

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

All right, Jen, thank you so much for joining us on the show today. And like so many people before you, this is a show about you getting better, suffering from a chronic disease, and overcoming that. And I think it's always such an important thing to share that story. And I kind of just wanna open up the platform for you to start off with where you start to see, you know, your health deteriorate? When was that for? You could give us that story.

Jen ([00:27](#)):

The first real decline in health, I noticed it was about 2007. I was 20 years old or so, 21 maybe. And I started getting very, very tired just to the point where I could not go to class. I would get up, I would get ready. I'd put my backpack on. I'd sit down on the couch. Like I'm just gonna take a break for a second and then catch the bus to go to go to class. And I would fall asleep. So that's when I really started noticing it. And it was, it would come in cycles to where I'd be tired for two or three months at a time, and then I'd be perfectly fine the rest of the year. And it got progressively worse and worse as you know, the years went on. I would go in and see doctors and they would do a bunch of blood tests.

Jen ([01:13](#)):

Oh, there's nothing wrong with you. After the exhaustion came, weird symptoms started popping up where my hands and my feet would go numb. My face would go numb. And then it would progress into like serious back pain. Like my lower back pain was pretty extreme. I had like a tremor for a couple years in a hand. And so as the years went on, I just added more and more symptoms. The arthritis became pretty bad around 2011 or so, they had diagnosed me with rheumatoid arthritis, which obviously I didn't have they put me on a bunch of meds for that, that didn't work. I started kind of pivoting my diet at that point to turn to like a paleo type lifestyle, to see if that would help. And actually that helped immensely with the arthritis pain, which only lasted for so long until the symptoms progressively got worse and worse. But I would say around 2007 is when my symptoms really popped up.

Caspar ([02:16](#)):

And then when was it that you were finally diagnosed with the correct diagnosis?

Jen ([02:21](#)):

2016

Caspar ([02:22](#)):

And that diagnosis was

Jen ([02:24](#)):

Lyme disease.

Caspar ([02:26](#)):

And when you hear that, what do you think to yourself? Because you've been all this time. It's like, did you actually believe it? Cuz you got, you know arthritis, you got other things probably as well and you were treated and you never knew, were you like, oh, that makes sense. Or you're like, no?

Jen ([02:41](#)):

I, I was actually, which is crazy diagnosed by an ophthalmologist. Okay. and he, he had actually, I had started having some vision problems late 2016 and I went in and you know, I had had multiple doctors up to this point, call me crazy. And I was like having a problem, like interpreting what I was seeing, there was like a delay in what I'm seeing versus when my brain started interpreting it. And I went in to talk to him and he's like, he did a bunch of tests. He's like, there's nothing wrong with your optic nerve. You don't have any tumors. And I, I was like, he's gonna call me crazy. And I looked at him before he even finished. I said, I know I sound crazy, but I, I swear, this is what's happening. He, he goes, I believe you let's just sit and have a conversation.

Jen ([03:23](#)):

So we had like a 30 minute conversation about what I like to do in my free time. And I really love to hike. And I had actually just gotten back from Zion and we had camped and he goes, well, do you camp? I said, yeah. I mean like occasionally where there aren't bears have a very serious fear of bears, which is a completely different story. But I said only camp in the desert and he was like, well, have you ever been tested for Lyme disease? And I said, yeah, I think I was tested a couple years ago. And he goes, well, what kind of test? And I said, well, I don't know, whatever, you know, whatever my, my doctor gave me and it came back negative and he goes, well, I think that we need to go a step further if you were bit, you know, 10, 12, 15 years ago.

Jen ([04:00](#)):

He's like, I don't think it's gonna show up on a CDC approved test. So he sent me to like a, a third party lab, IGeneX based outta California, I think. And the test came back positive. And so once it came back positive, I started doing more research and all of the symptoms I have where my arthritis constantly moved around. Right. So my knees it's in my hips, it's in my hands. They were never really like super hot, like just things that didn't match up with rheumatoid arthritis, but matched up more with Lyme disease. It's like, okay, well this actually internally gut wise, it felt accurate. It felt like an accurate diagnosis. So knowing now, you know, like your body's intuition has like it, like your body will scream at you if something is right, or if something is wrong, which I never really listened to before going through this entire process with Innovative Medicine. But now like looking back, my body was like, that's right. And so the more research I did, the more I realized that this is, this is accurate.

