

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

Jedediah is a mom, wife, daughter and superhero wannabe, a two time Emmy award nominee. She's been the host of ABC's The View, Fox news, Fox and friends weekend, and the lifetime special Abby Tells All she's also the author of Do Not Disturb How I Ghosted My Cell Phone to Take Back My Life. And now the work of Dear Hartley, which I have read and Jedediah. Thank you so much. And congratulations on the new book coming out in one week now.

Jedediah ([00:00:28](#)):

Thank you so much. Yes. And actually, as you were like, as I was juggling all the tech here, which, you know, you mentioned my other book #DoNotDisturb, that book talks about how bad I am with technology. So if you're confused, like, Hey Jed, it's 2021, like what's going on that will explain everything to you. That is why I am unable to manage two technical devices at once. But yes, the book comes out on Tuesday, so super excited.

Caspar ([00:00:54](#)):

Yeah. And listen, I totally get it. My father is one that doesn't have a cell phone, as you may know this and I, myself too, I'm just brand new to all of this. So we are fortunate. We're actually talking right now. And there are like silences and gaps and everything. But, but listen, I want to jump into this and I want to open it up to other people as well, very soon with their question. Cause this is an ask me anything sort of thing. And I do want to get people on to say, but I wanted to start with my own question here because I read the book. I loved it. I really did enjoy every minute of it. I thought it was an emotional book. It actually got me to, you know, tugging at those heartstrings a little bit because it is written to your child, Hartley, dear, Hartley's the name? And there was the letter or chapter Back to the Future Fuel, which talks a little bit about your struggle with Lyme disease and how you ended up at a holistic center in long island, which I'm guessing is, is this one?

Jedediah ([00:01:56](#)):

Yes, I, you know what I thought about, I thought about naming it. And I was like, you know what people who hate me are then going to hate the center. I'm like, what do I do with this? I'm like, how do I navigate this? But yeah, I did. I did land in your dad's patient chair. And I can tell people a little bit about what that looked like.

Caspar ([00:02:13](#)):

I want to hear that story because as much as we are digital friends and we met once, and again, I'm going to put that in quotes because I remember running down the stairs and swinging, opening a door and bumping into you once. I don't know if you remember that, but that's the only time we Physically met once. And that was, and it was an awkward high with masks on like running by each other. Cause I was like running to do something, but I want to hear the story. Cause I don't know it. And I know Lyme patients in general, love to hear stories of others who are now healthy. So could you share a little bit about your story and your journey with Lyme disease?

Jedediah ([00:02:48](#)):

Oh, it was wild. It was life-changing in many ways both good and bad, but essentially I was, you know, 36 years old. I'm 42 now. So not that many years ago. And I went out to the Hamptons for a weekend and I never went in the grass. I sat on a deck and I came home that weekend. I had a little rash on my leg that looked like a, like it didn't itch. It didn't bother me. It was in a weird spot. I could have completely

missed it. I didn't luckily, but it was a little circle. By the, in 24 hours it was gone. I knew nothing about ticks. I didn't, I grew up in, you know, New York city, like, you know, Staten island, Brooklyn, like there's, you don't grow up hearing about a tick population. And the potential dangers of that, I came home.

Jedediah ([00:03:35](#)):

I was like, you know what? I'll go to the doctor for this. It was gone before I could even go to the doctor. I said, oh, it must've been nothing. Okay. A few weeks later, I'm in bed sleeping. And I wake up, I am drenching my bed in sweats. I mean, I was like, am I getting sick? I said, oh, I must be getting a virus. Or maybe I was getting a flu or something. And it just kind of worked its way out of my body, goes away a few weeks later, I am feeling exhausted now. Not just tired, but the type of fatigue that I couldn't even describe to a doctor, I was like, you don't understand. And they were saying, well, you're stressed. You know, you're busy. And I was like, no, you don't get it. I'm an athlete. Like I typically run to the gym, workout, run home, do sit ups at home.

Jedediah ([00:04:18](#)):

And then I have a whole day. I, I can't even walk around my apartment without feeling like I'm going to collapse. They ran some tests, everything came back normal. They're like, oh, you're fine. I said, oh great. Okay. A few months passed. This was going on months now. And I'm sitting in front of my television and I feel like the right side of my face is numb. I completely panicked. I said, oh my gosh, did I have a stroke? Like what is going on? Tingling, numbness, oddness that escalated. I would be on television at one point. I was, you know, rotating co-host at the time, over at Fox. And I would be sitting in the green room and I would get these rushes of panic. And I'd be like, wait a minute. I'm not nervous being on TV. Like I'm not a, like I had never really suffered from panic at Texas.

Jedediah ([00:05:05](#)):

What is this? It felt physical. And whenever I would talk, tell somebody about it. They say, oh, you're just stressed out. I was like, no, you don't get it work. Doesn't stress me. Like that being on camera is probably the easiest thing for me. Like that. That's not where my stress goes and this doesn't feel like that it feels physical. Like it was a wave. Like my neurological system was spasming out. No one believed me. Okay. This went on for a few months. The symptoms were wild. But finally I got a diagnosis. I went to my primary care physician. She says, she calls me one day and she says, you have Lyme disease. And I said, I have what I said, I have, I'm just fixing this to make sure the IG live. We're going to need a charger in there. I have Lyme disease and she goes, I said, how did I get Lyme disease?

Jedediah ([00:05:51](#)):

And she said, I don't know. She said, but don't worry. We caught it early going to take two weeks of antibiotics and you're going to be fine. I was like, okay. We caught it early. And I went, did my research. I saw, oh, if you catch it early, that's true. You can just take your antibiotics. You'll be good to go. Well, I started the antibiotics. It made me sicker. She was like, oh, that happens. Sometimes the antibiotics can aggravate the bugs. I said, okay, well I'll be sicker for a couple of weeks. Well, that led to months and months and months of here take more antibiotics. Oh, take another round of antibiotics you need. I wound up doing, I think four months of doxycycline. I was taking all of this stuff that wasn't working. What were my symptoms? I was sitting on television sets and I was spinning completely spinning, massive, massive vertigo.

Jedediah ([00:06:37](#)):

I was reading prompter and I was holding onto the couch for dear life because I was like, I feel like I'm going to fall over. I felt like I was on a tilt, a whirl. At one point I was describing to people that I felt like the sidewalk was tilted and I was walking and they were like, oh, like a seasick feeling. And I was like, no, you don't understand. I'm actually walking crooked because I feel like I'm compensating for the ground when actually I don't need to be, it was wild. I mean, it was really, really wild. I turned to Chinese medicine for a little bit hoping that that would help. I think to an extent the herbals did help me more so than the antibiotics had, but I always felt like I'd get a little bit better and then I'd get a little bit worse.

Jedediah ([00:07:16](#)):

Now the, the frustrating thing is that I was functional. I was able to exercise. I was not bedridden. I was able to work, but I was had brain fog, which try being on television, doing the news with brain fog. That was fun. I had brain fog. I had odd rushes of palpitations things I had never had in my life. I had odd temperature deregulation. Vertigo was crazy. So I felt like a well sick person. I don't know if that makes sense. And I couldn't get someone to understand. They'd say, well, if you were really sick, you wouldn't be able to do what you're doing. And I was like, no, I'm now functionally. I'm sick, but I I've. I've mastered how to not feel well and hide it. So I'm functional, but I feel like horrible. So I was doing a ton of research online. I finally came across your clinic and I was like, I don't know.

