

Caspar Szulc ([00:00:00](#)):

I had a very strange childhood, had the worst case any doctor had ever seen my job is to keep healing. So that's the story. We all have remarkable stories within stories of adversity, challenges, triumphs, and ultimately, this is your health,

Caspar Szulc ([00:00:21](#)):

The podcast. I want you to take a minute and picture this scenario with me. You're a parent enjoying life. Your days are spent mostly with your child, raising them and perhaps growing vegetables in your garden. You're happy and healthy. Then one day you wake up, you feel like you've tweaked your neck a little and you have some localized pain. You rationally apply ice and rest it thinking it'll get better in a day or so, but it doesn't. In fact, things escalate so quickly for you that within two weeks you can't talk, chew food, use your arms, turn your head, or even stand upright without debilitating pain. You go to doctors and specialists and they're all baffled. They simply don't have answers for you. They give you medications, but it only makes things worse. You end up spending eight years, basically in a single room, debilitated, depressed and dejected.

Caspar Szulc ([00:01:19](#)):

This was the reality of today's guest, but this story has a happy ending and a valuable lesson to it. This is the story of hidden dental infections with Pam Wild. You know, you sent me your story and I read it and it just connected with me. It resonated with me. And not because I had heard it before, because it's your story. It's unique. It's different. You went through so much and it's complicated and it's, it's really complex. And what you went through is really harrowing. Now, nonetheless, I saw so many other patients patterns in that of why is this happening to me? My life was so normal and then this suddenly came and totally flipped my life upside down. And, and you navigate all that for years and years. And now you're sitting here at a much healthier state. So tell us, you know, take us back to maybe what was it, 2011 and what that was like before and after in your story that led you to learn so much about medicine, health and overcoming a truly debilitating disease.

Pam Wild ([00:02:25](#)):

I went into this whole situation with a background in nursing and in massage therapy. I was a massage therapist in my twenties. I had a private practice. Um, I, I did well with that. Um, I went back to school, became a nurse and I was, uh, worked in a surgical, intensive care. I went to Case Western Reserve, which is one of the most nursing programs in the world. And still yet with all that background, what happened to me happened to me. And, um, you know, when I first got sick, I thought, Oh, you know, I'll just have a pulled muscle in my neck and I've got this. I can figure this out. No problem. And it didn't take long before I knew I was in really big trouble within weeks. I couldn't talk or chew or use my arms. I couldn't turn my head. I could nod my head. I had eventually I was using my arms like this. I mean, couldn't you move any of this overhead just d My son was five years old. He was in preschool. And, you know, we had just a charmed life. We had, uh, a country place and I was going to grow most of our food. And I, I knew what it took to, to be healthy. But what I didn't know was that I had undergone some procedures that hadn't left me very vulnerable. And I had a lot of toxins in my system and a lot of poison, uh, which led me to where I got very, very sick. So I went to a bunch of doctors. I had swallow tests and cat scans and all of the usual things. And I tried all of the usual things that would get rid of, we thought maybe there was a muscle tear in here because nothing else really made sense and nothing was working. And

Caspar Szulc ([00:04:40](#)):

How many doctors did you go to during this course? And how many years we talk about? Cause you know, you, you tell the story, I read it. It's, it's sort of became almost like that in a few weeks. You went from what seemed like quite healthy to basically disabled, not able to really speak almost. You said unable to use your arms so much unable to swallow these. I mean, these are functions you need to, to kind of live almost or else you do become sort of bedridden and, and you lose a lot of what your freedom was. I would say.

Pam Wild ([00:05:12](#)):

Oh yeah, definitely. I mean, even with the chewing, um, we got concerned at one point I was able to get that under control by not doing anything. I basically laid in a bed, but, uh, before I figured that, uh, that out and in a couple of times there was a scare where we thought I might have to get a feeding tube because I couldn't chew. And it was all liquid diet. And I did eat a very boring, soft diet for about eight years, which was nowhere near nutritious enough either. But I think I kind of got off track. What was your question

Caspar Szulc ([00:05:48](#)):

To actually find out and set the stage a little bit as to, so this happened within two weeks. Were there any signs before that, of anything going?

Pam Wild ([00:05:58](#)):

Yes. Okay. I did have lots of chronic health issues. And back in my childhood, I had a head full of mercury fillings and I did have the foresight to have all of those removed in my twenties. That was before they have what they now call smart protocol, which is the proper way to have mercury fillings removed so that you are not re poisoned with mercury while they're taking them out. So right at your airway, they protect you from swallowing it, and that was not done completely for me. It was done the best at the time. Like they used a rubber dam in my mouth, but they did not do anything to capture all the mercury in the air. So I was exposed to mercury and I had been exposed to it for years before I had them removed. So we knew I had heavy metal issues and I had been tested for that prior to getting sick. And I'd had a course of EDTA, which is an oral chelation agent to remove that. And then I had kind of gotten a little better and I didn't have any serious health problems. I had a problem with my knee. I had sinus trouble,

Caspar Szulc ([00:07:10](#)):

Little things here and there, right. It kind of pops up right here.

Pam Wild ([00:07:13](#)):

I had a lot of weird health problems. Like I would have bladder infections that would kind of take longer. Every time I needed an antibiotic, it took longer. I would need to be on a course of antibiotics for 13 days of square root people would be on it for like 10. Uh, wouldn't quite go in. It's called the doctor. We'd have to get some more. Um, that was very common.

