me on in the hospital, but really probably wiped out my entire gut immune system.

And so looking back, I'm like, oh, that's where it all started. How old were you then? I But fast forward a couple years, really, I started having back pain.

I can remember the first time I had horrible backpain was actually the year before I got married. And I married in 2003. My husband will tell you that those first couple of years of marriage, he was like, oh dear, what did I get myself into in terms of marrying somebody who was kind of in chronic pain?

I had MRIs and bone scans and all kinds of tests to look at various different… I have lots of different things wrong with me, I guess. It was kind of like always something.

It really wasn't until 2010 though that I finally got a diagnosis, like a clear diagnosis and that happened because I had been experiencing really, I guess, you know, just kind of low level inflammation that had exacerbated to the point where I have kind a low grade fever all the time.

Chiropractor Referral and Bloodwork

was in constant pain with my back, had no energy, my hair was falling out, I had horrible skin. I was just falling apart. My husband actually thought I have cancer.

That's how bad, that's like how unwell I You had no kids at this point? No, I did. I had two little kids and I felt like I could. And with each pregnancy, did you feel like it kind of took you a notch down?

Uh-huh. Yeah. That's common for a lot of women. And actually before, okay, so in 2009, probably before I started having those severe symptoms. In 2009 I had freak gallbladder attack and went to the hospital with crazy pain and didn't know what that was and woke up the next morning without my gall bladder, which I was told was Oh, it's an organ you don't need.

It's a outdated organ. Not one of the modern organs? No, not a modern organ, an old organ that's useless. The thymus gland. That just atrophies, triples up.

No importance. I can remember my doctor after when I woke up without a gallbladder and I was like, Isn't that important? Don't we need that?" And he was like, oh, you're going to be fine.

I was, like any advice you have for me? And, he's like oh you are good. No, nothing. Cut it out. Yeah. Nobody told me, I don't know, something like a 70% maybe higher chance of risk of non-alcoholic fatty liver disease if you don' have a gallbladder.

So anyways, a year later is when I was diagnosed with enclosing spondylitis and that diagnosis came about after my health had really deteriorated by that point where I just was in so much pain.

I went to see a chiropractor actually because at that time I felt like Western medicine has any answers for me. Like I had already gone down that path.

earlier with trying so many different tests and diagnostics that didn't give me any answers. And so I thought a chiropractor will at least help me with this pain maybe.

Maybe it's just an adjustment I need. We had showed you during that time to get to that diagnosis that you had some like what discoloration on the x-ray.

No, no, before that I hadn't. This was just me getting to the point of getting my diagnosis. I went to this chiopracter and bless them, they were the ones who were like, something's not right.

Like I probably went twice a week for a couple of weeks and they realized like this woman is deteriorating, not getting better. So one of the chiropractors there referred me, he said, I think you need to go get some blood work.

That's when I was like my husband's like oh my God dude, yeah, you have cancer. And actually, when I took the blood work to it, I didn't even have really a general practitioner, but I found one in my neighborhood.

And when showed her the list of bloodwork that he wanted me to run, she said, look, this is for cancer and stuff. I was like, oh, goodness. She was leaving on vacation the next day, and she called me from the airport.

the next day and she said, we got to get you in for more tests. And that was like, what? She's like yeah, your, uh, blood works really bad. Can you describe for the audience really what that really is in its truest nature, that condition?

Enclosing spondylitis. Yes. So, yeah, so that's what ultimately led me to get the diagnosis of enclosing of spodylosis that more blood work led to that, which actually they just determine that diagnosis through symptoms and then a genetic marker that if like something like 5% of the population has this genetic market and 95% people who have the genetic you know, if combined with these symptoms, they say it's ankylosing spondylitis.

So anklosing is a chronic inflammatory disease of the spine. It's a form of spinal arthritis, but it leads to the fusion of your vertebrae of it can cause a lot of, you know, obviously back pain, but also hip pain.