Jedediah ([00:08:06](#)):

I said, I've tried. Like I just don't know some of the stuff I was reading. I was like, I don't know. But I was, so I felt so ill and people should know that before this, I felt great. I mean, I had had a bout of acid reflux when I was in college, but I was a strong, like runner, tons of energy, really never got sick. I wasn't someone that was used to feeling so vulnerable and so bad all the time. By the time I got to your dad's clinic, I was struggling to walk from point A to point B without feeling like I needed a break. So I was like, okay, if these people don't help me, I have nothing to lose. I have nothing to lose. I'm just going to go in and I'm going to be like, I'm here. I went in and it was a really great experience for me because it was the first time somebody looked at me as a whole person.

Jedediah ([00:08:54](#)):

I had always been like, oh, you have Lyme. This is the condition. These are the treatments. Even when I went through the herbal, the Chinese herbals, I felt like I was like a number like, oh, these are the herbal remedies we give for this condition. And I was like, well, no, one's asking what happened to me before what my, like what, what was going on before all this? And were there any triggers? And like, no one was looking at me as a whole, but I felt like you did your center did. And that made me feel like, okay, at least they care about figuring out the whole puzzle. And it, you know, the treatments are unconventional in some ways as you know, so some of them, I was like, come on, you know, and you have great nurses, but there is something that, that really, you know, you have to trust your gut.

Jedediah ([00:09:39](#)):

Because when I walked in there, I felt a sense of calm. Like somewhere someone had sent me to this place and it was just, okay, so, and I got better, you know, I, I got better. And I was like, wow, by the time I was done with the first month of treatment, I wasn't dizzy anymore at all, which was huge because I couldn't walk around. I mean, I couldn't drive. I was like, everything would just spin. I was like, wow, why aren't I dizzy anymore? The supplements, which ordinarily, I can't take a lot of supplements because they make me sick. None of them, I was taking like a bunch of day and I was like, I'm not getting

sick. Why? I just felt like I was in good hands and it, and I was, you know, I followed like that six week protocol for diet.

Jedediah ([00:10:24](#)):

I was really good about taking everything. I know it's hard, but I was like, I want this fixed. Like, I'm done feeling like this. And it was a decision I made that. I was like, you know what, I I'm, I'm going to go all in. So I did that and I continue to feel better. And I, I do notice that, you know, the thing about Lyme is that for me, and I know it's different for everyone, right? And this is why I battle against one size fits all medicine, because I had friends who were taking herbals and doing great. I had you know, everyone was doing something different, but that wasn't working for me and this wasn't, you know, I had to find my own path. And so I think innovation in medicine is, is integral to anyone actually getting better because you have to, you have to know your own body.

Jedediah ([00:11:12](#)):

You have to figure out what's going on. And everyone's body is very different. But I do find that once you go through something like this, like I am in a more sensitive body, you know, I you get, you gain a deeper understanding of your body, but you also know, like, for example, if I go out and I take a bunch of supplements, now that I, that aren't good quality. I feel it I'm like, oh, I took something, you know, I could smell toxic chemicals. If someone's painting three houses down using something, they shouldn't be using, I'm your girl. I will tell you, I will be like, you know, if someone walks, there are days when my mom's like, I'm like, did you have, did you spray perfume? Like upstairs? And she's like upstairs in a separate house. Yeah. And I'm like, I'm telling you, man, like I know, like I you're, you're more sensitive.

Jedediah ([00:11:58](#)):

Right. So yeah, my body, right. Which is kind of a superpower in itself because I'm like, oh, this is, you know, you have to look for the silver lining, but I feel, I feel much, you know, I feel like me, you know, like I did before sometimes better, honestly, because it forced me to also look at diet. It forced me to look at supplements. It forced me to look at things that I would've probably never really looked at. So yeah, it was, you know, that's the silver, and I don't say, oh, you know, honestly, if I could go back and knock at Lyme disease, I would definitely go back and not get it. But there are, you know, you have to look at your life and say, okay, there are some things that came up this, that ultimately in the long run are going to be good.

Jedediah ([00:12:40](#)):

But thank God I found you guys. I mean, truly I would have been lost because that's what happens, you know, for people out there who've struggled and it's not just Lyme disease, but auto-immune issues. I know. Cause a lot of, you know, you're like talking to people who don't listen and they, they don't, they're like, oh, you're fine. Like, and this happened to me. I had COVID as well. I remember after COVID, after I got it about a year and a half ago, I had like a couple of months where I was like, my breathing is not quite right. And you go to a traditional medicine doctor, they say, oh, all your tests look great. And I'm like, I'm an athlete. And when I run, something's not adding up because I don't have the breath I should. So I think it's a lot of trusting your own body, trusting, finding someone that you can actually talk to and also adding all the pieces of the puzzle together.

Jedediah ([00:13:27](#)):

You know, like I had conversations with your dad about sleep and about, you know, stress things that were really hard for me to approach in my own life because there were things that I just didn't take seriously. And I didn't want to take seriously. Like I didn't want to believe my mindset is really an obstacle if it's in the wrong place, because that's hard to accept. You're like, oh, I need to do work on me now in a different way. I can't just take a supplement or eat a different food or exercise. This was mental work. So it was hard to face that, but it was necessary. And to this day, if I go in, you know, to see him for, if I feel like, oh, you know, I feel a little off, let me go in. And he'll be like, well, are you mad at, you know, do you meditate?

Jedediah ([00:14:11](#)):

Like he, he knows in me, like, he's kind of a magician. Anyone who's met him knows. And he kind of just knows. And he's always right. I mean, it's crazy, but he's always right. And when I tweak that I feel better. So I always tell people, if you go to a doctor and repeatedly, and you don't feel better from what's happening, something's wrong, something is wrong. If your body rejects, like I've gone places and I take stuff and I'm like this, no, like, you know, when I go and I get a treatment at the clinic and this is not meant to be an endorsement of the clinic, but this is really my story. But when I go, I come home and I always tell my husband it's the best night's sleep I ever had in life because my body welcomes. Like it knows this is good for you. It's just so follow that gut, you know, follow that instinct. But it gave me a really big passion Caspar for people really trusting their own gut, having trusted relationships with trusted doctors and pursuing paths that feel right for them, even if that may be a different path from someone else.

Caspar ([00:15:14](#)):

Yeah. And I feel like so many people that go through Lyme disease and come out the other end, they echo that same sentiment of now they're more in touch with themselves. They value their health more. And I think a lot of what we're seeing right now, and a lot of what I read in the book, it's, it's a lot about what's going on right now. Right. It was written to your son, but it's a lot about like, COVID like pandemic, like how this change and what you're hoping you can instill in your son Hartley as he grows up. And I really liked some of that because it was about ownership. It was about, you know, feeling your feelings in a sense. And that's a lot about what we tell patients. And I think that's healing. And right now don't you agree that this nation needs some healing, both ourselves need to heal from traumas from all these things we've had, but also as a nation come together, is that something you'd want it to really put into this book and just kind of came out through that.

Jedediah ([00:16:11](#)):

Yeah. So, you know, the book started, Dear Hartley started as a series of letters to Hartley because he was a pandemic baby. He was four months old. He had COVID by the way, his only symptom. His only symptom was eczema, which actually now we look back and say, oh, I don't even think that was from the COVID. There was some other stuff going on that may have attributed to that. But at the time I was like, it must be from that, but he had nothing else. He laughed through the whole thing. I had it, my husband had it. But I wrote the book initially for him and with the whole, that whole generation in mind, because they felt like they were experiencing something that I couldn't even imagine being a child. And you couldn't go play with other kids the way you ordinarily would.

