# The Surprising Truth About Supplements and Fatigue: What Your Doctor Isn't Telling You Transcript

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## Long COVID and Recovery Roadblocks

If you are doing everything you If you are doing everything you can but still have can but still have long long long COVID, myalgic COVID, myalgic encephalomyelitis, or encephalomyelitis, or chronic fatigue; if chronic fatigue; if you take a handful of you take a handful of supplements, supplements, supplements, follow follow follow countless countless countless protocols, do a protocols, do a course of hyperbaric course of hyperbaric oxygenation—and it oxygenation—and it really helped, and really helped, and then you stop, and the then you stop, and the effect disappears. Or effect disappears. Or maybe you had that maybe you had that classic classic classic long COVID situation where you were long COVID situation where you were feeling so good, feeling so good, things were going so much things were going so much better, you went on a better, you went on a hike, and now you've " fallen" again. You may fallen" again. You may have found that some have found that some medications help.

medications help. Low doses of Low doses of naltrexone have been a naltrexone have been a real miracle for you real miracle for you. You are one of the. You are one of the lucky ones who lucky ones who feels better when feels better when the inflammation the inflammation the inflammation goes down, but you goes down, but you have reached a certain point.

have reached a certain point. And if you increase And if you increase the dose, you feel the dose, you feel worse, if you decrease it, it's also worse, and you worse, and you still haven't returned to still haven't returned to your usual state.

your usual state.

## Gut-Brain Connection and Why Digestion Matters

I have noticed that there are two I have noticed that there are two reasons we reasons we should pay attention to should pay attention to when people when people get stuck on the path get stuck on the path to recovery. The first is the nervous system and the is the nervous system and the limbic system of limbic system of the brain. If you the brain. If you are stuck in a state of are stuck in a state of limbic dysfunction limbic dysfunction and and and autonomic autonomic autonomic nervous system dysfunction, it nervous system dysfunction, it can trigger a can trigger a whole cascade of reactions whole cascade of reactions in your body. And no matter in your body. And no matter how much you how much you try, figuratively try, figuratively speaking, to pour speaking, to pour sand to stop the sand to stop the flood, the flow of flood, the flow of inflammation still inflammation still covers you. There are covers you. There are very well-known very well-known physiological physiological physiological loops. I loops. I go into more detail go into more detail on this in other on this in other videos. Today I videos. Today I will look at the second will look at the second reason, which is that reason, which is that your gut is your gut is not in order yet. You not in order yet. You need to work need to work on your digestion.

on your digestion. And I'm not just talking about going And I'm not just talking about going gluten-free, gluten-free, gluten-free, dairy-free, dairy-free, dairy-free, or anything like that.

or anything like that. This may be on the list, This may be on the list, but it goes much but it goes much deeper than that. Your digestive deeper than that. Your digestive system is system is so complex so complex that it is that it is critically important to critically important to your health. And as a your health. And as a naturopathic doctor, I'm naturopathic doctor, I'm really excited to talk to really excited to talk to you about this because you about this because we've we've we've been preaching the power of the been preaching the power of the gut for decades. But what's gut for decades. But what's really really really interesting and exciting to me is that now we is that now we know why we were talking about it know why we were talking about it. There is a large amount of large amount of research behind our words. Your research behind our words. Your immune system immune system is located in

your is located in your gut. Your gut.

## How COVID Affects the Gut

Your neurotransmitters neurotransmitters neurotransmitters are in your are in your gut. And if gut. And if your gut is “ leaky” or leaky” or unbalanced, and you’re unbalanced, and you’re eating foods eating foods that aren’t right for you, that aren’t right for you, you won’t be able to heal. We now know that. We now know that for those of us who for those of us who have had COVID, it has have had COVID, it has affected our gut in a way that has affected our gut in a way that has damaged it damaged it. Well,. Well, let me let me say…let me say…let me go back and go back and explain it in two explain it in two ways. The connection ways. The connection between long COVID and between long COVID and gastrointestinal gastrointestinal gastrointestinal problems is problems is twofold. First, twofold. First, some people experience more experience more gastrointestinal gastrointestinal gastrointestinal symptoms during the acute course of COVID. I know I symptoms during the acute course of COVID. I know I was one of them.

was one of them. You know, I had You know, I had diarrhea, a diarrhea, a feeling like feeling like something was wrong in my stomach. Not something was wrong in my stomach. Not everyone faces this.