And it also has like a, there's another aspect of it that actually affects your eyes. Totally blanking on the name of that. But what got you to the point?

So you're on this journey, and you've got your label now. We call that a label, right? You've Did they give you treatment options at that point?

Ankylosing Spondylitis and Conventional Treatment

What were they saying for you? Yeah. My diagnosis came from a rheumatologist and he was really frank and candid as like, this is a progressively worsening disease and we're going to manage it with…

First of all, he just put me on a bunch of steroids and high dose anti-inflammatories, which did get things under control. But it was obviously like you can't be on prednisone for…

for very long. And so then his solution was just a series of different drugs to manage the symptoms. One was an injection therapy that I would take monthly that was $10,000 a month, but my insurance would cover it.

So no big deal. I looked into the side effects and whatnot of these drugs, and they all have really bad side-effects. And I asked him about that at a follow-up appointment.

He said, well, don't worry about. We'll put you on other prescriptions we can write to help manage those symptoms. I was working with a personal trainer at the time.

like a small group trainer. And I went into my class probably the next, the day and was just cried to him like, you know, tears, literal tears. Just like I, this is, I don't know what to do.

Like this, is this not what I envisioned for my life to be on all these drugs. and he, he said, You know Lyric, need to put together your team. So you need a team and nobody's going to look out for you about your health more than you.

He said, you need a team of people who are gonna help you through this. He's like, it's probably, your rheumatologist could be part of that team or not, but get more answers basically was his.

his response. And I'm so grateful for that advice. I kind of picked myself up off the floor after that and was like, okay, you're right. Checked out books on inflammation.

Just started educating myself on this. Found a naturopath within a week or two of that conversation and wanted to get just another opinion. She's the one who ran blood work and did stool samples and the whole nine yards and found that my gut immune system was completely wiped out.

So I started getting some more clarity of like, oh, there's more to this than just you have bad genes. And that's oftentimes the story that people are getting about their health is that it's genetic, so sorry, and we'll do the best we can to help you manage with medications.

And then when those medications cause side effects, we manage the side-effects with medication. Yeah. Very little curiosity from that set about what would…

I mean, even if they understand epigenetics, like, you know, the turning on and off of genes, that they wouldn't ask that question, well, why, let's dig deeper here.

Yeah. We are seeing more medical doctors, more functional medicine doctors wanting to get more curious. I know. This was 16 years ago. It wasn't a lot, right?

I went back to my rheumatologist after I had met with that naturopath and the natropath had determined through blood work that I was like through the roof, off the charts, gluten-sensitive.

And I immediately stopped eating gluten and like 80% of my symptoms improved within a couple of weeks. More to talk about on that front, but we'll come back that.

I went back, I bounced into that rheumatologist's office like so excited to report to him that I was feeling so much better because I had stopped eating gluten and that, you know, that…

I felt like there was something I could do that wasn't just medication-based. He completely dismissed me on that. I remember, so clearly remember I telling him my story and all the things I And he's, you know, I don't know doing something on his computer.

And then he looked up afterwards and he goes, um, well, it's fine. Like I'm fine with you doing all that herbal junk. Uh, but at the end of the day, like you're going to need to, these are, this is the course that the treatment we're gonna take and you'll, we'll gonna start you on this medication.

I'm not going to do that. Yeah. I mean, I wish I had more wherewithal to give them more of a piece of my mind about that, but it is what it. So I walked out of that office today and never went back.

And you never when back? No, and then what happened? Yeah, well, just to tell you the end of the story, right now I just got x-rays done a couple months ago.

on my spine and there is absolutely zero fusion. In fact, the x-ray report came back, no sign of enclosing spondylitis. But I was told, in fact I went to see a physical therapist during all of that.

they referred me to a physical therapist and she was like, well, you're going to probably be in a wheelchair. Oh, wow. Amazing. Yeah. She said you'll be on a wheel chair at some point, but you know, down the road and you will never be able to ski again.