Caspar ([04:59](#)):

It's really interesting. I've, I've spoke open to so many people with Lyme disease and they go misdiagnosed for so long, but it is that random person, the ophthalmologist, like, you know, the friend you never met that had another friend that bumped into you and said, Hey, did you ever look at that Lyme disease? You know, and you just kinda really like, I, I, I never even thought of it. And then you realize, wow, that, that is what it is. And for you was, was the diagnosis you know, enough to say, okay, now I feel good. Let's jump into treatment. And is that what you did?

Jen ([05:34](#)):

Yes. So I looked for a lot of doctors here in the south that wanted to treat me with more than just like a week of antibiotics. And I couldn't find anybody that wanted to touch me. Nobody in Texas wanted to touch me. There was one guy here, but he had like an eight month waiting list. And I'm like, I have lived sick for, like a decade now. Right. And I'm, I don't wanna do this anymore. So I went on, you know, some like Lyme blogs and some Lyme forums and like, Hey, does anybody have a doctor I'll fly wherever you want me to fly at this point. Right? You have to make a commitment to your health. You have to choose

your health. At this point, it's like, I knew I was dying. So it's like, I, I have to do something. So I found a doctor in DC and I flew up and saw him every month and he put me on an array of antibiotics and he had also diagnosed me with babesia and Bartonella at the time.

Jen ([06:29](#)):

And he started me on a ridiculous amount of antibiotics. And that went on for like eight or nine months until my body could not handle the antibiotic treatment anymore. He wanted to put in a pick line. And again, my internal gut was like, absolutely not. We're not ready for that. And I told him, I go, I'm not ready for that. He goes, it's time. You're not, you're not taking in the oral medication. It's, it's not processing correctly. Like we need to take it a step further. And I just refused. And like, I'm not ready for that. And he changed my medication. He's like, we're gonna change it one more month. And he goes, if you're still not any better, we're gonna proceed with the pick line. And he changed my medication and like, my body had a complete and total meltdown when he changed it.

Jen ([07:10](#)):

So after that, unbeknownst to me, my mom had actually made me an appointment with Innovative Medicine at that point. And she hadn't told me and in the middle of this meltdown, I'm my body is having a full blown meltdown in the parking lot of my sister's like bridal gown shop. I'm supposed to be like shopping for wedding gowns for her, we, for her wedding. And like, I, I couldn't even go in cause I was so violently ill and she's like, please go see this doctor. So I completely committed to Innovative Medicine, like sight unseen. I knew nothing about it. I was just like, okay, fine. Like I'm in. So I did the DC doctor for eight months and then I waited for like five or six months to go to Innovative Medicine when my appointment was. And I haven't looked back since then.

Caspar ([07:55](#)):

Now when you were on, how old were you when you started the antibiotics?

Jen ([08:00](#)):

I was 30.

Caspar ([08:03](#)):

And I know you wrote here. You didn't think you were gonna see 33, right?

Jen ([08:07](#)):

I did not. When I, when I had the meltdown, which was may of 2017, my body, it, it was shutting down at that point. Like I knew at that point I was, I was for sure dying. I was like, maybe I have a year left, like maybe a year and a half tops to where I could like keep moving and keep operating. But I had gotten to the point during that summer where, when I would come into contact with people that I didn't see all that often, I would think like, make sure this is like a really great hug, because it may be the last hug that they give you. And they, they receive from you. So make it like memorable and you know, like take it in and really, really feel that moment. But I, I knew that there was, there was absolutely no way I could continue on the level I was moving. And I was just progressively getting worse and worse over the summer until I came to innovative medicine in October of 2017. So it was, it was pretty tough.