Caspar Szulc ([00:07:34](#)):

Did the doctors tell you that that was normal or did they start to even inquire then of, Hey, maybe we should look at something else cause it's taking a little,

Pam Wild ([00:07:43](#)):

No, no. They just call me a slow healer. Right. And, uh, they don't really, you know, they're really not trained to investigate for root causes and to, to look for these kinds of things. And it's really not their fault. I mean, they go to school and that's the way they're taught. And then a lot of the follow-up education they have is presented by pharmacological companies and such. So, and of course the insurance companies and all that, uh, want them to do things a certain way, uh, that falls into the way that everybody makes money along that protocol. So, you know, they're doing the best they can. As matter of fact, my, my doctor, my GP was a neighbor and a friend and he went out of his way to try to help me. He was very open-minded about trying things like, um, that were alternative. Um, but you know, first we looked at the standard things I even tried, you know, of course of steroids. And because of course I got much worse. That was the first hint that I had an infectious process, but I missed that clue for a little while and we just couldn't figure out why didn't the steroids have, well, it just must've been too much inflammation or whatever. So as the years went by, I adapted to the situation I was in and how to cope. And I ate a certain way and I stayed in bed. We had a little refrigerator and a microwave in my bedroom. I mean, I really didn't go anywhere. except for the doctor. And I went there quite a bit, but it got to be where it was a real production to go to the doctor because to do that, um, I had to call ahead of time. They had to have a room for me where I could lie down. I would wait in the car and then go in. And some medical facilities are so large that I couldn't get around because I had trouble sitting up in a wheelchair and they have no way, even at the best hospitals in the world of getting you around on a stretcher, believe it or not, I was told, Oh, you'll have to walk there or go in a wheelchair. And so that would create problems for me. So, um, I tried to go places where I could be right outside and get into the doctor's office, which didn't make a difference after a while. You know what I mean? No one was finding anything.

Caspar Szulc ([00:10:10](#)):

Yeah. What kind of diagnoses were you given? Because most of the time a doctor in a conventional realm needs a diagnosis to treat. Without it, you're a little bit, you don't know where to go and you'll probably be sent around. So did you get any real diagnoses or was it all just kind of exploratory?

Pam Wild ([00:10:27](#)):

I have one person who gave me a real attempt at a Swan specialist, um, who said maybe that it was carotiditis, the carotid artery was inflamed. He had seen people have really such severe pain there and the pain would get so intense that I would kind of feel the pulse there, you know? Um, so I gave him credit for trying to come up with something that didn't get me thinking about, you know, my antioxidant status and anti-inflammatories anti-inflammatory herbs. And I had been into herbs and natural healing for years. Again, I started out as a massage therapist and, uh, I had had some weird health problems, like my bladder and stuff when I was pretty young. And so I had, I, I would get good results with homeopathy and stuff like that. For these odd symptoms that traditional medicine wasn't helping me with.

Caspar Szulc ([00:11:28](#)):

Let me ask you, uh, at what point did you, because you're, we're, we're talking years now that you were suffering, right. How many years altogether was this journey from the point that you started to feel all these symptoms and experienced this, this pain to the point of resolution? How many years are we talking?

Pam Wild ([00:11:46](#)):

Uh, about eight, eight. I was, I was, I was bedridden, unable to talk on, able to chew, uh, just confined to one room. I, I missed my son's entire childhood. Uh, he was a five when it happened and 13 when I had the surgery. And then of course, you know, it's not like I just popped out of bed. I, there was a little bit of a recovery period. So, um, you know, I missed quite a bit of everything.

Caspar Szulc ([00:12:15](#)):

Yeah. I mean, eight years is such a long, that's like a decade of a lifetime. That's like 10%. You could say, if you're going to live to a hundred, you know, of one's life,

Pam Wild ([00:12:24](#)):

High school. Good, good job. 200. Let's let's shoot for that.

Caspar Szulc ([00:12:28](#)):

Absolutely. No, you gotta, you gotta aim high, but I, my point is how many years into this? Are you kind of like, Hey, you guys don't have answered, like, you know, where do you, at what point is that, you know, inflection point of, I need to find something else cause this isn't work

Pam Wild ([00:12:44](#)):

Early on. Um, yes. Um, like I said, I, I was into alternative medicine, but I didn't find an answer. I mean, I couldn't research because I, I couldn't sit up at a computer and you know, my husband is his background is mechanical engineering, so he wasn't going to figure it out. I had to figure it out. Right. So I, when I was able to get an iPhone, which was about two or three years before I, I had the surgery, I was able to start doing some serious research.

Caspar Szulc ([00:13:23](#)):

So you became your own house MD and just started looking at all the literature and everything and going through it that way.

Pam Wild ([00:13:30](#)):

Yes. Yeah. And, um, you know, I also, I will need to look at all research in the absence of human research. I'll look at animal research and the absence of animal research. I would look at good objective data in the absence of good objective data. What are people saying subjectively about this herb, this treatment? Um, yes, I researched on every facet that you can imagine. And again, I was really blessed in that I had the background from case cause it is a data driven institution and, uh, I was taught how to read research literature and data and studies. And so that was helpful because when I got to about a year after I had my iPhone, I started having serious, serious digestive problems. My gallbladder was not functioning well, I had, it was starting to give me pancreatitis. I was losing weight. I, I was so miserable. I cannot tell you how physically miserable I was because I had the headache from the toxins and all the pain here. And I would have neuralgia symptoms, like funny little pain shooting in my eyes. And, um, I started to have to research all of this stuff for my gallbladder and my Pincus. And I know more about the gallbladder and painters than I ever, ever, ever want to, but that's what you have to do if no one is coming up with an answer for you. And so I had even a year before I had my surgery for the root canal treated teeth and the cavitations, uh, I was treating my gallbladder and my pancreas and I had food allergy testing. I actually had someone come to the house and draw the blood, uh, for food sensitivity

testing. Cause I didn't want to go out. And I had a lot of food sensitivities and there was a lot of food that I couldn't eat. I grew out of all of this. The only thing that I have now is I'm allergic to bananas and chocolate. So

Caspar Szulc ([00:15:55](#)):

That's a bummer. That was a bummer, but compared to what it was,

Pam Wild ([00:16:00](#)):

Because, uh, it I'll take that. That's fine. I mean, I, there was hardly any grains that I could eat, even potatoes. I think I lived for a couple months on sweet potatoes and egg whites. And then I, I kept expanding my diet. Uh, I used a four-day food rotation diet until I was able to eat more foods and I had done a pretty good job of surviving. I really was literally just on the edge of survival for that whole year, until I had surgery. Um, and I was doing a lot of alternative treatments for detox. I did, um, Gerson therapy for those who aren't familiar with that it's a anti-cancer, uh, regimen or protocol that involves diet and supplements and juicing. Yeah. And when you do a coffee enema that will increase your glutathione is transfer raise 500 times normal than what is in your blood stream normally. And that glutathione glutathione is our master antioxidant. And so that would clear out a lot of toxins. So when I would do a coffee enema, I would be able to talk for a little bit. My voice would get a little bit stronger. I feel a little bit better. I wouldn't feel as painful all over. And, um, um, I was excited. I'm like, okay, so there's a toxin that's causing this. And that was then of course I remembered when I was given the steroid and that had made me worse. Cause what did that do that allowed the, all the infections to periphery because there was nothing checking them. My immune system was being shut down from the steroids and that allowed the infections to grow.