It was just like… Where's the hope? Yeah, so… You know they're doing the best they can with the determinants, the knowledge that they have. And their skill set and their tool set is what?

A drug or a scalpel, I always say that, right? It's a drug, or scalple. And they did the best for you that they could with their drug. You weren't qualified at that point for a Scalpel yet, you probably would have been eventually.

But they were doing the Best they Could with the tools that They had. Then what happened? Because you walked out that door and then… So then started my…

so that was in 2010 and that started a whole other journey of going down an alternative, you know, therapeutic route. So naturopaths, two different naturpath, acupuncturists, chiropractic.

and diet. Like I said, I got my symptoms reduced by about 80% by just stopping eating gluten, but I had to have a super restricted diet, like if I would eat a french fry that was fried in a fryer with breaded stuff, i would have flare up.

If I went to a potluck and ate something that I thought was gluten-free, it turns out the person made it with soy sauce, I would have a flare-up. Like there was land.

I was that girl. Land mines everywhere. The girl in the bubble. Are you tied to treatments, protocols, and gurus who promise results but don't deliver?

You're not alone. For years I struggled with my own long-term illness and I know how frustrating it feels when nothing seems to work.

Diet Changes and Alternative Care

That's why I developed the resiliency method. It's a science-backed approach to combining the best of Western and ancient medicines to restore your body's natural intelligence.

Patient after patient has discovered what's possible, living stronger, brighter, and more spiritually connected than ever before. Whether you're facing autoimmune issues, hormonal imbalances, weight struggles, or just feeling stuck, you don't need another quick fix.

You need a clear path forward. Take the first step with a discovery call at drericaonline.com forward slash discovery. That's D-R-E- R-I-K-A online. com forward, slash, discovery, or dive deeper with the full initial consultation at Dr.

Erica online dot com, forward slashed initial dash consultation, because your health, your clarity and your freedom cannot wait. Yes. Yeah. And so, and it does, it works for a while, right?

It does. No. I mean, well, I was like resigned to it's better than it was before at least, but I would have these flare-ups, pretty frequently too. When I had a flare up, couldn't walk.

It would take me, 30 minutes to get from my bed to the bathroom because of the pain. you know, like, so it by no means was where things resolved. I just knew how to manage it pretty well to keep those from happening too often.

And I really did I'm kind of at that point, I guess I had, it was a little bit resigned to like this is as good as it's going to get. So you were, I'm hearing a few things, resigned.

I mean, you got results. You saw improvements, but I am hearing restricted. And hearing resigned… Well, and then meanwhile, the rest of my health was still kind of deteriorating because again, we hadn't really gotten to the root cause.

Gluten was not the real cause… Glutton wasn't the cause? Come on. That glyphosate? Yeah, no, nope. It still wasn' the reason? It was the not cause, so…

My thyroid, I went to see what I thought was a more holistic functional medicine doctor in, and I guess like late 2016 because I was, my energy was tanked.

I felt, yeah, super lots of afternoon fatigue. My husband had gotten to this doctor and had been diagnosed with Epstein-Barr virus. and was put on some herbal treatment.

It wasn't a drug, and he felt better afterwards. Yeah, pretty common. Lots of the population are walking around with that in there. And so I thought, well, maybe I have that.

I'm living with this guy with FC virus, so maybe that's what my problem is too. So I went to see her as well. she, my blood work came back and she was like, oh you have low, low you know, you're still in the normal range for your thyroid hormones, but they're on the low level.

So I'm just gonna, I think you should go on levothyroxine. Yes. I forgot about that for you. You were on that when you first came, to see me, weren't you?

Well, no, because I went on it and was in like literally like in I was on for maybe two months or something. And I gained 14 pounds. Oh, that's right.

Had the opposite effect on me. I felt like I was having panic attacks, like heart palpitations. I feel like garbage, which is a thing that could happen with that drug.