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

Yeah. And that's the thing. A lot of times, it's not to knock antibiotics. They have their place, but against something like Lyme, especially when it's been there for a long time, it could be incredibly hard and it could be the road down into something worse because I've always said, antibiotics are like nuclear bombs for your body. You're hoping you get rid of the bad things in it, before all the good things and you just shut down altogether. Right? It's a little bit like chemotherapy in a sense. You know, people don't realize that when they pop those pills, but you know, antibiotics are literal means anti life. It kills everything inside you good, bad. It does not discriminate.

Jen ([09:39](#)):

Right. And that that's exactly what I felt like it was doing. That's what you felt taking me down. Yeah. Yeah. Cause I mean, I was sitting, you know, I like to call myself like a percentage of a human, right? Like today I feel like I sit at a solid, like 85 to 90% of a human, which I never thought I would ever see. And I would say at the beginning of the antibiotic Lyme treatment, I sat at maybe like 20%. But by the time I got to Innovative Medicine, I was at a solid three to 5%. Like that was it. Like it was minimal. And I don't know if I could identify how bad it was in the moment, but like, look, I'm so far from being that, that human now that I can, can like accurately say, like I was, I had hardly any percentage left, no battery life left.

Caspar ([10:23](#)):

When you're at 3 to 5%, I could imagine everyday life is pretty miserable. Like what, you know, for people that don't get it because it's, it's kind of objective. I don't feel like many people have been below a certain percent themselves. And can't even, what's that like, I mean, you probably, what is it difficulty waking up, going to sleep? Were you working at the time? Were you seeing like friends and going out? What was that like?

Jen ([10:46](#)):

Yeah, I equated like just the exhaustion level. Cause people didn't understand what being that tired was. It's like, I equate it to like your friends call you and they want you to go out for a happy hour. You're like, sure, I'll go out for a drink or two. And then it's like one of those things where you end up in a Water Burger parking lot at like 3:00 AM and you have to be at work at 6:00 AM. So you're counting down the hours until you get to sleep in your car at lunch. Right. It's like that. But I never went out to have a good time with my friends. I didn't need any Water Burger, water, burger taquitos at like 3:00 AM. Like I got nine hours of sleep. I had big chicken and sweet potatoes. You know what I mean? Like I did all the right things.

Jen ([11:21](#)):

I took all my meds and I was in bed at like nine o'clock and up at six. So I got all this sleep, but I was still so tired to where I'm counting down the hours. When I got to go home and lay down. Working, I spent all the energy that I have. I put into working, like working a full-time job, you know, got up, went to the office. I can remember like trying not to fall asleep at my desk regularly, like walking up and down the hallways. I'm kind of like holding onto the wall. Cause I felt like my legs were gonna collapse like out from under me. Like at any point in time I had stopped like really seeing any friends really going out. I would go to work. I'd come home, I'd have a bowl of cereal. I'd crawl up on the couch and I'd go to bed at 8:30 and I'd wake up and do it all over again.

Jen ([12:03](#)):

And on the weekends it was literally just me laying on my couch, watching a bunch of videos. Like that's it, Netflix, Amazon Prime, they were my besties at that point. So it was really tough because not only are you physically ill at that point, like when you get to that point, your mental illness starts to take over. Right. Which makes you feel even worse. Right. Cause you're not laughing. You're not creating those memories. You feel like everybody's passing you by. And you're just in this like stagnant where everyone else's life is moving, but my life is stagnant and I'm either connected to my office chair or I'm connected to my couch. And like, those are the only two places that I could survive.

Caspar ([12:43](#)):

Yeah. It's, it's a real vicious disease cycle with Lyme that I I've noticed with a lot of patients because it starts on the physical and it could start with someone young, vibrant, healthy, and then you start to lose that. And then what goes, it goes the mental part, the psychological part, you start to get depressed. Like what's wrong with me? Am I ever gonna be again? Exactly. And then it goes into that spiritual part, which is like, what's my purpose. If this is life, like, what am I doing? Like how this doesn't seem right. Is this what I'm here for? Right. To be sick and right. So that that's the like cycle and it goes around. And when you do that, you get worse physically, you get worse mentally and it keeps going. In this downward spiral. Now, your mother was sneaky enough to book you appointment without telling you.