Jedediah ([00:16:50](#)):

You couldn't do like mommy and me's. You couldn't do, you know, daddy daycare. Like you couldn't, you couldn't do these things. Couldn't take swim lessons with. So I was like, there were things that I was observing in the world that were concerning. There were things that I was worried about. And I said, you know what? I want to create something. That's an anchor for him in life that he can revisit when he's 10, 20, 30, 40, and each chapter, you know, it's filled with my mistakes, mistakes I've made. I wanted him to know that mistakes are okay. They're a part of life. We all make them. But I wanted him to be grounded in the idea that I, you know, free thinking and freedom and character and empathy and all of these things. And fear, fear is a part of life. Everyone gets afraid at one point or another.

Jedediah ([00:17:35](#)):

I wanted to be honest with him. And I wanted to create a channel where we could all be honest with each other, that these things happen. And there are things that ground you and build strong nations, build strong people. And some of that is just, self-awareness some of that, that is willingness to go to places in your mind where you're like, I'm afraid. Okay, let's talk about why some of that is, you know, understanding what real good character means. And some of that is enabling him and all of us to be free-thinking people. And that's dying. You know, I've worked in media for a long time and it's dying. You know, it's dying in journalism. This is not a place where people go in television anymore to really speak their minds. There's always an approved line of thought. There's always, you know, a company endorsed, talking point.

Jedediah ([00:18:21](#)):

I was tired of all of that and I was living it. And I wanted my kid to know you're capable of thinking for yourself and being a strong person. And, you know, when it comes to your health and wellness own that journey, live it and do what you need to do for you. So it was a book for him, but it was also for all of us. And I think, you know, I thought about students and teachers and, you know, kids in college who feel like they're on a campus where they can't speak their mind, whatever your ideology is. I don't care what it is. Or parents who felt like they had, you know, what do I do? You know, I feel like, you know, I can't even turn on the news and get actual news or will I have a free-thinking child or, you know, it, it was meant to appeal to many, many generations.

Jedediah ([00:19:07](#)):

And yeah, I mean, the world has gone mad in my view in many ways when it comes to mandates, when it comes to, I could not foresee that, but it's even more important. This book is even more important. Now I mean, I am to share a little bit of my story. I had COVID a year and a half ago, as I said, I have sky high, natural immunity. And I mean, sky high, really my vaccinated infectious disease doctor in New York city is like, well, I wish my numbers look like this. You know, that's what I get. And I'm like, great. It was a silver lining. Listen, you know, it, wasn't great to have COVID but okay, this is my silver lining. Well, guess what? I also have a medical exemption because of some stuff I've gone through in my life from three, four now doctors.

Jedediah ([00:19:51](#)):

And I can't work, right. I can't work in my industry. I can't show up to a television studio because of these rules that are utterly ridiculous and not grounded in science. So I've been kind of battling that as well, just because if this is about health and this is about science, then it needs to be about those things. Then people with medical exemptions need to be acknowledged. Everyone's in a different body. Everyone has a different past. It's not for me to tell someone else what they should or shouldn't do with

their bodies. That's not my job. What it is for me to do is to protect myself as I see fit. If I want to get vaccinated, great, you have that option. You can go, you can get the vaccine. If you believe in that protection, guess what? You don't need to worry about what everyone else is doing, because then you are protected.

Jedediah ([00:20:36](#)):

I have natural immunity. I don't worry about anyone else when it comes to COVID. I am grounded in that. I believe in it. I can see it numerically. I can see it in multiple, multiple labs. I'm not worried about what everyone else is doing. And so I wrote the book before all this happened, but once it happened, I realized, wow, all of, all of the things I wrote in here about free thinking and health and wellness and owning your own journey and being your own person and having the guts to speak up for yourself. This keeps going dark on me. I'm just, I keep doing that, but I don't know if I need it, having the guts to speak up for yourself when it's hard. And I realized I need to stand my ground. I just wrote all this to my kid. I want him to grow up knowing that his mom really put her, put her health first and principles first, and that stuff matters.

Jedediah ([00:21:24](#)):

So that's the world we're in. And I, you know, I know there will be people who disagree with me and that's, that's the point that I want to get across to people. I fight for your right to disagree with me. I fight for your children's right to disagree with me. I'm not trying to tell anyone what to do. I'm doing the opposite. I'm not. If people say, oh, don't give medical advice. I would never dream. I'm not a doctor. I don't know your medical list. I would never dream of giving you medical advice. What I would dream of is telling you, get the advice from your doctor and don't let a corporate or a political bureaucrat get in the way of that. I'm here to protect doctor-patient relationships, individual decision making, and all of that kind of weaves into the book. Even though I wasn't writing explicitly about mandates, I was telling my son, follow your gut, follow your instinct, follow what you know is right. Stand up for it. And at the end of the day, you will sleep well at night. I've lost jobs because I've spoken my mind. I sleep beautifully. I do. I sleep beautifully. Not just because of the supplements from the center, but that's the message, you know?

Caspar ([00:22:29](#)):

Yeah. I, listen, I agree with you. You have Big Bird right now, giving out medical advice and others like that. And then you have people, you know, censoring, real doctors and experts right now. I think they're the best thing is open discussion on all of this. If it's truly misinformation, allow the people to talk it out, to discuss that. And I do see that there are people here, you know, talking about the mandates and what they should do. And I don't want to get off the book, but I do want it to be an AMA and in a sort. You know, what would you suggest to people that are sitting there saying, Hey, I actually agree with you. Like, I don't feel I should too. And I had a discussion with someone that owns a genetic company, Kashif Khan. And he owns the DNA Company yesterday. I was talking to him and he said, listen, we're now seeing genetic markers of people who shouldn't get it and who should, we could see that it's not a one size fits all and doesn't make sense really scientifically, even based on DNA. So what, what would be your advice to people out there that are scared that are saying, I'm going to lose my job if I don't do this, if I, you know, and I know you've been in that position, so maybe

Jedediah ([00:23:36](#)):



I've lost jobs. Oh, I've already lost jobs. I've lost. And honestly, like I wrote this book and I, I know people look at it like, oh, you know, people say to me, well, you're, you're a celebrity. You have, first of all, I'm not, secondly, I don't, I don't come from money. I grew up behind the Staten Island dump in a little condo. Like my parents worked their butts off to get anywhere to pay off mortgages. I worked myself, you know, to the bone to get here. So I'm not sitting on a pile of money. That's not my reality. Maybe someone else's certainly not mine. I think there has to be a line in the sand for, for, and everyone's is going to be different. Right? Yeah. I know what it's like to feel unwell from the Lyme disease. I know that feeling. And I know that when you don't have your health, nothing else matters.

Jedediah ([00:24:21](#)):

I was feeling unwell and I was in a great job with a great salary. I actually had lingering symptoms at when I coasted The View. I don't know if people know the show, but you have to walk on to set like you wave. And you, I used to be, I was adjusting the healing of my shoes at one point. Cause I was like, I don't know if I'm going to make it to the table because I'm spinning once I'm there. I can hold on. I mean, it was crazy. I know that feeling. So I also know that no salary, no amount of money is going to make that better if that's what I'm experiencing. So I take my health. That is my line in the sand. My line in the sand is I know what's best for me. I have doctors that I trust and they're telling me all of them the same thing, that's it, that's it.

Jedediah ([00:25:10](#)):

And the chips will fall where there may. And that doesn't mean necessarily that I'm going to stop working. I'm not, I'm planning other projects, but it may need mean that there's a temporary pivot for me. So I think you have to figure out what your line is first. And for some people it's themselves. Maybe you don't have a medical exemption. You just don't want to get the vaccine, maybe its your kid. Now you're seeing what's happening with kids. And these mandates that they're coming down the pike for little children with this particular vaccine. I mean, kids are not I'm sorry, but COVID is not a threat to kids. It's not 99.97% plus survival rate that authorizes emergency use of a vaccine. It doesn't make sense. It doesn't. So people need to think about this, right? And I'm not an, I hate the word anti-vax, it's so stupid.