Your body can actually respond to complete opposites. It can happen to any drug, right? Any drug can do that. If it's the wrong drug… Yeah. And thank goodness I had a friend who was a nurse, and she's a one when I explained what I'm going through.

She was like, you should look at the side effects of that drugs. Google them. Yeah, usually the sign effects The same thing that they are supposed to be helping you with.

Yeah. So I called the doctor the next day and I said, I don't think this medication is working the way it's supposed do for me. And she said let's have you come in and do some more blood work.

She does and she calls me a week later and he's like, your bloodwork looks great. Your thyroid's doing great, keep taking it. I'm like my head explode emoji.

I was like, no, I'm not doing that. I feel like garbage. And blowing up and I felt like I had a constant panic attack. So that was my next experience.

She had her feet in both Western and Eastern medicine. I just stopped taking the medication and my weight did not budge. My heart palpitations stopped, but I was like, well, I'm going to go to the gym and diet and exercise really hard and lose this weight.

And a couple months into that, maybe I lost a half a pound. Your brochure was in the gyms. Yeah. Yeah, and I picked it up one day and it said, it had this little list of bullet points on it and said you know, have you tried both Eastern and Western and alternative approaches to fix your health problems without getting a resolution?

Is it affecting your family life, your finances, you career? I mean it was like every single little thing on that bullet point list was, I was yes, yes.

That's me. And I can remember thinking, okay I'm going to try one more thing. Nothing else had worked. You know, like I tried naturopath, you know. Everything made a little bit of a difference, but I mean I had one natropath tell me that she had run out of tools in her toolbox to help me.

She was like, I'm kind of at the end of where I can help you any further. Yeah, so that's how I landed in your office. And I was really like. I am going to try this last thing and if this doesn't work then.

I don't know what I was going to do, but it was, I guess, give up. Yeah. Well, you coming in with like an open heart and a gaggle of kids and three kids, lots of curiosity and interest, which I think was a great place to start from for sure.

But yeah, a lot of frustration too. And then we gave you a little bit more hope. That started the path of looking more at and beyond the root cause question.

Right. Yeah, well, really, I mean, something resonated there that, you know, that you, know you must have said to me in the very beginning, which is that our bodies have the capacity to heal.

We need to get back to that. That, like intuitively I knew that my body could heal, but there's just, we need take away those blockades to the healing.

So you gave me hope and kind of a restored confidence in my own body's ability to… Well, let's take that for a second because it has a pretty important significant factor, right?

Joining the Resiliency Method

It's like the patients that I've had seen through the years, and I just had this conversation with one recently who's been trying to do both the natural or alternative, whatever you want to call us, witchy path.

And trying to also take significant medications that are lowering cholesterol levels and things like that. And that's an axiom, I think, and a starting point for this work is it's almost like when somebody lights up and knows that truth because all I did was remind you of that.

And you already knew it and you were like, yes, you are right. My body is smart. It knows how to heal. I mean, it's amazing. You just have to watch childbirth and know how miraculous our bodies are.

That in and of itself, this works when people can really, truly, fully resonate with that notion. that very core truth that we are all made perfect in design.

We are designed to heal, to overcome illness. It doesn't matter your genetic picture, your limitations as described by Western medicine, you'll be on this medication forever, whatever it might be.

Your body was made to And starting from that point, I've always seen the people that make the greatest patients and get the great results are people who start with that.

That intention. Yeah. And remain in that space. My body can and will heal. Then we just started applying a process with you that helped organize that, put it into the right order and the amount at the time.

Right order of operations. Not throwing spaghetti at the wall and seeing what sticks, but instead going, going working with the body. Right. Yeah. So at that time we said, yes, you should stay off the gluten.

At that we were like, there's some heavy metal here. That time, we're like C-section scar. C section scar that was interfering with your body's electrical system.

First thing, why we have also some. and parasites to deal with. I think you also had some fungal overgrowth because of all the antibiotic therapy. So you were a little imbalanced.