The second fact, well- The second fact, well- supported supported supported by the literature, is by the literature, is that those of us that those of us who had any who had any dysbiosis, any dysbiosis, any changes in the changes in the gut microbiome at the time of gut microbiome at the time of COVID infection, are significantly COVID infection, are significantly more likely to develop more likely to develop prolonged COVID. So you're prolonged COVID. So you're starting to see that there's starting to see that there's some connection some connection between gut health between gut health and prolonged COVID. We and prolonged COVID.

## Food Sensitivities and Inflammation

We also know from also know from decades of decades of decades of research and research and reviews that reviews that the likelihood of having the likelihood of having irritable irritable bowel syndrome—when you have bowel syndrome—when you have diarrhea, constipation, or diarrhea, constipation, or both for no apparent both for no apparent reason—is reason—is extremely strongly extremely strongly associated with all of associated with all of us who have us who have myalgic myalgic myalgic encephalomyelitis, or what encephalomyelitis, or what used to be used to be called called called chronic fatigue syndrome. So chronic fatigue syndrome. So this this this gut connection to these gut connection to these fatigue patterns is fatigue patterns is absolutely obvious.

absolutely obvious. We also know that We also know that the gut and the brain are the gut and the brain are essentially the same thing essentially the same thing. They constantly. They constantly communicate with each communicate with each other, exchanging other, exchanging signals. And if signals. And if one is lit, so is the one is lit, so is the other. You may other. You may know from my other know from my other videos that if you have " brain fog," it's a brain fog," it's a sign of sign of brain inflammation. So, if brain inflammation. So, if you have head fog you have head fog and brain inflammation, and brain inflammation, you probably have you probably have inflammation in your inflammation in your gut as well. So gut as well. So today we today we will talk about exactly will talk about exactly that. What can you do that. What can you do to start to start feeling better? I feeling better? I know for a fact that know for a fact that one of the reasons one of the reasons I got I got chronic COVID was because chronic COVID was because when I got when I got acute COVID, I was in the acute COVID, I was in the Dominican Dominican Dominican Republic and had been Republic and had been sick for 72 hours with a sick for 72 hours with a gastrointestinal gastrointestinal gastrointestinal infection from infection from food poisoning. And it was at food poisoning. And it was at that moment that I became that moment that I became infected. These were the infected. These were the perfect conditions for perfect conditions for me to me to develop prolonged develop prolonged COVID. I can also COVID. I can also say from my say from my own journey of own journey of recovery that when I recovery that when I seriously focused seriously focused on my digestive on my digestive system, it gave me system, it gave me stability, stability, stability, a sense of solid a sense of solid ground under my feet.

Do you understand what I mean? Do you understand what I mean? Like something solid that I Like something solid that I can lean on to can lean on to support myself and support myself and begin to restore begin to restore and

strengthen my and strengthen my health and health and vitality. And I want the same vitality. And I want the same for you. If for you. If you still feel like you're you still feel like you're going downhill, we going downhill, we have to stop it. There are have to stop it. There are four steps you four steps you need to take to need to take to get your get your gut gut gut working again so it working again so it supports the immune supports the immune system you system you want and provides the want and provides the energy you energy you need. So, the need.

## Restoring the Gut Lining

So, the first step is to avoid the first step is to avoid the food allergens food allergens that concern that concern you. What do I mean? you. What do I mean?