Jen ([13:26](#)):

She did, she did.

Caspar ([13:27](#)):

What was your initial thought? Were you just like, oh great. I gotta go to another doctor. That's gonna like screw this up and make me worse. Or like, where were you then? Were you just like, I'll do anything? Were you actually like, well, this last doctor does to me. I have no faith in medicine anymore.

Jen ([13:43](#)):

So my mom's gonna be sad when she hears this. The only reason why I went, so I, I agreed to go and you know, I'm literally violently ill in this parking lot and she kind of springs it on me. I just say yes. And the more throughout the summer, I just stayed the course. But the reason why I came was so that I had no faith that this was gonna work. But I told myself when I die, I know that I tried every single thing that was in front of me. Right. Like, so that way, you know, when my mom might have to bury me, like she knows that my butt was in a seat and there was no option in front of me that I, I didn't take. So that's literally the only reason why I came and I'm really good at committing to things that, that are put in front of me.

Jen ([14:33](#)):

And if I say I'm gonna commit to something, then I commit to it. And that meant everything that came along with the treatment plan at Innovative Medicine. Right? Like letting, letting stuff go. Right. I'm not great at that. Still working on that. Which, you know, the NET treatment helps with. Obviously I need like seven of those every time I come see you guys. The diet, obviously that's always seems to be the biggest hiccup for when I tell people about this story. It's like, I don't understand how you could just up and change your whole diet and your whole lifestyle. I'm like, well, it was either that or die. So yeah. You know, how bad is what you're suffering with? Like honestly, like, is it enough to where you're willing to change your life? If not like, is it really that bad? Or do we need to talk about like a mental health type deal where you feel like you're not worthy of continuing on like that wasn't an issue for me. Like I knew

my life was worth living. I had a lot of people that really love me and support me. So it was just about, this really is bad enough to where I'm willing to change my whole life for it.

Caspar ([15:34](#)):

That's really interesting cuz a, a, a lot of people come here and, you know, as much as they are completely disolute and just like despair of, and fearful of the medical industry altogether, they're like, this is my last chance. I'm gonna put some faith and hope into this and, and just be like, this has to work sort of thing. Whereas you came in, you're like, I don't have any faith in this.

Jen ([15:58](#)):

I didn't.

Caspar ([15:58](#)):

I'm gonna do it anyway is, which is great of you to, to go in, if you have little faith to go through with it and you almost did it, you know, for somebody and your mother. Right. So, so you show up at the doors, little faith you know, and, and probably curious as to what you're doing in New York and just trying to appease your mother. What was that initial visit like when you come in through the doors and you start talking about your case and your, I don't know who you met with here, but what was it like your first time visiting the center?

Jen ([16:30](#)):

So I saw Dr. Szulc on my first day. And he's just very he feels very warm and very intuitive. And just somebody you kind of wanna like sit down and have a cup of coffee with, and you know, he, he just kind of like validated my feelings, right. I've gone this whole time and I've had doctor after doctor tell me 'you're really not sick. There's nothing wrong with you. There's nothing wrong with you.' And he, he can look at me and he's like, you are very, very sick. And I'm like, okay, step one, complete someone here. He actually believes me. Right. He's not just gonna give me a pill and send me out the door. Like every other doctor I come into contact with. So like that first initial meeting with him and, you know, I'm not sure what his conversations are like with other patients, but he straight up told me, he's like, I cannot do the work for you.