Caspar Szulc ([00:17:57](#)):

You're putting, you're putting the pieces of the puzzle together in some ways after these years, which is, you know, something that I think you try and fail or try and succeed and you start to put together a picture of what may be happening because for all these years, you're unsure of what is causing this. People could tell you, you're having this pain, you're having this. You could do steroids, you could do. That's great. Those are kind of just masking your symptoms in some ways or exacerbating them in some as in the case with the steroids there. But, but you're starting to then realize this is toxicity. This is possibly infection. Where do you go from there? Do you start looking back on kind of your life and things that have happened to try and say, where can this be? Or are you still, you know, just, just in, in this state of, I need more data.

Pam Wild ([00:18:46](#)):

I started, of course I had known a little bit about root canals being a problem. And I did start researching that. I researched other things, you know, my gallbladder and other things that were going on. And it just, that was the one thing that made sense when I took a look at the there's, there's plenty of research on root canal, treated teeth, that they are correlated to heart disease and neurologas and, um, autoimmune issues. And so I found a case study of three, I think it was three women had had, um, neuralgia, trigeminal neuralgia that had resolved after they, um, had treatment your biological dentistry treatment for the root canal teeth and their cavitations. So that really intrigued me. And I, I said, you know, I think that this is the problem because I did have some of those other issues that root canal teeth sometimes. Cause, and I didn't think it was my only problem because I did know that I had a toxicity issue with the mercury feelings, but we know on a lot of, uh, the authors and the people who study

these conditions say that multiple toxins make the symptoms worse. If you have a history, people who tend to have a history of mercury amalgam fillings or say you have some other toxic issues. So you have Lyme disease, which they, that creates a lot of toxins or a breast implant illness, or biotoxins, you've been chemically exposed in some way, then your symptoms can be worse and they can, you know, one can make the other worst depending cause you have your toxic load. Think of it as a bucket that is filling up and it just gets to where the bucket just overflows. So the body can only handle so many toxins until the symptoms are created. So I actually, after doing some research, I looked quite a bit on YouTube and watched some doctors that were kind of leading the way at that time in, um, I wasn't on social media. At that time, I would look on the internet and on YouTube. And of course then the research that was available and I ended up contacting Dr. Stewart, not only in marble falls, Texas. And he is one of the founding fathers of modern biological dentistry where, you know, the tooth is removed in the way it needs to be removed for people to be successful. And what's most important is that the tooth is removed, that all the infected material is removed, uh, any soft bone, um, any infected material and the periodontal ligament. And you do have some dentists out there. Even now who'll say I take up the periodontal ligament, but they're not doing a good job of cleaning up the area. And sometimes people will still be sick afterwards. So it's important that that protocol is followed. And then also, um, I loved it. I, like I said, I done my research. What was the best way to have this treatment done? And there's a, you're probably familiar with the PRF, which is platelet rich fibrin, which they take your own blood and they spin it out and they make these platelet plugs and they put those in the surgery sites and they actually stitch them in place. And that brings super healing to those areas. And then the third thing that I felt was very important that they did was intravenous vitamin C a fairly high dose for dentistry is 25 grams. And they would do that the day of surgery and the next day. And, um, you know, you could see the results that I'm really happy with, how things turned out.

Caspar Szulc ([00:23:00](#)):

Now, let's take a quick step back here because you know, you had the surgery and everything, but you know, there, there has to be this point where you realize that what you had done, your teeth may be linked to everything. Did you share that with others? Did you share that with doctors, your medical team, that, Hey, I'm thinking that this is something to do with the toxicity and an infection I've had root canal. How many root canals did you have?

Pam Wild ([00:23:27](#)):

I had four root canal teeth. And then I did have a very large crown tooth that was next to one of the root canal teeth that had an infection at the tip. And then I had four cavitations, which are, uh, where my wisdom teeth had been removed. I cavitation is a site that is contained within the bone. The bone is kind of healed around infection and is closed off, but it's still, those bacteria are still in there turning out their toxins. And so we're all four of my wisdom teeth have been removed those four sites. So I had nine sites, total of infection. Yeah.

Caspar Szulc ([00:24:09](#)):

That's, that's kind of crazy. And I w I guess what I'm getting at is where were the dentists, the doctors, and all these people for all these years that no one could even make that correlation. You had to do it. Did anyone out there even bring this up to you? Or was this all you that had to find this out?

Pam Wild ([00:24:27](#)):

Yeah, it was completely me no one knew or suggested that. And my GP, my general practitioner doctor, when I talked to him about it, he was receptive in that. You know, if you want to check that out and get diagnosed, I don't see any harm in doing that. Um, but he didn't know anything about it. And I looked for a biological dentistry dentist in my area.

Caspar Szulc ([00:25:00](#)):

They're hard to find, they're not everywhere.

Pam Wild ([00:25:03](#)):

And Cleveland is a very big medical town, but it's very conventional. It's not always holistic and alternative, but, uh, there, there's a couple of dentists here and there's, I have found someone who is very good locally, but at the time there wasn't anyone that I knew of. And I, I was willing to travel, but from all the research and all the studying, I did, I, there really wasn't anyone who knew about root canal, treated teeth, being a problem.