Jedediah ([00:25:55](#)):

I'm not anti-vax personally like my kid has received some vaccination. That's my personal choice. But honestly like this isn't about that. This is about looking at facts. This is about risk analysis. Everything you do. If you had a kid that went to get a measles vaccine and got anaphylaxis from it, your doctor would say, hold on a second. I'm going to write this needs to be recorded. What you have now happening. And I have doctors that have picked up the phone and have these conversations with me. I spoke to a doctor two weeks ago and I know him and we had a conversation and he said, you know, I had a patient who went and got the COVID vaccine, had anaphylaxis from it. And the company was like, well, you got to get the second one. And he was like, I can't authorize this. So, you know, at some point it's not about health.

Jedediah ([00:26:46](#)):

It's not about science. I would say to people, figure out what your line is. Figure out at the end of the day, what matters most? And I understand the struggle. Believe me. I do. I went back and forth about this for a very long time because there's jobs that I would really love to do. And I miss doing, but I know that if I give in and I go against my doctor's wishes and I go against what I feel is right and what I know and what I'm seeing and what I'm learning, it's not going to matter. I could have the best job in the



world and I'm going to feel like uncomfortable in my own skin and heaven forbid, anything happens. Then what? So I would tell people, figure out what your line is, follow your gut, talk to a trusted doctor, whoever that is, you know, and have those conversations about your concerns and make the best decision for yourself.

Jedediah ([00:27:28](#)):

And that may mean that right now you make less money. That may mean that you pivot a little bit. That may mean that you move. And I know that sounds, oh my gosh, you know, to move, it's horrible. Sometimes you have family. I get the challenges. We're moving, we're leaving New York. We're going to move to Texas or Florida or a place where you know, freedom lives, frankly. And you know, that's what I would tell people. So really think about, you know, what happens if this, or what happens if that, and if, and if your, the people you trust, if something goes wrong, say say you get any, any medication you take could have a side effect, say something goes wrong. Who you're going to call that doctor who told you not to get it in the first place? Now? What, what are you going to call Bill DeBlasio? Hey Bill, I know you mandated this for me, but he's not picking up the phone and he's not going to be able to help you even if he does. So I really urge people. Just, this has gotten away from health and away from science in a really scary way. So that's what I would say.

Caspar ([00:28:31](#)):

I think it's good advice. And I think you should take advice from people who have been through disease. It's very easy to sit there when you're healthy and say, what's the worst that can happen, right? The worst that could happen is it doesn't matter that you're mandated buy a job when you can't get out of bed. When you literally can't do that job where you can't provide, because you've been injured in some way or disabled in some way. And even if it's a minimal, minimal risk, you got to weigh that risk out and you've got to weigh the other side of the risk and everything. And I think that's what health is all about. It's taking responsibility, weighing out risk and seeing what you want to do, but understanding that what's the worst can happen. It can be pretty bad. You see that a lot.

Jedediah ([00:29:10](#)):

Well, that's the other thing is that's concerning to me, is that anyone who's shutting down questions is a problem. You know, you, you, I don't understand why you can't ask about what's going on. There's concerns about myocarditis in young boys getting the shot. So why, why can't you ask, Hey, what is the risk benefit of this? You know, you have half the country, half of the kid, student, kid population in this country has already had COVID. Why, why aren't you testing people to see if they have natural immunity and exempting them? I mean, why this does not make sense. I remember when I was pregnant and I went in and they, my doctor at the time, my OB GYN tested me for antibodies to measles, mumps chicken pox, because there are risks. They feel are associated with getting these illnesses while pregnant. She tested me, came back, oh, you have antibodies.

Jedediah ([00:29:56](#)):

You're fine. She didn't say, oh, you have antibodies. Let's give you the shot. It doesn't make sense. You know? So some of this, I would really just say to people what makes sense and what doesn't, and you can be, you know, pro-vaccine in the sense of maybe you vaccinate your children for certain things. Maybe you strongly believe that the vaccine prevents severity of illness and you've chosen to get it yourself. I'm fine with that. I want you to make those choices for yourself, but I also don't want you to prevent anyone from asking questions about why things are being forced on people. Either you lose

your job or you get vaccinated for something where clinical trials don't even exist on certain groups of people. This isn't, this doesn't make sense. So, you know, my message is one of freedom and it's one of health and one of prioritizing people's individual conditions and individual rights, whatever that looks like.

Jedediah ([00:30:47](#)):

I don't care really, truly. I'm not someone who pulls, you know, French fries from McDonald's out of people's mouths, or I don't, I don't pull sick. I'm not advocating you do what you want. You know, I'm really libertarian at heart live the life you want and that you choose just don't try to control mine. Is the message. And that's profoundly American. That's what this whole country is about. It's just getting lost. And I think, you know, Caspar, one important point I think here to make is that one of the reasons that's getting lost is this people are terrified. They're terrified. Fear is a very powerful weapon. And I know because I bought into it at first, I was very scared. I had a four month old baby. There was this pandemic. I had some distrust of my own body because of the Lyme disease.

Jedediah ([00:31:34](#)):

I was sick. Am I going to be able to handle this? I had a lot of emotional baggage that was going on at that time. And I was in the news and I was reading headlines and I was getting more and more stressed out every day. And it really took me quite some time. I mean, I worked from home for a long time because I was worried, oh my gosh, I know I supposedly have natural immunity, but there aren't enough stats on it right now. So could I give it to my elderly parents who were around? And I was taking care of my mom who had, you know, back trouble at the time. I really truthfully stayed in that space way too long. So I own that. And I, I, I really feel very badly about that because I know better, but fear is a powerful weapon.

Jedediah ([00:32:13](#)):

So ultimately you have to get out of that and just be able to look. And when I realized that schools weren't opening, when they could safely reopen. And when I realized that these mitigation tactics weren't like, I worked through six flu seasons in schools, I was a former teacher. We never masked kids. These were not discussions that were happening. We know that the flu is at least as dangerous, if not more so to children as COVID 19 different for adults, but for children. And I just started to see this, this doesn't, this isn't adding up. The mandates really pushed me over the edge, but be careful with that fear because you can get into that place and suddenly you'll be willing to do anything. And I think a lot of people are still scared and they're saying things like, well, I'm vaccinated, but I need you to be vaccinated in order to protect me. What. Take a minute? I know it's scary. Take, sit back and just understand that that doesn't make sense because if you were protected, you're not worried about me. So are you doubting your own protection? What is going on? Like what is actually happening is all I'm really calling for some common sense. But fear was a big part of it for me, for sure.

Caspar ([00:33:20](#)):

Yeah. And if I could add on to that, because we see that a lot at the center where you have a patient come in, that has been diagnosed, went through the conventional realm, not gotten better, basically told they're out of options and they come here, right? Last chance kind of place, and they start getting better and they start being like, wow, I'm feeling hopeful. Now the fears kind of subsided. I'm seeing a light at the end of the tunnel. And then they go to that general practitioner or that last doctor to get a checkup or to show them, Hey, look, I'm doing better. And the doctor says, oh, you're doing better, but

we still see this and this. And we think you should do this surgery. Now that you're a candidate that you're a little better. And then they say, well, I'm feeling better, but they say you could, you know, regress.

Caspar ([00:34:05](#)):

And they start to instill fear and they start to say, well, there's a 30% chance that you get cancer. Now there's a 50% chance you end up like this. And then you see a person that was rationally getting better, feeling good at the clinic. Stop suddenly and say, no, I'm going for surgery. We say, you know, it's your choice. We can't stop you from going for surgery. Of course, that is your choice. Right. But I think they made it out of fear. And I think it's not exactly the best choice for you. They go in, they get worse. They come back worse than ever to us and say, can you help me? And then it's really hard. Then you already have organs that have been, you know, you're on some experimental drug or something that really is wreaking havoc. And you see what fear does. And this is something that's common. Unfortunately fear is, is such an impactful emotion and you should never make decisions when you're in a fearful state. Truly.