Had like every stealth pathogen. Yeah. And we did that for a while and you got better and then what happened? Well, I'm trying to think about timing of this, but I it was maybe at a year and a half in.

to my treatment with you where one day you were advertising that you're doing like a little course for other practitioners on nutrition response testing.

Okay. Yeah. And I was like, that looks really interesting. I wish I could go to that. You're like you should come. Mm-hmm. and you know, you are curious about this stuff.

you Should come and so I said, okay. She was also very bright. Oh, I noticed that too. Well, thank you. No, she quickly and easily absorbed information.

a little bit better than probably the average patient, so I could see the potential. By that point, I'd done a lot of my own research. You're an avid speaker.

Yeah. I was curious from the functional side of what you did. How does this work? I want to dive into that a bit more. So I just was going as a curious patient.

But after the class, I remember I went out to dinner with my husband and I was like, I feel like I missed my calling. I felt like that's what I should be doing.

Instead of, you know, and not unhappy, but, uh, very successful at it. Yeah. Running a business from Colorado that was based out of Washington, DC. High performing female.

Pretty phenomenal. Yeah, I kind of do a lot of different things. I have my hands on a lots of plates in the air. But my husband was like, you're not too old to take on something new.

You should do it. And that was, he gave me kind permission, to explore that mentally. I went out for coffee one morning and talked about what that could look like.

You were so encouraging of it. Yeah, so here I am. Here you are. Seven and a half, eight years later. Working with patients, you got a clientele that is totally devoted to you and loves you.

And you're an incredible practitioner with great communication and open heart. Oh, thank you. And now I eat gluten every day. Wait, what? What are you talking about?

I ate my sourdough toast every morning with my eggs. How? How did you? Yeah, so we discovered. Yeah. Telling the ending of the story before. So, you know, I was already a practitioner at this point, but one of the things we learned along the way, and you and I are, You first, follow right on your heels of looking at, we're constantly doing R&D, our own R and D.

Asking more questions. That's the word practitioner, right? We're always in practice. And always uncovering, learning, discovering, and asking more questions.

Yeah, yep. So as we were, you know, we're just like, We always say we are kind of just a couple steps ahead of our patients in terms of like our own health with this stuff.

We discovered that we fix the problem with why our bodies, you know, were having a problem, with gluten before, what was causing it. It's not gluten, it's the root cause issue of your problems.

Yeah, but I had to still be out in the middle of the park with my friend, getting served a gluten bun, and having anaphylaxis, having my friends take a cold laser up and down my spine before I figured this out.

Yes, yeah. I mean, I've been gluten free for 12 years. You were, I think, even longer than me, maybe, or we were probably about the same. Yeah, and I wasn't any less sensitive.

I was getting more sensitive to it, the longer that I stayed off of it. And then, well, then we created phases two and three. So we did phase one. Figure out phase and then- With the resiliency method.

You and were doing that, we call it the lovingly the merry-go-round. But it's necessary work, but it was a place to start. Did that for a couple of years.

We did that first. Yeah, you did it for longer than you. But yes, we were there and we did both. Both did get great results from phase one. The longer that we're on phase 1. And we were kind of spinning around with endless cycles of heavy metal cleanses, parasite cleansers.

Kind of bacteria again. Another bacteria popping up. No, it's fungus. It's fungous. We just sort of started to feel like chasing a tail a little bit. Yeah.

Were you seeing some specific, I can't even recall. the symptoms that you were having at that point when you are kind of on the merry-go-round long enough.

Did you have some things coming back or some thing weren't fully really resolving for you too?

Healing, Resilience, and Practitioner Growth

Oh, that's a good question. Probably. I mean, nothing ever like I did earlier, but I would have little flare ups. Still having little flair ups, some skin stuff.