Caspar Szulc ([00:25:38](#)):

I mean, in many ways, you're incredibly fortunate to have this background, to have this openness, because I'll be honest. There's a lot of people out there that if they were in your position and they just, they had to figure this all out on their own, that they may not ever get there too many people now just see teeth as completely separate. You could have a root canal, you could pull it out. It ain't gonna, it's totally separate from the rest of your body. And there was no connections that that's shocking to them. I think to even hear that this source you're talking about being, you know, can't even sit up, sometimes you can't speak, you can't, it's hard to swallow at times. You can't move, you got fatigued, moving anywhere. I mean, these are serious, serious complications and yeah,

Pam Wild ([00:26:21](#)):

Yes. I had no life really. I mean, root canal teeth took my life from me, you know, for a decade, you know, and I was determined. I will tell you, I think attitude, if you're someone who has a mystery illness or a chronic illness, I think attitude is very, very, I told everyone who would listen to me, I'm going to get better someday. I, and some people will look at me like I had, you know, some kind of creatures crawling out of my ears, like, okay, you know, good, you good for you, you know, good for you. They there, you know what I'm saying? You could tell they, they did not think I was ever leaving my house. And I knew, I didn't know how, but I knew that I was going to get better. And I just continued to look for the answer. And I continued to try things. And I am really lucky in that. I've always been interested in herbs and natural ways of healing. And I, I had spent a lot of time educating myself and I, I had a comfort level going into that, using those modalities where some people would do, you know, afraid, Oh, if I take this off, I'm going to get something, you know, I don't wonder if something's going to bother me. If I take it, I look it up on the internet and see if there's any side effects. Is it, uh, Oxy toxin? Is it, uh, a meterajic herb? Is it gonna meaning, is it, is it going to cause me to get my period? If I take this out, you know, or is it gonna make me bleed? Does it cause headaches? Does it cause the adjuster distress very important. I don't just wonder about those things. You know, I would find the answer. I don't just worry that something's going to make me sick. I would go and look for the answer. So we have the ability to doctor ourselves and take care of ourselves. Not everybody does because some, this is what, for example, my medical condition is complicated and you do have to be able to read certain things. And this is why it is important that we do have doctors, uh, who are willing to do these kinds of treatments. So that folks who you should, so you shouldn't have to do what I did to get better, that there is someone you can go

to who is an expert. And, and even now in my recovery, it is, there's a lot of good medical practitioners who, who are trying to help folks like me who have biotoxic illness, but they really are still, a lot of them are still missing the point big picture.

Caspar Szulc ([00:29:23](#)):

It's incredibly hard to, to, you know, encompass all that's in medicine and even understanding of the teeth being so interlock that every single tooth is related to an organ, that these pockets could have infections that you won't see unless you do a cone, 3d imaging of it. These are still things that are somewhat novel in the medical field. You gotta be outside of the norm to pick up on this. You have to be a sort of pioneer and fringe person in medicine, to be able to understand what you're even speaking about right now. But at the same time, I completely understand that as a certain point, you have to take things into your own hands and as a patient, if you're not getting the answers and your in a dire situation, which many patients are, and you, especially where you have to start doing some sort of research and some sort of basically understanding of what's going on inside of me. Right? And so you did that and it took so many years, but take us now, you're having this operation or this, this procedure to remove all of this, these infected areas to clean these infected areas out. Did you go into it thinking this is it I'm going to be better? Or was there still some trepidation of, well, let's see how this goes, but I don't know. I've been doing this for how many years now, is this really going to suddenly solve everything? What was it like going into that procedure?

Pam Wild ([00:30:50](#)):

Um, I, how do I describe this? Um, I mean, there was a piece of me inside that was very calm, but, um, it was very challenging for me to leave my house to go to a doctor's appointment, let alone three States away. That was also that, I mean, the challenge of that was overwhelming the, all of the toxins, some of the toxins from the, um, root canal teeth and the cavitations are neurotoxins. And so I was having it, I would get really shaky and I, and of course I had, I had lost 73 pounds. I was, and I had eaten properly for two years. So I was, I was in bad shape and, um, it was hard to cope with the, with traveling. That was very, very challenging. Um, my sister flew in from, uh, out of state and drove me and my mother down to Texas. We went through, it's kind of crazy. We went through historic flooding and I'm just watching out the window of my car as we travel along, all these things kept happening and I just kinda felt like I was in the eye of the tornado. I'm watching all this around me and I'm thinking, okay, well, I just decided that I would tell myself every hand that I come in contact with is a healing hand. And I just kind of visualize everything being successful. Um, you know, visualization is a great tool. Athletes use it. I, it tends to help direct things. They don't exactly know how it goes if, but I try to use those, uh, those tools and meditation as I went on my travels there. And your question about th the other part of that question to answer it is did I, was I Oh, certain that I was going to be better? No, I wasn't, but I really felt that I wasn't going to live. If I didn't have it done. I knew from the research I'd done 100 out of 100 root canal teeth contain infection. The tooth has hundreds of miles. One, two has hundreds of miles of microscopic tubules that are just a hotel for their material. When you, uh, turn them into a root canal tooth, they just set up and have a party in there and cause havoc. So I knew that I needed to get rid of that infection if I was going to survive. What I wasn't sure of was, you know, could I survive having that much surgery? And, um, I didn't tell my dentist that I had, um, heart palpitations and there'll be the heart rate. This is not something I recommend people do, but I was afraid that if I mentioned that to them, they wouldn't do the surgery. So, um, again, you know, having to make difficult choices in a way that's potentially not even fair to your doctor, but you don't want to be denied treatment. Um, and I had great results, you know, w when they did the surgery, as soon as the surgery was over, I was laying there in the hotel room and I went, Oh my gosh, my heart rate is my heart rate is really slow being a nurse. I

started checking and my heart rate is in the sixties. And my heart rate had been in the hundreds for two years, and I didn't have any heart palpitations. And I'd had them heart palpitations, especially when I was stressed, uh, once a day for a year. And I've never had any sense. And those, those that, that went away right after the surgery.