Jedediah ([00:34:56](#)):

And I wrote about that in the book because I saw what was happening to me. And I saw the big, there was a big contrast actually in my house because you know, my husband, Jeremy, like the ceiling could be falling in like the house is on fire. And he's like, oh, let me just get my shoes. You know, we'll figure something out. Like he really, I mean, we got COVID. I was having complete and total meltdowns throwing myself on the floor. I mean, it was Oscar worthy performances and he was just walking around eating ice pops. He was like, oh, is there a blue? Is there anyone have a blue? And he was fine. He got better, faster. He was, you know, and that absolutely played a role. And he was also, you know, the first one to be talking about. Hmm. I don't know if cloth masks from Etsy are really blocking a coronavirus.

Jedediah ([00:35:39](#)):

Like, I don't know. You know, he and I was real. I was much later to all of this because I, and I think some of it truly was that I was a new mom. I had never had someone else to worry about. And I was consumed with Hartley. I was like, you know, had I not had a baby at that point? I think I would have maybe felt it. But I was like, I need to protect this little person. He has a vulnerable immune system. You know, what do I need to do? Did I sign off? I'm just going back in. What do I need to do to protect him? And that kind of took over.

Jedediah ([00:37:14](#)):

But really I fell into the fear and I, and I wrote about it in the book because I wanted my son to understand that this happens. You're human. It happens, right. It happens to the best of us. The key is to kind of get through it, to plow your way through fear, to accept. Okay. I'm afraid. And for me, it was to accept when it was irrational. Okay. Now I'm being irrational. This is not grounded in anything. I need to just take a deep breath, sit back.

Jedediah ([00:38:07](#)):

And sometimes it takes just looking at hypocrisy and looking at facts and kind of saying, well, wait a minute, does this make sense? No, actually it doesn't. But one of the things that I talk about for him is just when you're in this place, that can be very challenging. Whether it's fear, anxiety, depression, whatever it may be, the first step is to really acknowledge what's happening and to be okay, like it's

okay. It's okay. You know? And then the second is to figure out how to get past it. So, and that, and that is all about, self-empowerment only you can do that. You know, sometimes I'll go to your dad and I'll say, how are you so calm? Like, I don't understand. He's like, I can't do that for you, which is really important. He can't do it for me. And no doctor can, they can't do that for you. But what it is, what it is key is to have a doctor that recognizes that that will affect your healing, whether or not you can do it for yourself will affect your healing, which is why Jeremy was sick for 12 hours. And I, on the other hand was having Oscar worthy performances for two weeks.

Caspar ([00:39:11](#)):

It's part of the healing process. I think, letting go of that fear and just embracing it a little bit and letting it just roll, trusting your body too right. I'm sure what Jeremy was just like, Hey, I trust this will be over soon. And your Oscar worthy performance was kind of doubting your own body.

Jedediah ([00:39:26](#)):

Oh. And he just, just and Hartley the whole time, just like pull. I had an N95 mask that I was wearing in the house. One that I got off the internet, of course not fitted properly. And the baby's just like tagging at it and laughing. And I'm like, no. And my pediatrician at one point is like Jed, he's been in the house with you for three weeks. Like he's been exposed, it's fine. Like the baby's fine. And he's just like, you know, so I, I even like wrote to like, to him, like, you kind of saved all of us, like the baby was laughing. And just a reminder, like what that lifting all of that weight off of you can do. Babies are amazing at that. So he kind of was my little, my little superhero through. That and the dog who was bouncing off the walls, Daisy probably had COVID. We would never know, but it was truly, I would have a reality show. Of course, I wouldn't be able to show up because I didn't get the vaccine, but regardless I would have a deal. If you can see inside my pre-baby one bedroom apartment that we were all in, in a massive building where we couldn't use the rooftop or go outside during COVID truly, truly a Oscar worthy performance.

Caspar ([00:40:33](#)):

And that's all outlined in a book. And I did like that. Cause it's, it's a kind of, it's not a heavy book in ways it's, it's tackling these subjects, but you get to laugh a little bit and be a little bit, you know, have that levity to it. I got a question here because it's about Hartley, this book. So we got to ask some quick, do you think you'll be homeschooling Hartley?

Jedediah ([00:40:51](#)):

You know. I've thought about that a lot. I was never someone who thought about homeschooling until I saw really just because I was like, you know, I, I worked in schools for. I worked in private schools. I worked at Catholic schools. I love the idea of a classroom. You know, you think of, oh, they go into a classroom. It's so cute. They get to hang out. They do these little performances. That's very idealized. Oftentimes because I also worked in a private school in New York city that was really functioning, like an indoctrination camp in many ways. So, you know, take it for what it is, but, you know, watching what went on this past year and just all of these school closures, parents having to struggle. I mean, I know a lot of people who had to give up their jobs, you know, both parents were working.

Jedediah ([00:41:29](#)):

One had to give up a job because they couldn't even work from home and homeschool child because the schools were shut down for so long. For what really? Well, I can tell you because the teachers unions

and the CDC were dictating policy together, that's a political point. But regardless watching all of that and watching what's going on right now, you know, with the masking of these kids you know, it, it just, it, you know, I don't know if people have seen these videos even of little kids, two year olds on airplanes, it's it just feels very, very, very bad to me. In some cases it looks like child abuse to be perfectly honest, in my opinion, I just can't, I'm not into it, but it makes me rethink the whole school system. And I really, I, you know, I talk about this in the book too, about diversity of thought and wanting kids to really learn, you know, how to think, not what to think and think for themselves, that's vanishing from schools in many ways in the same way that you can't ask questions in scientific communities anymore.

Jedediah ([00:42:24](#)):

You really can't question what's going down in schools. You know, parents are being told to sit down and shut up. You know, you see what happened in your recent political race in Virginia, parents spoke out. They said, I want a say in my kids' education, these are my children. I mean, anyone who has children or nieces or nephews or students, these are, we love them with such fullness. I mean, I think of my baby. I'm like, there's nothing I wouldn't do for him. So yeah, I am thinking about it. And we're thinking of, you know, we were looking at Nashville and Texas and Florida, and we are thinking about homeschooling as a, as something and, you know, maybe homeschool groups, they still want him to have a lot of that social activity. I think it's so important for kids to be around other kids.

Jedediah ([00:43:02](#)):

And, you know, I had many great experiences as a kid in school, so, and I know there are, you know, many, many good teachers out there who are really frustrated in the system as well. So I definitely want to acknowledge that, but there's just too much going on. That makes me uncomfortable and makes me feel like they're trying to take away parental rights in this equation. And there's nothing more important in a child's life than their parents and their family. There's nothing. I mean, teachers are an aid to that. Schools are an aid to that, but if you're trying to tell parents to sit down and shut up, I mean, that's, that's just not a good system to be a part of. So we're thinking about it.

Caspar ([00:43:38](#)):

A follow-up question and I will you be living the farm life? Cause I know you mentioned that here, that you want people to have those skills and you mentioned a friend that has it and you have no survival skills and in a zombie apocalypse, you and Jeremy probably wouldn't be the best right now, but living on a farm, that's the way to do it.