Some skin, yeah. Yeah. And I remember you having to be really tightly controlled and restrictive with your diet. Oh, for sure. Yes, I had to super restricted with my diet, walking the tight line.

with that. Yeah. Then you were still having cold sores too. Oh yeah. Although those had really improved a lot, but still getting sick a little bit. Still getting a sick lot.

I had a really compromised immune system from the get-go. you know, basically since college, since that fateful Honduras semester. But yeah, so I was still, yeah I definitely on the marigold.

I mean, I think even just like the frustrating thing of like getting checked and be like, oh, now we have to like deal with this chemical toxicity again, or now, we're going to deal this other parasite.

That we'd already gotten through that. Nope, it's coming back, you Yeah, and then as I recall, this was kind of as we're entering up to 2020, you and I both were on the merry-go-round, COVID happens.

And I think it was at this point, actually just before COVID, when we started to unwind phases two. It was actually like January 2020 that I ate gluten again for the first time.

Oh, okay. I remember. So it pre-COVID era, then we were starting to unwine some things. We were reverse the food sensitivities. And then I remember we got to 2020 and a lot of our practitioner friends and colleagues were talking about how they were getting shed on.

Oh, it was 2021. They were seeing all these cases of being shed from vaccine exposure and having issues with that. You and I are looking at each other going, we're not seeing that, why are we not seen that?

We have totally different experience in our clinic. Yeah. We were seeing too that people weren't really like being as disrupted by what was going on in the air.

We have a significant amount of air pollution in our area too. not finding that our patients were as deterred by it. And had I named it the resiliency method yet?

Okay. Well, maybe ask about when it was born, that name or that title, because ultimately that's what we started

seeing, right? With our own selves, our bodies, creating more adaptability to our environments, reversing the food sensitivities and not through desensitization, through actual gut immune system repair, rebuilding the thymus gland, making the body more resilient.

Yeah. And that became kind of like, I know, a turning point for both of us because, you know it really, A lot of people were scared. I saw during that time period that a lot people.

Were really locked down, afraid of what was going on in their environment, including our own knowledgeable healthcare professional colleagues. and that there was an opportunity.

for us as healers to expand beyond restriction, constriction, and try to find more freedom in our lives. And I know freedom was a big topic that a lot of us were confronting during that time period because they were trying to restrict us, tell us what we needed to put in their bodies, um, Tell us that we were bad people if we didn't go along with them.

Like that was really hard time. Yeah. But I also saw that that's where we need it. That was our next level as practitioners and healer was to Not be afraid.

Not always be so concerned, not be taken out by all the external factors that were around us. Yeah. What were you noticing during that time? I mean, same.

Like those couple years were actually like super refining, I think, you know, kind of refinding by the fire, so to speak, in terms of just giving me clarity around, um, yeah, what it is to be resilient in the face of a, a pandemic.

You know, so much fear was drummed up during that time. And I'm not trying to be dismissive at all of people who really did go through loss during the period.

But if anything, it was so frustrating to me to see there were statistics coming out that if you had adequate vitamin D levels that you were 93% less likely to be impacted by COVID and end up in the hospital.

So frustrating to me as a practitioner. We're helping our own patient population kind of ride this, navigate this pandemic and then just to see out there that that wasn't being The people were not being helped and that there was, I don't know, like, our patient population did great through COVID.

They did, yeah. We didn't have… And we handled COVID for many of them. Yeah. And then we handle the COVID vaccine for them too. I mean, in hindsight, we had done some data tracking.

during that time to show like, you know, okay, this, it'll be a little subset, a subset data set of these, couple hundred patients, how they fared versus the general population.

But anyway, there, as a practitioner going through that, just seeing how needed this kind of work is. And with the resiliency method, we're kind on the forefront of something.

We're in a sense, were pioneering, and we really don't know of other people talking about reversing food sensitivities for their clients, right? We haven't heard about clearing out mycoplasma to help stop recurring parasite infections.