Caspar Szulc ([00:35:13](#)):

Yeah, that's, that's, that's incredible that it happened so quickly, but at the same time, you're removing something that was a constant stress to your immune system, to your body, to your nervous system. It was an active infection, just thriving, and nine of these imagined, uh, spots, which is these, these, you know, different microbes out there just causing so much inflammation and pain to that area. And that was the cause of it. And you're to address that clause now, to go back to your kind of point there of being of traveling, taking this almost leap of faith, I've talked to so many patients over the years that say the same thing you don't ever get to a hundred percent certainty in anything in life. You could go in for a routine cleaning procedure, not make it out because of some, you know, minor mistake or something like that. So there's never a certainty. What I've heard most patients get to a 70 to 80% comfort zone where you feel, Hey, listen, I feel that, what do I have to lose almost at this point, I'm suffering. I need to do something. This is here. The universe has provided me this route for something, let me at least go there. If you get yourself to that 70 to 80%, I heard that is the kind of magic number you go with. And the rest is kind of a leap of faith. And of course, healing is going to take some time in your case. It was a quick kind of resolution, but I'm sure the healing process after that continues. Right. So can you tell us what that was like after the procedure?

Pam Wild ([00:36:37](#)):

Yeah, and you know, my healing process has been, um, a little slower than some other biological dentistry patients who only have one tooth removed and maybe they aren't as sick to start out, but I kind of started out in this situation in a hole, you know, I had, uh, just nutrient deficiencies and really low calorie stores. And I, because of the pancreas and gallbladder issues, I was not able to eat large quantities of protein and fat. So you need those things to heal. Your body uses those. Those are macro nutrients that the body uses to their building blocks to make bone and soft tissue and vascular tissue. So I didn't have those things in abundance and all my healing was slow. And I was concerned that maybe I was going to get infections. So I did a lot of things to prevent my sites, getting reinfected, because I didn't want to have to have surgery again. And I didn't want to have the surgery fail and be sick, have the surgery not do what it was intended to do. So I did, um, intravenous vitamin c, I would get 25 grams. I went twice a week for many months. I went for eight months and I just love intravenous vitamin C. It has helped me so much. Um, I would feel great when I would go, uh, just those neurotoxins would just be, you know, cleared out of my bloodstream. And I would just, I would just be giddy almost. And I would talk to people at, uh, IV therapy I'd be, just be talking your ear off. I'm very social chatty person anyway. So, um, I did interavenous vitamin C I got, I tried an infrared sauna, uh, at a local place and I felt that it was going to help me and I, I purchased a clear lights sanctuary too. And, uh, did that at home almost daily for a year. Um, and then I, I worked slowly on my diet and the one thing I really tried to do was no, I had gotten nutritional testing and I tried to fill those nutritional gaps that w there were tested to be missing. But then I also just started taking amino acids since I couldn't eat enough protein. And, um, you know, other supplements like that, B vitamins, uh, but I do a B12 injection every two weeks, that sort of thing.

Caspar Szulc ([00:39:20](#)):

Okay. So you're, you're taking those, uh, precautions. You're taking preventative measures to optimize your health, to continue your healing journey. How you feeling today, how it, uh, you know, when you look back on this as, is this a remarkable recovery, are you still healing? Where do you feel you are on a healing journey?

Pam Wild ([00:39:37](#)):

I, I feel my recovery has been Epic. Um, I feel that I'm blessed. I, um, I really am excited about how well I've done. Yes, I healed slowly a little bit. Um, but the results are exactly what I wanted and the body does what it needs to do in the right time-space continuum. You know, uh, you have to kind of listen to your body and do what, give it what it needs. A lot of, uh, people who have biotoxin illness will try to push too hard and they will actually make themselves worse. They, they tried this kill, kill, kill approach, and, you know, your lymphatic system gets overloaded and you can't get rid of everything. So, you know, maybe I had too many toxins to deal with at one time and I have to go a little slower. That's okay. Um, I don't mind, I'm, I'm happy. I'm able to participate in, in life and do things with my family and get out and shop and all these sort of things that you need to do. I was recently tested and I have, um, I had a GI map assessment done, and I had mold toxicity testing done. And I think that's really important for people who have biotoxin illness. When I get on chat rooms and I see what people are writing. And when people contact me, people contact me from all over the world. Um, you know, since my story was published and you know, a lot of people, they don't have the whole picture and they go to re they get the surgery, and it turns out that they have something else that they're also really toxic with them that hinders their recovery. They have mold toxicity, they have gut dysbiosis with overgrowth of other things in their gut, maybe candy to something like that. They have, um, there's people who have Lyme disease. I've seen bar and it's undiagnosed all sorts of things like that, but mold and, and your gut dysbiosis seem to really affect the recovery of, of people with biotoxin illness. And I tried to get someone to, to test me for mold ever since I had the surgery I wanted, I said, well, what should I get? Should I get tested for heavy metals? Should I get tested for mold? And they said, well, you were tested for metals way back when you probably don't have to get tested for that. We can just assume you have those. And, um, I tend to agree with that a little bit, although you don't know which layer of metal you're dealing with, you're getting rid of, and of course you could use the better chelation agent. That's a whole other conversation, which we can talk about. I'll talk to you all day about this stuff, but sticking with my story for now, the chelation agents, you know, and things like that, that people need. They're not getting, they're not getting things in the proper order. So if in my case, I tried to get a mold testing way back when, and I never, I never had that. And so I would make a recovery. My recovery would go like this, and I'd be doing hard cardiovascular work using my EWOT system. I've exercise with oxygen therapy system. And then boom, I would crash gallbladder problems, whatever. And come to find out. After my testing this summer, I had mold toxicity. I have ochratoxin a and Clostridium was elevated. Oh no, I had overtoxin A and I had, um, mycophenolic acid. And then I also with my GI map assessment headed, elevate candida and Clostridium. Those were the highest ones. I had some others that were a little bit up there, but those are the two that I'm really working on at this time. So now that I am aware that that's the problem, uh, I can bind those mold toxins. So they, they don't end up clogging up my liver and my bladder, and I can keep working out and keep detoxing and I have the whole picture. And so I think that's really important because I talk to people all the time and they're so sick. And I'll say, well, have you been tested for this and tested for that? And some of them have been tested, you know, far, none of these things. And they, they really don't know what, whether they have those problems or not.