Jen ([17:19](#)):

He's like, I will give you the tools and I will give you a playbook. Right. I'm a big sports girl. So like the sports metaphor totally worked for me. He's like, I will be your coach and I will give you the plays. He's like, but you are the player. And you have to, to make it work for you and your life. So I was like, okay, like I'm in for the pump it up talk. Like let's get after it then, you know? And then I came in contact with Erin and she is phenomenal and Caitlin, and at the time Barbara was, was at the center. So those three, you know, like I owe like, like, ridiculous amount of debt to them. Like, I'm so grateful for all three of those women. They absolutely saved my life. And I, I definitely would not be here without them.

Jen ([18:05](#)):

They definitely could identify when I was having a rough day, I'm not very good. I come from like a non complaining family, which I think has also contributed to how far this got without like actually getting a real answer. Which is why I'm such an advocate for everyone in my life to have, you know, your, you your own best health advocate at this point. But those ladies, they were so great at able to identify, like, how are you and I my standard response for the last 5, 6, 7 years. Oh, I'm okay. Like I'm doing okay, I'm

fine. But I, you know, whether I was actually fine or not, and they're like, no, really, like, you don't look good today. Like what's going on? So them continuously prodding me, prodding me, prodding me, which is annoying at the time you was like, so unbelievably helpful. And I'm just like so grateful that they were able to see me every day and know my patterns and know what I should look like. And when I didn't look like that, to be able to move me, you know, into like a, a better treatment, well, why don't you try adding this to your diet? Or why don't we put you on this or let's see if you need to be balanced and making sure that I was where I needed to be at all times throughout treatment.

Caspar ([19:14](#)):

So you got the pep talk from my father. He, he does that. Well, he, he wants to be sure like, Hey, I'm coach you're athlete, which I agree when we see athletes here, they're probably the best patients or people with the sports mindset or even competitiveness because they realize it's like, I gotta get this done. I'm going to get this done. I'm gonna do it right. I'm gonna listen to everything. And then you get probably very shortly after the, the program of treatment, right. Which outlines, you know, everything from your supplements to your therapies. And there could be a lot, it could be overwhelming. How did you feel when you saw that and kind of explain here is your program of treatment?

Jen ([19:55](#)):

I think after I saw the program, it also validated like how sick I was. Cause you know, other doctors are like, you know, here's a pill, like no big deal, but doctor Szulc is like, no, you need to be here every day for the next, like five to six weeks. And it's like, okay, like this feels serious. It didn't feel overwhelming just because it's like, I'm, I felt like I'm pretty decent at taking things one step at a time. Like, I know my whole life isn't going to change tomorrow. And just trying to put that in perspective that it's just, okay, we go next day, next day, next day. And they broke it down into three different types, right? Like you've got like a detox section and it's like, okay, I'll would just focus on the detox section. I'm not focusing on the other three, the other two.

Jen ([20:37](#)):

So it's like, I had two full weeks of detox and I would count it down. I'm like, okay, well we're 10% done. We're 20% done. And, and so on and so forth. And so that made that simple. The antimicrobial treatments, those were not fun, but they were kind of spaced out further. So, you know, that section worked out for me. And then the rejuvenation section, which was the final week, like that was like a breeze week compared to the, the past, like four to five weeks. So it, it wasn't like so daunting that I couldn't handle it. It was just making sure I broke it down into what felt like enough sections to make it manageable. And my mom was also really great. She came up with me for treatment. I definitely could not have done this alone. There's no way I had enough strength or energy to be able to go grocery shopping and making sure I'm cooking myself three different meals every day and not eating leftovers and, you know, she's like micromanaging my meds. You know, she's like, we're gonna eat in 45 minutes. Like you need to take your pre-food meds. You know, we're gonna, we're gonna have this for dinner. We're gonna have this for lunch. So I felt having that support system, you know, was invaluable. There's no way I could have done it without that.