You can go You can go online and find a online and find a bunch of different people bunch of different people telling you telling you exactly how you should exactly how you should eat, as if it's eat, as if it's some kind of miracle some kind of miracle diet. There really is no diet. There really is no diet that is diet that is perfect for perfect for everyone. We are all everyone. We are all unique in terms of unique in terms of our biology, our biology, cultural cultural cultural beliefs, age, and beliefs, age, and gender. And what's good gender. And what's good for you now may not for you now may not be the ideal be the ideal diet for you diet for you 10 years from now or 10 years 10 years from now or 10 years ago. I know ago. I know it has changed for me.

it has changed for me. Therefore, some flexibility Therefore, some flexibility in this matter will be the in this matter will be the smartest smartest smartest way to stay way to stay healthy. Food healthy. Food allergens are allergens are foods foods foods that, when consumed, cause a specific that, when consumed, cause a specific immunological reaction immunological reaction within your within your gut. And this gut. And this leads to a leads to a pro-inflammatory state.

pro-inflammatory state. If you have prolonged If you have prolonged COVID, myalgic COVID, myalgic encephalomyelitis, or encephalomyelitis, or chronic fatigue, you chronic fatigue, you already have inflammation.

already have inflammation. It's like you already have… let me let me talk about talk about wildfires because I wildfires because I live in the live in the Pacific Northwest.

If the situation is such If the situation is such that it is 40 degrees outside that it is 40 degrees outside, a strong, a strong wind is blowing, and it wind is blowing, and it has been dry for two months, then there has been dry for two months, then there is so-called is so-called brushwood everywhere in the forest. It takes very brushwood everywhere in the forest. It takes very little to little to ignite it. The ignite it. The slightest slightest slightest spark is enough. It takes spark is enough. It takes lightning, you know, lightning, you know, one strike of lightning, one strike of lightning, someone throwing a someone throwing a cigarette butt—and all that cigarette butt—and all that starts a huge starts a huge fire, and everything starts fire, and everything starts burning. The same thing burning. The same thing happens in happens in your body. You are your body. You are ready for the outbreak. You ready for the outbreak. You are already in an are already in an inflammatory state.

inflammatory state. Maybe your Maybe your body is already on fire, or it's barely smoldering, but either, but either way, you're vulnerable. So you can eat So you can eat foods that you've been eating your foods that you've been eating your whole life that whole life that weren't a problem, and weren't a problem, and now they're a now they're a problem, problem, problem, causing increased causing increased inflammation, which adds inflammation, which adds fuel to this vicious fuel to this vicious cycle that we cycle that we hear about all the time in hear about all the time in chronic, complex chronic, complex diseases, where these diseases, where these vicious cycles need to be vicious cycles need to be broken so you broken so you can get your can get your energy back. Identifying energy back.

## Microbiome Support, Fiber, and Probiotics

Identifying food allergens food allergens can be, um, can be, um, challenging— challenging— finding out which ones are finding out which ones are triggering you. And triggering you. And I'll be frank about I'll be frank about it. I don't want to it. I don't want to say that this is an easy say that this is an easy decision, because it isn't.

decision, because it isn't. In fact, it is something that In fact, it is something that requires a certain requires a certain amount of time and amount of time and focus for focus for you to take care of it you to take care of it. I'm going to. I'm going to give my opinion give my opinion on on on food allergy testing, food allergy testing, the best way to the best way to identify or identify or rule out food rule out food sensitivities, which ones are the sensitivities, which ones are the most common, and what, most common, and what, you know, I would you know, I would advise you. So, to give you advise you. So, to give you an idea of ??my background: an idea of ??my background: I have I have been a clinical been a clinical naturopathic doctor for decades naturopathic doctor for decades and used to do food sensitivity testing in food sensitivity testing in my clinic. I was my clinic. I was known for this. I known for this. I had a very successful had a very successful practice because of practice because of the people who came, the people who came, and I called it "the squeaky machine." And squeaky machine." And I was getting great I was getting great clinical results from that clinical results from that. I. I always told my always told my patients that there is no patients that there is no test that is test that is 100% accurate, and that was true of the 100% accurate, and that was true of the test test test I was doing. I told I was doing. I told people it was people it was 70-80% accurate and considered it 70-80% accurate and considered it just a quick start.