Caspar Szulc ([00:44:17](#)):

knowing is part of it. I have to say, there's lots of people that come in even to our clinic. And so many doctors I know and bring the binders of, you know, all the tests, bring everything there is. And you know, more data, isn't always good in a sense, because then you become overwhelmed with data and it becomes a little bit confusing. So doctors don't know what to do. And like you say, the easiest thing is let's just try and push this out. And that could be even worse. Cause you, like you said, your organs of elimination, aren't ready, you're pushing some heavy toxins around. You might be taking it from connective tissue and putting it into the brain. It could be worse. You could see something much worse come out of that. So I think one of the big pieces here that you've hit on is you got to start to understand yourself data and information are wonderful little pieces, but I think they're very secondary to being very in tune with who you are to being understanding of what foods are good and bad, and really gaining that appreciation for that as your body is adjusting, as you start to see things and stop looking outside for answers about what's going inside, because you already have them symptoms, To me, all those symptoms that you mentioned, every, these are just bells going, your body's going, Hey, pay attention. We got something going on here. Right? And you saw it eight years. Doctors were, you know, probably probing and doing all these things. Running tests did not have an answer until you started to put it all together and understood. So I guess my point here, and even a question to you would be, do you feel that when you're ever you're going through an issue, a health issue, it's sometimes even better to first go inward rather than go running to doctors for answers to sit down and, and sort of gain an appreciation for number one, intuition, which I feel like most people have lost completely. And number two, just to start to say, okay, I know my body, I am, you know, I've been with this my whole life. What are some of these signs telling me? What can I even figure out and feel some kind of, you know, resonance again with that happening? Do you think that's important?

Pam Wild ([00:46:29](#)):

Yes. I, I think that that is everything. I don't know. Do you do kinesiology at all at your clinic?

Caspar Szulc ([00:46:38](#)):

We do advanced forms that can easy. So we've done, O-ring Vega testing. EAV we now do bioresonance testing, which is a form of kinesiology. You could say, it's basically understanding on the quantum principles, whether something there is not, you know, or it's not there. So you're testing for basically the vibrations of certain bacteria viruses and everything. If it is there it's very much like ART autonomic response, testing, kinesiology and muscle testing. Yes.

Pam Wild ([00:47:05](#)):

Yeah, I do. Um, I mean, I will do my own muscle testing on myself. I don't have anyone else involved ever. I don't want any answers except the answers that, uh, I need. So I, I check things myself. I just use, um, a 10 pound weight for my resistance. And then, you know, I do all of the questioning and stuff myself. And then the other piece of what you're asking me is I think people were programmed to go to the doctor and get the answers from him Hey, I love a good joke. So, um, the part that you know is often overlooked is people don't listen to themselves about what they need to do. They don't ask themselves. And when you get to where you're overwhelmed, or you have a life-threatening condition like cancer or something like that, you know, the first response is, Oh, let's just hurry up and do what the doctor says. And people will get surgeries right away. When you, as an example, it might be much better if they were to go off and do some sort of treatment to shrink that cancer. Maybe they could even eliminate it without surgery, but certainly a lot of times it's better to, to shrink it and to do some service first person surgery. And you can't do that. If you're panicked and you, at the beginning of this conversation, we talked about parasympathetic and sympathetic. And what are you doing when you're meditating? That's

sympathetic. And I spend some time, I try to every morning balancing my energy and meditating. Uh, I, I do some Accu pressure. Uh, I, I developed my own two-in-one massage technique for myself. You have to listen to your body like you're saying and give it what it needs. And a lot of people are not checking in at all. They just feel like they just have to keep going and going and going, like the Energizer Bunny. And, you know, eventually he runs out of energy and he kills over and that that's what's going to happen if we never put anything back.

Caspar Szulc ([00:49:40](#)):

Absolutely. I mean, part, part of what you're saying is, is tapping into that parasympathetic, doing things like meta-data so many tools, even bringing in techniques that if you're asking, well, how do I find out what it's going on in me? It's been so many years. I think what you're saying, it's simple. Sometimes literally sit there and meditate, get in a good spot, a little bit, breathe, somewhat, whatever you need to do, affirmations, visualizations, you know, prayer, whatever it is for you that makes you feel more at peace. And then just listen, listen to your body. It's literally speaking to you all the times, where is the pain asking questions? And then you'll start to say, you know, the pain today is more chest stomach, solar plexus area. What is that telling me is something going on in this region right now that I need to address and then start to do research your own. And you know, I had, Naveen Jain, who's the founder of Viome and so many other, you know, big companies say, when you want to be an expert on something, never just listen to one person, take in 10 different people's opinion, the research, read 10 books on it, and then make up your own mind by bringing all those things together. What sounded the best for you. And then you become much more of an expert. I think everyone should be doing that with themselves. I agree that you need to be an expert on yourself.

Pam Wild ([00:50:56](#)):

Yeah, I agree. That's what I do. I mean, I, I will talk to two or three functional medicine doctors. I will get online and research and then I make my own choice.

Caspar Szulc ([00:51:08](#)):

And there's so many great people out there. Like you said, there's the functional med, their biological dentist. If you've never heard. And you're like, wait a second, I've had root canals and I have chronic fatigue and things going on, go out there, write an email, look up biological dentistry on Google or wherever, write an email to someone and say, Hey, can I get your at least opinion? Or at least, can you point me in the direction of a good book? I had Dr. Dominik Nischwitz, on recently wrote It's all in your mouth. Great book. You could read. If you're starting to go through this and then read another one in another one. And guess what? I think just like you, you start to become an expert on yourself and you start to understand what is causing my problems. And then of course, you reach out to other experts to perform things that will then remove the root cause, remove these things, whatever it may be or help you to catalyze your own self healing. So in many ways, your story is one about empowering yourself, by learning more about yourself, by getting in tune with yourself.