Caspar ([21:46](#)):

Yeah. I, I know that patients that come here with the support of their families get better quicker and see better results in the long-term, as opposed to patients that may come here alone may have family members that doubt what they're doing. Right. And are almost skeptical of them coming here and

thinking they're wasting their money and putting that in their head, that becomes a real uphill battle for those patients. So it's amazing you had that support system. And I mean, it was your mom who set this up, so I'm sure she wanted everything to go as great as possible for you. As you're going through the different treatments and everything. Were there ever periods of time where you were doubtful, this would work like, you know, you're starting on something that you have no clue how it's gonna end up. Your past experience have shown you that it hasn't ended up well working with doctors and there are different programs. This could be the same way. But when you started were, did you start to see improvement right away and you were hopeful and it got better? Or was there, were there parts where you were a little bit doubtful that this would actually work?

Jen ([22:46](#)):

Yeah. I, I did kind of ask Dr. Szulc That in the first meeting, you know, and he's like, you've been sick for a long time, you know, let's, let's reel it in. So he, he did a good job of managing my expectations. I think when I came in, after my first initial test, he had estimated that I had been bit like 15 to 20 years before I saw you guys. Hmm. So that put me somewhere and based on like actual previous symptoms, I did start to have, like, you start to link back, right. When someone gives you a timeframe. And I actually probably got bit somewhere around like the age of 12, 12 or 13. So it put me closer to like 18-ish years before I got to, to innovative medicine. And he told me, he's like, you've been sick for a very long time.

Jen ([23:27](#)):

He's like, you need to give me at least a month of healing for every year you've been sick. And I said, Dr. Szulc, that's like two years away. And he's like, I know it feels like a long time. And he's like, it's gonna be a little bit of a rollercoaster. He's like, but at the end of two years, if you're still not feeling better, let's, let's like really look at it. And so I'm like, okay, well I'm not gonna make it to 33 anyways. Like sure. I'll commit to, you know, whatever, like totally fine. And I would say the first six weeks, actually the first like three months were pretty miserable. Just the supplements alone that it almost felt like every time I'd take those supplements, like I was being like, my body was being ringed out like a wash cloth. Like my whole body would just be so tired and just my muscles hurt and everything hurt.

Jen ([24:14](#)):

Like it was not a pleasant experience, you know, the constant IV lines and my arms hurt and the headaches and it was, it was rough, I would say around post-treatment like three or four months. I started to feel a little bit better. I came in for like a follow up week of treatment, the NAD treatment. And after that, I felt great. Then I had like a crash and burn kind of a system to where, like I had it down four or five months. That was not great. I would say the first 18 months were as an absolute rollercoaster. I'd have months where I felt good. I had months where I felt bad and I just kept in the back of my mind two years, two years, two years. So as I just kept surviving and kept kind of like getting a little bit better, it's like, just stay focused on that two year, mark, just stay focused on that.

Jen ([25:03](#)):

And that really, really helps. But the first year was, was just still about surviving. And I would say, I finally started to feel better, closer to the two year mark, like an actual, like real human. I would say, I felt like 60 to 70% of a human. And that also depended on how well I was following my diet. Right? Like the more I'd stray from eating well, or maybe skipping like a med dose or something like that, the worse my body would feel. So it just reiterated, like I have to stay committed to what I'm doing, and this really is a full lifestyle change instead of just, oh, we're gonna do this until I feel better. And I'm a hundred percent



better. It's like I had to switch my mindset to, you're not gonna be just like every other 30 somethings body. Like you have a special case and it is what it is and it's completely manageable. But that management system is up to me and I had to make a commitment to me and, and staying on track for that. Yeah. And after I did that, it was a lot better.

Caspar ([26:09](#)):

You know, when you bring up those expectations, I actually never heard of the month to year sort of treatment to, to program. My father never told me that, but I can completely understand that. And I think that expectations are really difficult. I heard you say this earlier, like you just wanted to get better as quickly as possible. Right. And that was, everyone does. Sure. But I, I always, you know, I think the medical system is, is kind of corrupted us into thinking that, oh, I've had this for years, but just take this pill and you'll feel better tomorrow. Right. And that's, that's sort of exactly. Whoa, that's really quick action. Oh, success. I feel better, but you're still sick. Right? Without the pill, you're back to worse to where you were.

Jen ([26:51](#)):

Yep.