just a quick start. A quick start to an A quick start to an elimination diet, elimination diet, where they would take a list where they would take a list of what we found and of what we found and what their what their body reacted to, and then body reacted to, and then eliminate those eliminate those foods for 6-8 weeks foods for 6-8 weeks to see if to see if they felt they felt better. If they didn't better. If they didn't feel any improvement, then there were one or, then there were one or two problems. One— we needed to we needed to investigate something else in investigate something else in their body, their body, like that these like that these products weren't that products weren't that important, important, important, or two—we or two—we missed the products missed the products during testing, during testing, you know? It was that you know? It was that 20% that I simply didn't take into account 20% that I simply didn't take into account. If they. If they felt better felt better after eliminating those after eliminating those foods, then they had a foods, then they had a choice: stay on the choice: stay on the diet for a while longer diet for a while longer or start reintroducing the things they missed they missed the most, you know, like the most, you know, like chocolate, eggs, or whatever, you know, whatever whatever, you know, whatever it was. And I taught them a it was. And I taught them a very specific very specific way to start " testing" their testing" their bodies to bodies to see if see if they had an inflammatory they had an inflammatory response, and then they response, and then they understood how that food understood how that food affected them. So, I will affected them. So, I will give you some advice give you some advice based on all based on all my years of my years of experience, and I can experience, and I can say that there are say that there are so-called so-called so-called first- and first- and second-level food allergens. So, the first-level food allergens for first-level food allergens for most people most people today are not something today are not something strange or strange or unexpected for us: unexpected for us: gluten, gluten, gluten, dairy, sugar. These are dairy, sugar. These are very important things.

very important things. They belong to the They belong to the first level, have an first level, have an extremely high extremely high probability probability probability of causing a reaction in of causing a reaction in your body.

your body. Second level: eggs, Second level: eggs, corn, soy. These corn, soy. These products definitely products definitely belong to the second belong to the second tier. I would also add that other that other extremely extremely extremely inflammatory inflammatory inflammatory foods can foods can be nightshades: all be nightshades: all those delicious tomatoes, those delicious tomatoes, potatoes, eggplants, potatoes, eggplants, peppers—all of them. People peppers—all of them. People who suffer from who suffer from joint pain are joint pain are usually more usually more sensitive to them. Now sensitive to them. Now we have a better we have a better understanding of what to understanding of what to call these things.

## Mind-Body Healing and the Yellow Belly Practice

So, you may So, you may need to not just need to not just eliminate gluten and eliminate gluten and dairy, but also dairy, but also avoid avoid avoid lectins, which include lectins, which include nightshades, nightshades, nightshades, as well as legumes, some as well as legumes, some nuts, and seeds, nuts, and seeds, to remove lectins to remove lectins from your diet.

from your diet. Another level of Another level of understanding that understanding that we have come to is we have

come to is that some people are that some people are very sensitive to very sensitive to histamine, especially histamine, especially many of us in many of us in this world are this world are histamine-sensitive.

histamine-sensitive. histamine-sensitive. This means you This means you may experience may experience itchy skin or itchy skin or hives, or hives, or other, other, other, more subtle symptoms of more subtle symptoms of high high high histamine levels. Therefore, you might be histamine levels. Therefore, you might be better off better off switching to a switching to a low- low- low- histamine diet. All of this is histamine diet. All of this is very important very important to pay attention to when to pay attention to when you are trying you are trying to heal your to heal your gut. So gut. So avoiding food avoiding food allergens and figuring out what diet is what diet is ideal for you ideal for you right now is the key right now is the key to success. The second to success. The second step, which is very, very step, which is very, very important for you, is to important for you, is to restore your restore your restore your gut. The gut. The lining of your lining of your gut is gut is where your microbiome where your microbiome begins begins begins to make its to make its home.

home. home. Tiny Tiny Tiny creatures literally live there. There are more cells in your body creatures literally live there. There are more cells in your body that that that are not you than those that are are not you than those that are you. Really strange you. Really strange statistics, I know. And it is statistics, I know. And it is on this intestinal on this intestinal mucosa that mucosa that many of those many of those creatures that are not you live. And creatures that are not you live. And they want to have a they want to have a nice area to nice area to live. They need a live. They need a good place to thrive, live, and thrive, live, and create a wonderful create a wonderful healthy community healthy community that can that can support you. If support you. If they don't have a good they don't have a good place to live, if place to live, if they don't have a they don't have a safe place, then safe place, then they won't be able to they won't be able to support you the way support you the way you need them to. The lining of. The lining of your gut is an your gut is an integral part of integral part of your health.