Pam Wild ([00:52:07](#)):

I, I agree with you and I totally embrace the philosophy that you're talking about. I, um, I mean, that's on my website and on my Instagram, I put a recommended reading list and there's tons of books like that. You don't finish. What's book is at the top, but there's many other good ones and people need to, uh, read about that. And there'll be other books on there as I become more knowledgeable about mold toxicity and other viral toxins. And there'll be more books on there for me to share with, with, with

people, you know, but I think it's really important for people to, you know, you talked about, um, people just need to get in touch with themselves and be an expert. And here's the challenge we are now living with people. For example, I had a head full of mercury fillings as a child. And then we also now know about circadian rhythm. You need to get out and see the first sunlight in the morning and be out during the day at various times to reset your clock so that your body knows what time of day it is. And you can sleep through the night and your body creates all these different chemicals internally that it would not create. If you didn't get that sunlight throughout the day, you have a whole, I've lived my entire life, not doing that. I have a whole life with mercury toxins. I have a whole life of all of this imbalance. I don't just have the decade where I was sick and bed bound. But, and so there's many people and you have to wonder what is contributing. Um, just, just the light fix, uh, example that I told you that blue light block, just that, what if that alone is causing people to get autoimmune diseases like diabetes and stuff, because their body is not getting the right kind of sleep, but the right and the right chemical processes that it needs throughout the day and throughout their life. So there's so much that, you know, you need to learn. And I think the more you're in tune with your homeostasis, what is supposed to be the center of your, you know, your natural state, then the less you fluctuate, you know, for your detox. Um, I have handled a lot of problems for, you know, when, when you're detoxing, uh, you know, you'll get symptoms that come up as you get rid of toxins and certain areas of the body as you're aware. So the thing that, um, really interests me is I will have, for example, I have a lower left quadrant pain for months, and I knew that I was detoxing and most people would run off and get another colonoscopy. And I'm like, I'm not doing that is move. COVID all this shutdown stuff. I'm not doing that. And I did a few of the things detox. I did some research, it's gone, the pain is gone. And you know, if we look for the answers and you're another thing too, is like, if you're not detoxing too much, if you're doing the things you need to cleanse, you don't have these wild swings off of the center, then you don't have so much cleanup to do. You know? So if we try our best to find what is natural and central for us, then it's, it's not so difficult to get better.

Caspar Szulc ([00:55:41](#)):

No, that's, that's wonderful. He said, now, Pam, can you look back on everything that happened and say that you have found purpose in all that struggle that almost decade, because I know there's a lot of patients out there and a lot of you could say, just people struggling with their health, that just, why would this happen? How could I ever find purpose of will I ever get better? But as someone on the other side of this now, and someone that's been in medicine a lot, do you find that there was purpose in everything you went through?

Pam Wild ([00:56:11](#)):

Oh, yes. I don't think, I think that, you know, there's a, that the universe does not make mistakes. Uh, I mean, we have divine will and we can do what we need to do to, to run our own show, to guide our own ship. But I think that it sounds weird to say it, but I wouldn't change anything. I'm where I'm supposed to be. I'm doing what I'm supposed to be doing. I would change being there more for my son. Um, you know, cause he didn't ask for that. Other than that, the pain that I had is over. I don't carry it with me. I let it go every day. I have a lot of grief. I missed a lot of things. That's the hard part is people you have to actively work on flooding, go of pain. People will internalize their pain. People don't want to deal with pain and they just push it down in. And that just makes you sicker. And that comes out as resentment and illness. And I actively work on that. I do.

Caspar Szulc ([00:57:20](#)):

And I'm sure as most of us do, you know, as well, this will be ongoing. Healing is a lifelong process, right? I think too many people think that, all right, you're healthy. You're not healing. You're healing every single second of every single day, even if you are healthy. And if you're unhealthy, you are also, it's always a healing process. So in that respect, I think we all have our work to do that is kind of our life's purpose in some way too. But it's wonderful to hear that you've been through all this so much pain and, and I'm sure there is of course purpose, but also a greater appreciation for life too. That's something I've heard across the board from any patient that is, you know, struggle that has been through the depths of what it's like to be in a disease state for so long, come out the other end say, man, life is beautiful. Life is gray. Yeah,

Pam Wild ([00:58:07](#)):

It is. I mean, even when I have what you would call a bad day, it's just much easier sometimes to turn it around. I said, does this really matter? Uh, things that used to really just make me go sideways. I, I just don't care because if they're not important. Yeah. I prioritize, you know, spending time with my family and uh, doing things that I enjoy. And I also prioritize my self-care, which sometimes that does come before things that are fun, you know, but I can't miss getting a song. I can't miss doing certain things that are important for me to be healthy, but I learned to enjoy, I take, I it's very relaxing. It increases your parasympathetic. So I get something good out of it. And I think it's important that you nourish yourself with joy and with love and not with resentment, because if you resenting having to care for yourself, who are you resenting? Yourself. Absolutely. You're resenting yourself because, and you're saying, I don't I'm, I don't have a right to be sick. I don't have a right to take the time to heal myself. And we're worth that. I'm I deserve to be healthy like anybody else. So why not take that time?

Caspar Szulc ([00:59:24](#)):

I think everyone listening should know that investing in yourself that self care is the best investment you could ever make. And I say this to almost everyone I speak with. So I'm like a broken record, but if you're going to invest in something, invest in yourself, invest in, loving yourself, knowing yourself, do it all with a kindness and gentleness. Some people, you know, ha hang on with guilt, Oh, I'm going to get a massage or going to the sauna. And you know, I should be doing something that no care about, like love that, you know, to treat yourself days in the spa or wonderful thing,

Pam Wild ([00:59:59](#)):

Enjoy the massage don't go cause you have to go. Um, and I, I don't, I want to go back just one little bit because I don't want to miss the opportunity to, to share this is I really feel that, you know, I need to share my story about what has happened to me. I've had, I never imagined that I would touch so many people's lives. I've had so many people thank me. Thank me, tearfully for telling my story that they found biological dentistry. They didn't know the root canal teeth could make them sick. They didn't know that they could, it could affect all these different medical conditions and make them worse. And then also just, they I've also had people just thanked me for being an inspiration to them. Um, my followers on Instagram are just so sweet and honestly, they just, there's no words to express the how fulfilling it is to know that you lift other people up. And that lifts me up because I'm still working on getting better. So if I have a bad day, if I have a day where I don't want to do stuff, I just go, what do I tell everybody else to do? And I give myself my own advice and it's great.