Caspar ([26:52](#)):

And I will say like, when people are like, how long will it take? And realistically you may have treatment here for only four weeks, but it may take two years to heal to get better. They're like, wow, that's incre, like, and I'm like, think about it. If you are overweight, you go to the gym. It's not a few weeks. It could take years to get back into a healthy state. It could take a long time to lose weight. And you have to go at your own rate and everyone's different. Of course. And I do think that medicine in general has, has really screwed that up our expectations. And, and it it's good that you kept that there because you kept going a lot of people stop before the finish line there and say, right, for those four or five months where you were down, you could have said, I'm out like this, isn't working, I'm done with this. And guess what? You wouldn't have gotten through the finish line to where you are today.

Jen ([27:41](#)):

Exactly.

Caspar ([27:42](#)):

And that's a big thing about it. So it's amazing that you kept that totem, you know, that finish line of two years and kept going and kept going no matter where the roller coaster took you, cuz it's never linear. It's never straight healing where you're feeling better every day. And it's just, you know, oh, this is great, better and better. It's like, wow, I got much worse somehow. How'd you deal with that aside from this idea of two years, because again, two years you might start to doubt yourself when you're going through four or five months of a regression. And you're saying, well, if this keeps up, it could be 20 years. What am I doing here? How did you keep going through those down parts of the roller coaster?

Jen ([28:22](#)):

I think that being sick for so long was actually almost a blessing because I'm like 30 days, 60 days. Like I can do that in my sleep, you know what I mean? It's like, I'm been sick for a decade. Like it's nothing, you know? I got a little taste of being well, like no big deal, but I also like to keep something on my calendar to look forward to. Right. So I never like to not have a trip, something planned on my calendar. Other

people are about social engagements. Right. So if I didn't have something on my calendar to look forward to, I would put something on my calendar to look forward to. So it's like, okay, I can start to feel myself, have a dip. Let me, and I did do that. You know, April of 2018 rolled around I'm like five months post-treatment I start to feel like crap. I'm like, I don't have anything to look forward to. I was like, you know what? I'm gonna put like a very easy, like Caman Islands location on my, on my to-do list for August, you know? And I'm gonna get through the next few months and just go lay on a beach somewhere. And that gave me enough to look forward to, you know, till it, I eventually climbed out of the, the valley of the rollercoaster on that one. So I always, always kept something on my calendar to look forward to.

Caspar ([29:35](#)):

Have you ever seen or heard Ben Ahrens, his TEDx talk? We sometimes share that with patients. Yes, because that, that reminds me of it. He's he's the first person that really put me onto this idea that, that the biggest determinant between a patient that stays sick or goes back to sickness and one that truly heals and continues their life is that idea of purpose of doing something, putting something on your calendar of having that totem to look forward to and keep moving it. And I know his story of course, was like, he couldn't get outta bed and he put his, you know, hiking pants over there and he is gonna, I'm gonna do that one day. I'm gonna put him on and go out into the wilderness. And I remember being around when he finally took that trip into the wilderness with those hiking pants and it was like, that was his, like I did it sort of moment.

Caspar ([30:16](#)):

He kept going from there and pushing it. But I do think that that, that purpose, that, that setting something look forward to is incredibly important for people that are going through illness. So I think that's, that's a wonderful piece of advice for anyone listening. Now, as far as in the treatments, were there any therapies that stuck out to you that you're like, all right, these, these, this is really helped me because again, everyone's really personalized and different, so no one should take this as, oh, I want to go there and say, let's do what Jen is saying right now. And I wanna do that. Absolutely. It's, it's so unique and tailored, but I just want to hear from your perspective, was there anything that, you know, really improved when you, when you underwent the procedure?

Jen ([30:58](#)):

The detox, the IV detox bags, obviously massive. I come up still once, usually once a year, depending on, you know, what my blood test results, I'm still sending in my blood tests every three to six months, depending on what the staff recommends. I don't let that go past. If something pops up before then I still I'll call. I'm like, Hey, I need to send some blood work in something weird's going on. Again, staying on top of my health. I'm the only one that can do it. Someone can't do it for me. I would say the detox IV detoxes are massive for me. The NAD treatments as miserable as they are, are so helpful.