Jedediah ([00:43:55](#)):

You know, I have to bring this up casts where, because your social media, when you went to Alaska, I was like, oh dude, I would, I would have lasted four minutes. You know, I always say, if you know, in survive, is it survivor and make it an afraid, I think it's naked and afraid where they take them out on that little boat. I would last, I think I'd like dip one toe off the boat and then I'd be like, oh, I don't think I would last maybe five seconds. I have terrible. I write about this too. Because I have this master's from Columbia and I followed this very academic path, my whole life. And you know, yesterday we had a dishwasher installed in our kitchen and I looked at these people with complete and utter fascination. I was like, wow, I can have these elaborate discussions about liberal arts.

Jedediah ([00:44:40](#)):

But when it really comes to having to do something like my dishwasher is broken, my sink won't work. I need to build a bench for my kid or I can't do any of that. And I feel like these skill sets are so empowering. I mean, I watched that scene from *The Notebook*. I don't know if you know that movie. I loved that movie, but I'm a romantic, but I watch it. He builds that house for her, from the ground up. And I'm like, that is, those are skills that I would trade that for my AP calculus any day of the week. So I wrote that, you know, I want my kid to be able to do something, produce something, build something, sew something, I don't care what it is. There's such a sense of reward that comes from that. And I do, I have a friend who lives out in Texas.

Jedediah ([00:45:22](#)):

He homeschooled his little girl. He operates this farm. She did the electrical wiring in his house. I'm like, come on, man. Like electrical wiring. I'm lucky I could screw in a light bulb properly in a Manhattan apartment. You know? And part of that is from being spoiled, living in Manhattan for all those years, the super comes and does, but it's on me really. That's on me. So to answer your question, I don't know that a farm would be the next step for me, but I will be visiting lots of farms and learn. I love farms. I love the idea of being able to, you know, your chickens produce the eggs. Then you go out and you get them in the morning. And I mean, this is really, there's something about living like that. That's just calming to me, you know, or being around animals and horses and nature.

Jedediah ([00:46:04](#)):

And so I would love that actually someone came to me about a show once that was like, we need to place you in one of these places and just let the camera roll. And I was like, oh, I was like, is cursing loud or, you know, because it would be, so I really, truly but I want to raise my kid to be better at these things than I was. And even my husband, you know, we're city, you know, two little city brats in that sense. And I always tell him, he's like, we need to learn. We need to learn. And we're going to and we're doing better. Like I can even change my car tire. I know it's a big deal. You're like hm Jed, I could do that since I was 9. That's fine. But for me, that was, I didn't have a car in the city for most of my life. I didn't need to know how to do that. So I'm learning. And I think that's the important thing, but yeah, I would love, I mean, if my kid could build something like a bench or a, I keep saying a bench because we need one or dresser or, oh man, bring me that instead of your, you know the classes I took that didn't produce much for me.

Caspar ([00:47:05](#)):

I get, and listen, I was reading the book and I was so inline with that portion of it. We spend most of the days inside now and not outside and not building things, not really creating things consuming mostly right. We watch Netflix, we binge it for hours and hours and hours in doors and kind of turn our minds off in a sense and we're not creating anything we're not outside and being outside and creating things are not just empowering, they're healthy. They provide us purpose, passion, all these things that I see as some of the biggest kind of challenges for people who have disease is, is to find those purpose, that purpose and that passion. So let me go to another question here and try to wrap this up soon, but would you recommend against going into media and broadcasting nowadays?

Jedediah ([00:47:50](#)):

You know what no, but I really feel like the real thinking is happening in the podcast realm. The challenge is when you work for big corporate media that comes with some baggage, you know, like I've worked on shows where the show has a viewpoint, right. The show has a viewpoint and then there's my

viewpoint. But does my viewpoint allow with, you know, kind of co-exist with the show's viewpoint, I'm an opinion. So it's a little bit different. But it seems like even, you know, straight up supposedly objective journalism is rich in opinion these days. So I, I feel that corporate media, in many ways, doesn't allow people to just be, you know, there's always someone to answer to above you. So the number of people truly that I've worked with, and it's sad that say one thing on camera, and then say one thing when the cameras it's a lot of people a lot, because they feel that they can't say that because they'll lose their job or their boss will get mad or an advertiser will get mad, or the producer says, say this, but not that then people aren't getting really unfiltered commentary, you know?

Jedediah ([00:49:01](#)):

And I understand people get worried about, you know, if I do this, am I gonna lose my job and whatnot. So I think that's far too prevalent across the board. So I, I like these, you know, I follow like the Joe Rogan's, I don't agree with everything he says, but I really believe that he's telling me what he thinks. And I think a lot of these people in the podcasting space, who just Dave Rubin as another one who've disconnected themselves from these big companies or are found themselves in a company where they really feel like their voice is their voice. And that's it. That's where to go, you know, truly they're making big dents. And I think there's a comfort that comes with that too, because you are actually free, you know, it's very hard to navigate those situations where you, you have an opinion, but you kind of have to tailor it.

Jedediah ([00:49:52](#)):

I don't do that. Well, just why I've been fired a couple of times, but regardless, I don't want to do that. That's not what I'm here to do. I'm here to have really good conversations and, you know, say how I feel. And sometimes that's going to be unpredictable and a little off the wall, but that's my opinion, you know, and there's someone out there that's like, yeah, I feel like that too. So let's have a conversation. I really just want people talking more than anything. And I think that a lot of these big networks, you know, it's a challenge to be that and to exist there in those spaces. I mean, it was even hard for me, you know, thinking I were to one day work at a company that had, you know, say mandates in place, but I was anti-mandate and got an exemption.

Jedediah ([00:50:36](#)):

How does that fit in? That's a lot to think about how do you navigate that? You know, for me, it would be, be true to myself and what I believe, but it, it, it gets a little bit tricky, those, those things. So I look at all these people also that work for themselves and they seem infinitely less stressed. I will say, they're just like, this is, I built this, you know, much like building a bench, you, I built this it's mine. I can, I'm going to be me. I'm going to do what I love. And people will come who want to be a part of it. Broadcast media doesn't always work like that. So.

Caspar ([00:51:10](#)):

But if you

Jedediah ([00:51:10](#)):

Love it, my podcast, yeah. We're in talks for some stuff like that, actually. So really, I really want people always say, what are you doing next? What are you doing next? And I, you know, I've had some curve balls thrown at me this year. A few that I was like, wow, okay. But you know, the mandates being the last of which kind of shifted some job opportunities in different directions, but more than anything I



want to, I want to be free like that. I write about it. I say, I want to just tell people, and I want to have people on that challenge me, and I want that open discussion. So there is a possibility of that. But my priority in this industry, I got into this business, not because I was a journalist and not because I was, had spent, you know, years, as you know, working for a politician, I didn't come from a political family.

Jedediah ([00:51:56](#)):

I got into this because I was just someone with an opinion who felt like there were people out there who see the world like me let's have a conversation. So if that's not happening, I'm not interested. So I can either go where that is happening or I can build it, which has become very interesting to me, the concept of building, especially, you know, coming off of this year where you're subject to a lot of rules that don't work for you. You're like, well, if I build something, then that doesn't happen. So, which I'm sure, you know, I mean, you built something and it's gotta be very rewarding to feel that, you know, you don't have to worry quite as much. You have to worry, but not quite as much.

Caspar ([00:52:32](#)):

I still got a worry, but it's in your control. How much you worrying, what you're going to do about that worry, right? It's not that the stress isn't there because it's your own, it's actually much more in front of your face, but you get to tackle it how you want to. And that kind of changes the whole element of being frustrated in something it's all on you, which is scary for some people. But it's also again, empowering.

Caspar ([00:52:56](#)):

Yeah. So I have a question here that, that talks about the climate we're in right now. Do you see it getting worse before it gets better? What, where do you see things going right now? Both in COVID times, politics, the world in general, which seems like it's a little bit in disarray flux and a little craziness going on right now.