Caspar Szulc ([01:01:20](#)):

Isn't that the beauty of, of things like social media, you find, I find myself when I, because I usually, you know, write up all the posts and ahead of time, it's usually when I'm talking to myself, it's usually that I'm literally giving advice that I'm kind of like subconsciously being like, you know, you should take this to now. Everyone is like, Oh, that's wonderful advice. And I love that tip and everything, but it's most likely that I need it. And subconsciously I, I don't even realize it's happening. And I look back on some of these posts or some of the things I'm putting out to share with the world and saying, man, I could use that advice right now. And he came back to me almost perfect. So, so yeah, I think in a way, you know, this healing experience, part of it is paying it forward and sharing. I've been around this my whole life. I've been around medicine and people, you know, experts and people that have been very sick and have come back and are loving life and helping others. And I want to do that too. And I could see that with you as well. You've there, you've experienced it. It's paying it forward now. Yeah.

Pam Wild ([01:02:22](#)):

Yeah. I love doing that. And you know, just a comment of what you just said is, you know, you, you think maybe you're not necessarily, uh, giving advice to yourself, but you know, maybe what your divine goal is, is that you are supposed to teach people what you're learning. You know? So like I just did a post. It's funny because yesterday the post I wrote, I had actually used a Louise Hay affirmation for myself. I had, you know, um, when you do detox, you know, you, the body and the tissues and all the toxins, you hold memories and pain and stuff. So what a lot of people don't know is when you detox, sometimes you'll have, you know, a moment where you have to cry or release something. And I, I learned something about myself and I, I, I wrote this post and I, I, I reworded a Louise Hay affirmation and I kind of think, yeah, you're right. I was doing that for myself. But it, I also thought when I'm writing it, everybody else out there who is sick, like me, they need to hear that they're important that they count that they need to nurture themselves with love. You know? So I shared that.

Caspar Szulc ([01:03:48](#)):

Yeah, no for sure. I mean, this is the reason your healthier story is a podcast to share these stories, to empower others. And I think, you know, you've definitely empowered a lot of people here today, so thank you for that. And where can people learn more about you? Where could they see your posts and learn about, more about your story and what you're going to be doing?

Pam Wild ([01:04:07](#)):

Oh, sure. Well, um, they can go to my website. I don't post there every day. Uh, that's www.Pamwild.com. And then I'm on Instagram @PamLWild

Caspar Szulc ([01:04:25](#)):

Go check that out. I mean, this is a subject that, you know, I I've been fortunate enough to be a part of and help other people. I think we talked about this. I helped Fraser Bailey who did root cause, uh, you know, find out about his, um, uh, you know, dental infection that were causing all this. And you're seeing it more and more. We really are at the medical clinic when we see patients come in with unresolved issues and undiagnosed things that have been going on for years and very mysterious things. So much of that starts in your mouth. And so much of that can be through because of root canals because of, uh, infections in the teeth and because of wisdom teeth, there's so many things that can be happening and starting there. So to hear more stories like yours and have other people question that, and hopefully come to also a conclusion that this could be the root cause of my issue and do need to have this address. I think that's really empowering. Otherwise people may be, you know, walking around

blindly, not understanding what's going on with them. So thank you again for, for sharing this story and yeah, and I, and I really hope the healing journey continues for you. Um,

Pam Wild ([01:05:34](#)):

Thank you for having me and, you know, thank you for the podcast and the format for what you do. I mean, you're also opening the door for a lot of people who have lost hope and are, are, are looking for answers. And so I really love, you know, your podcast and what you do. And I, I'm just happy that you invited me here today to be a part of it and to share my story. And you know, if people want to read my story too, they can also read it. Uh, I was published on medical news today.

Caspar Szulc ([01:06:08](#)):

It's really a fascinating story because I mean, you go into the depths of everything. You told it here, but to reread it and kind of, you know, really let it sit in and see what you've been through and how you've overcome that and, and everything within it. That story it is empowering. I think you should read it regardless and go there and check it out because it kind of shows you what can happen. What, you know, you might know others are going through right now, who knows. And I think it's just about reaching one person at a time and sharing this information so that you could expand your awareness, expand your field of understanding and hopefully help yourself and then help others. Because as we said, I think this is a community of people just helping each other that had been there, done that let's help someone else.

Pam Wild ([01:06:52](#)):

Right? Cause when you start healing, I mean, it begins in the mind. You have that aha moment and you go, this is what I need. And then you get better. So that's really, that's really, you know, where it begins.

Caspar Szulc ([01:07:05](#)):

Healing is absolutely transformative in I'm sure you know that. And then to anyone else out there listening and going through a healing, it's going to transform you hopefully into something much better and you can help others as well. So Pam, thank you for sharing this story and helping others.

Pam Wild ([01:07:20](#)):

Thank you for having me

Caspar Szulc ([01:07:23](#)):

While Pam's story may seem like an outlier. It's really not. And if there's a valuable lesson to be taken out of this is that regardless of the current situation you're in, there are answers to your health issues. They may be hidden, but they can be uncovered and corrected. Don't settle for not having your health or not having answers to why you're unhealthy. Keep seeking those answers, dive into areas of healing that are foreign and strange to you, but be open-minded and keep the hope. Your story. Won't be exactly like Pam's, but that doesn't mean it can't have a happy ending like hers did until next time, keep writing your own healing story.