We don't hear a lot of people talking about the importance of detoxing mold from the cells. You know, we don' really hear lot people are talking the need to do those things before you restore and rebuild mitochondria and organ tissue glands.

and then earning the right to get to encapsulated deeper levels of toxins, right? That's the resiliency method. We don't hear a lot of people talking about that.

And that's something that you and I almost didn't even really know where we were going until we just kept

answering the next question with these bodies we're working on.

But how did you do that? Like you stayed committed because we we are pioneering throughout the last, you know, that time period. And I know there were other clinicians that, probably would have been like, well, this is going off the course of what I've learned.

This is scary. But you just kept on answering and showing up and applying the technique and the process. What do you think it took in you to stay the courses on that?

Well, I have a really good mentor. I mean, at the end of the day, I trust you. I think you're a very, very smart woman and you have a wealth of knowledge and experience just with your, you know, having a doctorate in traditional Chinese medicine is pretty incredible that you bring that to the table.

Your knowledge of your body and then your curiosity and your unwavering kind of commitment to kind continuing to do that research and development. You're not just stuck in like, this is all we're gonna do.

It stops here. Yeah, I already know everything. That's not you. I don't know, you're constantly thinking about this stuff and digging into it and then sharing your clinical experience.

How many times have I called you from the car to share the latest insights? And she keeps picking up. I wasn't really going there to thank you. That was very nice to hear.

Well, that's why I do it. It says something about you too, I think, in that you're willing to also put yourself out there in terms of exploring and, you know, being a little bit vulnerable to new ideas and maybe ideas that haven't been fully tested or haven' really been, explored on subsets of patient population.

But I think that's what is in the alchemy of this process. And, I would say you and I figuring it out because you have been my practitioner and help me figure out some things and my story is for another time.

Yeah. But without that combination, you know? Yeah, I think we make a good team. I mean, kind of have like a little research bug in me. So I like to like, grab onto something and not let go until I feel like I fully got it.

Sometimes that's to my own detriment where I'm like going down a path that's ultimately like… That's how you learn, right? You go down a path where you're like, I mean, remember my intermittent fasting phase?

Yes. Very well. Yeah. But that's all part of my journey. I had to kind of go through that and learn that, and do it, to get to the other side and be like I actually don't think that was very good for women to do constantly.

At a certain point. A certain time and place, but I was like very hardcore and maybe a little bit overzealous with it. Things like that, but that's part of my journey.

If you were to wrap things up, this conversation up with one thing that you would leave people that are listening to this podcast and who have stuck with us and listening our story, what is it that would say is a better question that people need to be asking themselves about their own health?

What would be one better questions you'd have them pose? I mean, I guess it depends on… I'm going to take my typical kind of new patient that comes in as a lot of times is a woman, a female patient who has symptoms that have been unresolved, but her blood work looks normal.

So she's been told by multiple different doctors from all the different things she has kind of tried to help in her journey to address her symptoms. She's told there's nothing wrong with you.

Like your butt looks fine. You need to stop being so stressed out. Get more sleep. Diet, exercise more. Yeah, you need watch your diet and don't be so stress out, get your stress levels handled.

Those same women, I think, the better question for them to ask themselves is, am I capable of healing? Do I believe that? Mm-hmm, starting there. Do really believe my body is capable?

And is there, just because my blood work looks normal, does that mean, but I have these symptoms, that means we stop there? You know, a lot of times I'm sitting across from somebody in an initial consultation and they're just weary.

There's a weariness to them where they just haven't been given answers. And so for the first time, like I was listening to him and we spent an hour together.

They get to just share their whole health history and talk about all those symptoms. They don't get that with 15 minute doctor visits. And so they kind of get feel heard and then also get some hope inside that conversation.

That's kind the start of the journey. So ask yourself, can you heal from a starting point? Yeah. The answer is yes. Yeah, yeah. Thank you for joining us today.

We'll have more you back on again. Excellent. Love it. Thanks.