Jedediah ([00:53:16](#)):

Yeah. So people have to remember that politics, political media, all of that thrives on division, right? It thrives on division. That's what it lives on. I mean, if you look at, you know, cable news, media, Democrat, Republicans, split-screen fight, you know, that's what it is, you know? You know, I worked at The View. It's a lot of people would, they, they like the, you know, there's a lot of division and arguing really builds media in many ways. And that is what you see then trickle out. Now you have social media, which is basically people screaming at each other all day long. So division is a business model for many places. And that business model penetrates out into society. And then we become what they're becoming because we watch it all day and we're like, oh, this is the new normal. So it really creates, you know, a lot of societal angst division that your next door neighbor somehow becomes your enemy.

Jedediah ([00:54:06](#)):

It wasn't quite like this before the influx of social media, before the influx of, you know, kind of a collusion, I call, we have big tech and you have big media, you have big Hollywood and you have big pharma. There's all these bigs that are running everyone's life. You know, my last book touched on how big tech essentially puppeteers us and studies behavioral science in order to figure out how to program us essentially into little robots that, you know, Tweet and whatnot. People should check that book out too. It was fun. Plus I write some fun stories about an ex-boyfriend that you'll enjoy regardless. But yeah, I, I think that the tide, like, I think the tide is turning in the sense that when you look at something like

the mandates, now it's involving kids, people, our eyes are open a little bit more than they ever have been.

Jedediah ([00:54:54](#)):

I think that people are leaving. I mean, I've seen a lot of people leave corporate media and go and do their own thing in this podcast because they want to have these conversations. I think there is a greater thirst now for people who actually tell you what they think, and that is growing. I think that there's for three, for freedom is growing. And I mean, you know, in, I operate in New York City right now that is not representative of the country. You go to other places and you're like, wow, this is like another planet. So people should do that. Should pick up. If they're stuck in these places where, you know, you can't eat a sandwich in a restaurant in New York City without showing a card preposterous, ridiculous intrusion of privacy on top of everything else. But that doesn't exist in a lot of places.

Jedediah ([00:55:37](#)):

So I think a lot is going to change. I think there's going to be big changes with the midterm elections. I think the next presidential election is going to be fascinating to watch unfold, but I do think it's going to get better. I think that there's going to be a little bit of a battle with the CDC. The CDC is hanging tight on this, you know, natural immunity doesn't exist. They're putting out studies that are junk science. I mean, really it's just factually junk science. You look at it, it doesn't make any sense. And, and this is not just me saying that these are, you know, I talked to vaccinated, traditional medicine doctors that are horrified. I, in fact, my medical exemption letter was written by a vaccinated infectious disease specialist in New York City. He's not anti-vaccine he's vaxxed but you know, he was like, this is not for you.

Jedediah ([00:56:22](#)):

So he's also saying so I, I do think there's going to be a change, but I think it's going to take awhile. And I think it's gonna take more people saying, realizing this is a lot of people that went through with these mandates, but now it's affecting their kids and they're like, oh, wait a minute, hold on a second. So again, like what we were saying before, what is your line? Is your line, your own health is your line. Your kids' health, is your line, your neighbor who suddenly can't, you, you notice has a preexisting medical condition and suddenly, wait a minute, why are they being discriminated against this doesn't seem right? What is it? What is that line? Is your line just living in a place where now it reads like a bad dystopian novel where people have to show cards to get in everywhere.

Jedediah ([00:57:04](#)):

And that's not an energy you want for your kids. Do you want your six year old to have to show a vaccine card to get into, you know, an activity after school is that, you know, so it's going to take some time and it may be that these areas that like this stuff, like the Los Angeles's and New York, dig in deeper on that. And the people who don't like it leave and go to places where they say, I don't want this kind of life. And that maybe that division does grow a little bit in terms of geographic differences. That happened around the country in terms of the belief systems and what's going on. But when you see, look at Florida and California, they couldn't be more different. So I think the hope is really in the people who, who are thinking, thinking people, just thinking, not, not worried about what everyone else is doing.

Jedediah ([00:57:50](#)):

And I always say like, I gravitate toward people who aren't interested in telling someone else what to do. Those are people that interest me. I don't care what they do with their own life, truthfully. I really don't

unless they come to me and they say, do you think, and they're asking my advice. It's not like business what they're doing, but it is my business that they, they care enough about my freedom, because if they care about my freedom, they care about everyone. Else's, and that's somebody that I want as my neighbor, because they're going to fight for that freedom and my right to disagree with them or live a different life from them. So it will get better, but it's going to take time and it's going to take resistance to these things and questions and people are going to have to, there's going to be struggle involved. I could have a much bigger salary right now. I don't right today because of these things, but it's okay. I'm, I'm doing what feels right for me. And it's going to take a little bit of a little bit of sweat.

Caspar ([00:58:40](#)):

I feel like our generation where we are hasn't really had to sweat too much. So it's like a big change, right? Like my parents came here from Poland, which was socialistic at the time and just, you know, didn't have much going there and escaped it, basically with nothing to come to America and start over that wasn't easy. My father was already doctor there and had to come into New York and be a janitor until he could, you know, passes boards and everything and work again. So that wasn't easy for him. But he said it was the best decision for the long run he could have been like, yeah, it's kind of comfortable. It's not the greatest situation. Right. They're kind of controlling my whole life here, but he said, I wanted freedom and I'll sacrifice for that. And I think you're going to have to embrace that a little bit. Some people will like moving, right? Like you said, you're thinking about moving. Like a lot of people are, and maybe that's to a place, you know, nobody and your family's all here, but that may be the sacrifice to show you something better down the road in the longterm. So I do agree with you. I think it'll get better in the longterm, you know, got to stay positive. I don't think it's, it's the end of the world just yet.

Jedediah ([00:59:42](#)):

And I write about that. I write about hoping essential. It's essential, not only for your own physical wellbeing and mental wellbeing, but it's essential because when you, when you lose hope, you're no longer striving for something and you're, you're no longer having these important conversations. And you really are quite powerful. Individuals are really powerful to influence what happens at their kids' schools to influence. I mean, you pick up and leave New York city and move someone else somewhere else and take your money, take your, you know, you're not going to those restaurants anymore. You're not doing, you're not supporting that system. So that's just a reality. And you know, I think it is going to take, you know, the reality is that people are going to have to realize that if there are politicians or there are, you know, places where you feel that you can't instill values in your child, or you can't live in a way that feels comfortable for you, then it will require those challenging decisions.

Jedediah ([01:00:37](#)):

You know, like we, we're not making this decision, you know, about Texas lightly. I love New York City. Like I grew up here, this is my home, but it's not recognizable. And your breaking point may not be you. You know, interestingly, my breaking point was, even though I had have medical exemption and I have this kind of unique situation of dipping into a medical exemption and natural immunity, my breaking point was actually when they came for the nurses and the doctors who went through COVID the entire time and treated all of these people, got sick, got better, have this immunity and are getting fired. That enraged me because these are people who were fighting and struggling to protect us. When I had the luxury of sitting home and working from home because I was scared, frankly. They were out there doing that tough work and now they're being punished.

Jedediah ([01:01:23](#)):

That's not acceptable to me. So I'm not really truthfully fired up. I'm fired up for my child and I'm fired up for like these people that were working firemen and police officers and essential workers that were out there doing the hard work that afforded me the opportunity to, to live in my fear for a minute and, and hibernate, frankly, when I shouldn't have been. But I did nonetheless. And that that's, that's why I fight. So, and think about that. Think about the ripple effect of people, just standing up for what they believe in, look at what happened with the airlines. I mean, you kind of have to look around and say, what kind of world do I want for? Not just, if you don't have kids, then what about nieces and nephews, future generations? What about for yourself? Your, you know, your brother, your sister, whoever it may be, what do you want that to look like?