your health. Many of us have Many of us have leaky leaky leaky gut syndrome. This gut syndrome. This means that your means that your cells, which should cells, which should be very tightly be very tightly packed packed packed together, have gaps through which large through which large molecules pass molecules pass from the digestive tract from the digestive tract through "holes" in through "holes" in the intestine the intestine the intestine directly into your directly into your bloodstream, into the vascular bloodstream, into the vascular system, and your system, and your immune system immune system begins to attack them.

begins to attack them. Therefore, you Therefore, you start having immune start having immune reactions to things that reactions to things that shouldn't be there, shouldn't be there, because these substances because these substances have entered the bloodstream have entered the bloodstream before they have been fully before they have been fully digested. You do digested. You do n't want that. You n't want that. You want this want this mucous membrane to mucous membrane to be extremely be extremely strong. The two things that strong. The two things that I have found to be I have found to be most clinically most clinically helpful in helpful in getting this " leaky gut" back on leaky gut" back on track are the track are the use of some use of some form of glutamine. And the form of glutamine. And the second thing that has been a second thing that has been a real big real big breakthrough for me and breakthrough for me and many of my many of my patients is patients is butyrate. Butyrate is something that butyrate. Butyrate is something that many of many of us are lacking, and butyrate is something that is something that can really help the intestinal lining intestinal lining to recover. So, to recover. So, achieving this achieving this healing is very healing is very important. The third is a important. The third is a healthy microbiome for you healthy microbiome for you. And why do I. And why do I say that? Because say that? Because now we all know now we all know that the microbiome is that the microbiome is great, and yes, you great, and yes, you might want to might want to take probiotics, take probiotics, but oh my, there are so but oh my, there are so many of them around. Is it many of them around. Is it worth taking them? Is worth taking them? Is n't it worth it? Which one should n't it worth it? Which one should I take? When I take? When to take it? It's to take it? It's confusing, right?

confusing, right? The truth is that there The truth is that there are subtle are subtle differences between them. If you've differences between them. If you've never taken never taken probiotics, it might be probiotics, it might be worth worth worth experimenting experimenting experimenting to see what to see what happens in your happens in your body. Please know that if you know that if you experience an adverse experience an adverse reaction, such as reaction, such as bloating or bloating or gas, it gas, it could be a sign could be a sign that you have dysbiosis,

that you don't have the best you don't have the best environment and you are environment and you are actually feeding the " bad guys" who bad guys" who are having a are having a party there, creating party there, creating a lot of gas. If you a lot of gas. If you take a probiotic take a probiotic and you feel better, and you feel better, your stool becomes your stool becomes healthier, you healthier, you feel like your food is feel like your food is digesting better, it digesting better, it becomes more stable in a becomes more stable in a good way—then good way—then that can be a great that can be a great sign. There are sign. There are specific specific specific probiotics that probiotics that may be better may be better for you if you have small intestinal bacterial overgrowth syndrome or intestinal bacterial overgrowth syndrome or not. There may be not. There may be certain probiotics that are certain probiotics that are better suited if better suited if you are someone with high you are someone with high histamine levels. So histamine levels. So being able to being able to being able to understand these understand these details may be details may be critically critically critically important for you, especially important for you, especially if you are one of the if you are one of the sensitive people.