Jedediah ([01:02:13](#)):

And what's worked for you what is worth fighting for, for me, freedom is worth fighting for it's it's, it's worth sitting out a little bit and say, I'm going to speak out and see what happens here. And I'm going to just pivot, not going to go away. I'm just going to pivot and work is work. I know, I know you probably feel like, you know, what you're doing is actually incredible. You're actually healing and saving people. But for me, I'm like work is a part of my life. But there are all these other parts here that will be compromised if I don't, you know, follow my gut on this one. So people need to trust themselves. And that's why I wrote this too. I was like, my baby. I was like, trust yourself, fight for what you believe in. I want my kid to be able to stand up if he disagrees, if he's 20 years old and we're having a debate, I want him to tell me what he, what he feels disagree with Momma. Tell me why, like feel if I have given you that courage to be like, mom, I disagree. And here's why amazing. I'm a good parent. I have raised a strong, bold, passionate child. Amen. You know, he agrees with me. Great. If he doesn't, but still has the courage of his own convictions. Amazing.

Caspar ([01:03:24](#)):

So we know what you want Hartley to get out of this book. What do you want readers to get out of this book?

Jedediah ([01:03:28](#)):

Yeah. So what I want readers to get out of it is first and foremost, I kind of, I want you to kind of hoping that you'll walk through my mistakes and kind of think about your own life and find yourself in this book. You will find yourself in it. You, there will be decisions you made that you wish you had done differently. I want readers to kind of feel a sense of shared humanity. We're all people at the end of the day, and that's really important to me. And now it's like vaccinated, unvaccinated. Like everyone's in these little compartments, it's unhealthy, it's a society cannot grow. I mean, if you were really trying to destroy a society, you would divide them like this. I'm not interested in destroying the society. I want us all to be built up. And there's no reason that can't happen.

Jedediah ([01:04:13](#)):

But in order for that to happen, you have to be able to walk in someone else's shoes. So I invite people like this is my story. I share things. I did wrong things I did. Right. I want you to tell me, like, write me, tell me, like, do you write letters to your own kids? What would they look like? You know, do you disagree with me? Tell me, find me on social media. Find me like on my website, talk, like create a conversation where people are really, really talking again and think about the young people. I always write everything with the next generation in mind because I'm a former teacher. And I just, I'm always

thinking about kids because those are future leaders that that's, who's going to lead the country. That's, what's going to be in power one day to make these big decisions.

Jedediah ([01:04:54](#)):

So I would just say, read it with, if you're hesitant or you're like, oh, I hate jets, political commentary, just have an open mind. And kind of walk through it with me and share with me. It's an open invitation to talk with me, talk with other people and let her writing was just one form. You know, we could have was the way it made most sense to do it in the book, write to my child. And, but there's parents out there. I know you're going to read the chapter on mealtime and be like, oh my gosh, my kid did that. I can't believe like, you know, there's so much shared that we forget about between us all. There's so much in common. There's so many similar struggles and fears, and there's just so much threading us together. And I know that's not a business model, like I said, for corporate media or for what all of these things that are going on in the world, but it's real.

Jedediah ([01:05:44](#)):

And if you take a minute and recognize a shared humanity, that's where the solutions come in. That's where kindness and character and real friendship and all of these things that are really important to come in. So I just want people to take a deep breath and I also want them to smile. Like the news is hard and it's exhausting. I want you to pick something up at the end. First of all, you can't help it. I know you see it in the background, but look at this baby, you see this baby. You're like, okay, my day is made. That's a, but B I want you to like, read about my heartbreak when I was 19 and be like, oh my gosh, my first love X, Y, and Z, like just gets us thinking and talking. That is my main, main goal for always and get them laughing. I hope I make you laugh. My mom, my mom's funny. So stories about my mom and my mom and I are so different. And that's too, you'll read about family and just, you know, your own family. You'll be like, oh my family, I have a crazy Italian family. We're all nuts. All of us in our own way. Sure. Someone out there is like, oh, I have a crazy Irish family. I have a crazy, you know, whatever. Like, I just want that sense of like, we're all people to come through.

Caspar ([01:06:49](#)):

Crazy Polish family for me. There you go.

Jedediah ([01:06:52](#)):

Although your dad is the calmest human.

Jedediah ([01:06:55](#)):

People who don't know Dr. Szulc, seriously, you need to know him because you could spend five minutes with him and you will leave calmer. Like somehow I know they say that stuff like by osmosis, it just, I wish his knowledge of medicine would transfer by osmosis. But regardless, it's like you leave. And I'm like, huh? Like I need, I need that.

Caspar ([01:07:18](#)):

I know. I wish that we could bottle them up, but I've been saying, I wish we could replicate them. Cause it's like, you know, I want more of these clinics all around, but yeah, it's not easy. It is an artistry to it. There's so much to it, but I really did enjoy the book. I even loved the fact that you did do pen to paper to write it. It wasn't, you know, written on a computer. It felt that way. It felt like you were reading letters that were handwritten sent one at a time, one after the other, which was really cool. And it made

you think about life as each one went by, you kind of connected with it. You felt that human side of it, you detached from everything, all the chaos going on and you just dove into this and it brought you back to, to that kind of simpler time, almost of everyone sort of just being humans, just living on this big rock and doing our thing. And I think,

Jedediah ([01:08:02](#)):

Yeah. And I'm glad you felt that. And the, and the one thing I'll add is like, we talked about fear a lot. There was a lot of fear when I started this, I was just writing letters. There was a lot of fear about releasing it because I was like, you know, it is such a polarized time that people are, I've got my kid's face on the cover. Like, do I want to invite that kind of craziness into my very personal book and my very personal world. But I was like, you know what? Like if, if I don't do it, no one's going to do it. And this is what we need. We need people saying sharing and vulnerable and honest and real and raw. This is the world I want. So I can't want all of those things and not contribute to it. So I was like, all right, I'm diving in, not a toe. I'm going to dive right in and see where it falls. I'm glad it hit you that way. It is very personal. And I say stuff in here that I've never said stuff about my jobs and stuff about this stuff. I've never said anywhere. So yeah. I hope people, I hope people just honestly take a breath and they're like, oh, this is something you can read at night before you go to sleep and you're not going to have nightmares.

Caspar ([01:09:04](#)):

Yeah. It's like, turn off the news and just read this and you were asleep. I guarantee it. You will have a more parasympathetic and deeper sleep if you read.

Jedediah ([01:09:15](#)):

That's wonderful. Maybe I should reread what I wrote just to give my parasympathetic system a little bit of a Dallas.

Caspar ([01:09:21](#)):

We all need it right now. And honestly, books usually do it, but a book like this, especially, it's not one that's gonna, you know, rile you up. Well, thank you so much. And before we go, I do, we promise there'll be five winners who are going to get a copy of this book and a bottle of Natty Veeam or NAD brainstem. So they could read it a little bit quicker and take it all in. But we have, I'm going to just read them off and we'll get in touch with you later. We have Naomi, DeSilva, Casey Ferrari, Michael Teruli, Lord, Carl Waterman and Frannie Vaughn. Those are the five winners that you will be getting a copy of. Dear Hartley, Jenna diet. Thank you so much.

Jedediah ([01:09:58](#)):

Thank you so much for this conversation. Thank you, Casper. And I'll, I'll, I'll run into you in the hallway at the center again, at some point.

Caspar ([01:10:06](#)):

Hi, this time not run into you and maybe even have a normal conversation. Yeah.

Jedediah ([01:10:11](#)):

Sounds great. Thank you so much. And thank you to your audience.

Caspar ([01:10:14](#)):

Yes. Thank you guys. Take care. Bye bye.