Another thing I Another thing I want to talk about regarding want to talk about regarding your microbiome is all those little is all those little creatures that live in creatures that live in your gut and your gut and want to have a good want to have a good community, they community, they need resources. Have you need resources. Have you ever played Catan? I mean, it's Catan? I mean, it's impossible impossible impossible to build if you to build if you don't have the resources. You don't have the resources. You need wood, you need wood, you need stones, you need stones, you need bricks. You need bricks. You need this. You need this. You need sheep. So, need sheep. So, you need all of this you need all of this to succeed, to succeed, right? Same for right? Same for them. What does this mean for them. What does this mean for your gut, your gut, for your for your microbiome? This is microbiome? This is fiber. This is fiber. This is fiber. And in fiber. And in today's world, where today's world, where so many people so many people are taking are taking GLP-1 agonists and losing their GLP-1 agonists and losing their appetite, or if you're on a appetite, or if you're on a ketogenic diet and ketogenic diet and have switched to have switched to burning ketones, burning ketones, you may have a decreased you may have a decreased appetite. It's very important to appetite. It's very important to choose wisely and choose wisely and make sure you make sure you consume fiber, because you, because you need it. Having a need it. Having a truly healthy truly healthy gut is very gut is very important, and this important, and this healthy gut is healthy gut is crucial to crucial to having a healthy body. And the fourth thing is the. And the fourth thing is the yellow color in your yellow color in your stomach. So why am I, a stomach. So why am I, a doctor who likes doctor who likes to study research to study research and all that, talking and all that, talking about yellow in the about yellow in the stomach? Well, if you stomach? Well, if you know me, you know me, you know what I mean know what I mean. Dr. Jen. Dr. Jen E. Twinkin has many E. Twinkin has many faces, but yellow faces, but yellow belly is belly is one of them. Your one of them. Your nervous system is very nervous system is very closely connected to your closely connected to your gut. We talk about it all the time. You know talk about it all the time. You know that when you that when you are are are stressed, you stressed, you either get either get diarrhea or constipation. You diarrhea or constipation. You know that you can feel know that you can feel nauseous if you are very nauseous if you are very afraid of something. None afraid of something. None of us doubt of us doubt how much our how much our nervous system nervous system influences our digestive influences our digestive system. And the power of system. And the power of the mind is enormous. This has the mind is enormous. This has already been studied, and we already been studied, and we understand that how understand that how we think and what we we think and what we think about can think about can affect how affect how our body heals.

our body heals. We know of We know of studies in which studies in which people were able to people were able to use the power of use the power of their minds to their minds to heal themselves from very heal themselves from very serious serious serious health conditions. I know this health conditions. I know this may take may take many steps, and you many steps, and you can start by can start by trying to " put the put the color yellow in your belly." A dear friend of ours taught us this dear friend of ours taught us this when our children were when our children were young, and she would young, and she would simply tell the children simply tell the children if they felt if they felt afraid or afraid or unsure, or unsure, or if things weren't going if things weren't going well, " put the put the color yellow in your belly." color yellow in your belly." Place the Place the color yellow in your belly. Where, where is your stomach? Your, where is your stomach? Your stomach is your solar stomach is your solar plexus. And if you plexus. And if you start to direct start to direct your energy here, into the your energy here, into the solar plexus, and solar plexus, and just focus just focus on on on filling that filling that space with light, space with light, bringing love, bringing love, compassion, letting compassion, letting those things in. This those things in. This can start to

can start to really really really balance your balance your nervous system. This nervous system. This can actually can actually bring your entire bring your entire autonomic nervous autonomic nervous system into a state of system into a state of balance and regulation balance and regulation where you are in where you are in healing mode rather than healing mode rather than reaction mode. So, reaction mode. So, as silly as it may as silly as it may sound, it's very sound, it's very important. So important. So place the place the color yellow in your belly and color yellow in your belly and see how you see how you feel.

feel. feel. Just imagine Just imagine painting everything there painting everything there yellow. I had a yellow. I had a pretty bad pretty bad case of case of H. pylori infection that was causing H. pylori infection that was causing severe GERD, and I was, uh, severe GERD, and I was, uh, taking some taking some medication for that. But medication for that. But one of the methods one of the methods that has proven to be that has proven to be the most effective—and I the most effective—and I understand that understand that this may sound strange to some of you— has been the use of an has been the use of an infrared lamp.

infrared lamp. I put a I put a light light light panel on my stomach and imagined all panel on my stomach and imagined all these wonderful things. There are so-called There are so-called goblet goblet goblet cells that cells that secrete mucin, which are part of the mucous part of the mucous membrane of the gastrointestinal tract, gastrointestinal tract, very important for the very important for the upper part, upper part, for the stomach. I just for the stomach. I just imagined these imagined these cells becoming cells becoming healthy, healthy, healthy, full of energy, full of energy, and secreting lots of and secreting lots of beneficial mucin. I beneficial mucin. I sent love and sent love and light there, while simultaneously light there, while simultaneously receiving the receiving the receiving the biochemical effects of biochemical effects of red light on red light on this area. And I swear, this is what this area.

## Practical Next Steps and Support

And I swear, this is what turned the course of turned the course of my illness. This is what my illness. This is what helped me. helped me. So I advise you to So I advise you to start start start using the power of using the power of your mind to your mind to allow your body allow your body to heal. The biggest to heal. The biggest problem I problem I see people facing see people facing in these kinds of cases in these kinds of cases is in several is in several aspects, right?

aspects, right? First of all, I just gave First of all, I just gave you a bunch of information, you a bunch of information, right? And you may right? And you may be feeling be feeling be feeling overwhelmed. If so overwhelmed. If so, let me know in, let me know in the comments so that the comments so that next time I next time I know to know to reduce the volume. The second reduce the volume. The second thing is fatigue, so thing is fatigue, so the thought of doing the thought of doing all this all this seems exhausting. This seems too. This seems too complicated. Here's what you complicated. Here's what you need to do in need to do in that case. You that case. You need to need to need to set yourself up for set yourself up for success. You know what you success. You know what you can and ca can and ca n't do. Don't expect n't do. Don't expect yourself to be yourself to be able to eliminate able to eliminate all the foods all the foods you may be you may be sensitive to tomorrow. You sensitive to tomorrow. You need to make a need to make a list of what you list of what you will avoid, what you will avoid, what you will eat will eat instead, and how you instead, and how you will act in crisis will act in crisis situations. For example, situations. For example, you are visiting a friend, they you are visiting a friend, they serve you spaghetti, serve you spaghetti, but you don't eat pasta. What but you don't eat pasta. What will you do in such will you do in such situations? So situations? So plan ahead. And most importantly, get the support get the support you need.

you need. Some of us Some of us feel feel feel well enough to make our own meal plans and go meal plans and go shopping. Others shopping. Others are lying in bed or on the are lying in bed or on the couch and can't couch and can't do it. So who do it. So who can you can you call for call for help? A friend, a help? A friend, a family member, or family member, or maybe you'll hire maybe you'll hire someone? What exactly? But someone? What exactly? But define your steps define your steps to success, figure out to success, figure out what you can do what you can do today and what you today and what you will do tomorrow. And the will do tomorrow. And the third big block third big block that I see in people – remember, I remember, I talked about another talked about another thing that can thing that can block the block the healing process – limbic limbic limbic system dysfunction? This limbic system

dysfunction? This limbic system is designed to system is designed to protect you. It protect you. It is in your is in your subconscious. She subconscious. She wants to keep you wants to keep you safe and healthy safe and healthy and is like saying, “You know and is like saying, “You know what? You feel what? You feel something happening. " something happening. " I think it's I think it's dangerous there." It dangerous there." It sends signals of pain, sends signals of pain, fatigue, and more, fatigue, and more, forcing you forcing you to hide, to stay to hide, to stay in the same state, in the same state, activating inflammatory activating inflammatory mediators in mediators in the body, such as the body, such as interleukin-1, which interleukin-1, which causes depression, and causes depression, and interleukin-6, which interleukin-6, which causes anxiety, causes anxiety, which makes you which makes you more isolated, more isolated, less sociable, and less sociable, and it definitely doesn't want it definitely doesn't want you to change.

Your limbic Your limbic system wants you to system wants you to stay where you stay where you are because even though you are because even though you feel bad, feel bad, at least it's a at least it's a familiar state. And when familiar state. And when you feel that way you feel that way, it's hard to take, it's hard to take risks. It's hard risks. It's hard to change. It's hard to to change. It's hard to do anything. This do anything. This is called resistance. So is called resistance. So if you feel if you feel resistance, if you resistance, if you are critical of my are critical of my words or of yourself—that words or of yourself—that is resistance. Maybe it's is resistance. Maybe it's just your just your wonderful limbic wonderful limbic system trying to system trying to protect you. So protect you. So moving forward, as for what to moving forward, as for what to do, do, do, check out this check out this list.

list. list. Make sure you Make sure you follow these steps and follow these steps and use all of the resources below. resources below. Like if you Like if you enjoyed it.

enjoyed it. Share this. Share this. Leave your Leave your comments. I would be happy to comments. I would be happy to