Caspar ([31:36](#)):

Wait, why miserable? Because I, I like, they're just, I like to hear everyone's perspective on this cause everyone again is different when they talk about IV NAD.

Jen ([31:44](#)):

They they're rather painful for me. It's almost like a 400 pound man is sitting on my chest or my whole torso the whole time. And it's like, it's like burning, so I can't breathe. And it's, and I'm, it's burning. So,

you know, I start the week on like a super slow drip. And by the end of the week, I'm like just get this thing through me. Like I would rather be in a higher amount of pain for a shorter time than lesser pain over a longer time. So those are rather painful, but I can always tell like a serious boost in my energy, maybe like a month or so later. And I also have to remind myself when I come up for follow up treatments. Again, I'm not gonna feel better the next week. I would say it take four to six weeks before I really feel that treatment like come like really give me an energy boost for the rest of the year. It's extremely helpful. I also have issues with my nervous system going from open to close. So the shots in the stomach, those neuro shots are very important and very helpful along with the NET treatment that gets done that neuro emotional treatment.

Caspar ([32:54](#)):

Yeah, neurotherapy right in the segmental area that help the organs and everything else like that. I have to say, I mean, I'm, I'm with you and I'm not coming from like the treatment side, but those IVs, the NADs, those are all about optimizing as well. It's not to say that you need to be chronically ill to see an improvement because all you're trying to do is optimize the function of the human body, you know, to really get there and get rid of this stuff that we're all exposed to. Of course, people with infections are gonna have some more, you know, toxicity from the actual pathogens in there that we don't realize. And then you go on from there. Now you mentioned it's difficult to let it go. You mentioned neuro emotional technique, and that is a big part of treatment. People always think it's just eradicate borrelia and then you're done. And sometimes we, you know, people like celebrate when we're like, Hey, no signs of borrelia. You know, bartonella is gone. You have a little bit of this or that, but congrats on that, but you got a lot to go and they just celebrate and they're like, I'm done no borelia. I'm outta here and never address the emotional parts, which are incredibly important.

Jen ([34:00](#)):

Right.

Caspar ([34:01](#)):

So tell us a little bit about your experience going through that. The NET I'm sure. Meeting with my mother, perhaps and going through some.

Jen ([34:09](#)):

Yeah. She's so gentle by the way. I love how like, but still like stern at the same time. Right? Like, she'll be really gentle with you, but she'll also tell you what you need to hear, whether you need to, whether you wanna hear it or not. And she'll kind of be, she's been really direct with me, which I really appreciate. It was definitely a shock. The first time walking in there, I was like, you're gonna take my blood and tell me that I'm holding a specific, you know, emotion from a specific age. Like, okay, the first time I walk in, she goes, you're holding shame from the age of 20. And I was like, well, that was college. So probably, but I had to transfer schools, which I, I didn't realize, I felt so shameful about because, you know, I had my, let my studies go, obviously I was sick.

Jen ([34:54](#)):

Didn't realize it, all of these things happening. Right. I had always been a decent student. And so I didn't realize that I was holding onto that like embarrassment and shame from having to transfer schools from having a lower GPA. And I was like, this, that was the first one she brought out. And I was like, well, that was spot on. So, and it's been, it's progressed that way throughout, you know, the four years that I've

been there, every single emotion they bring up that I'm holding on to, from whatever age it's, it's always been accurate. And so I think it's extremely helpful. It's also been helpful. I started seeing a therapist here just to try and work through the trauma of being sick. You know, basically my whole adult life, you know, having doctors kind of like shoe me away. And I think, you know, through the NET treatment there, and then my work that I've done here is, you know, Innovative Medicine preaches like a mind body soul type connection, right?

Jen ([35:50](#)):

Like it all has to operate like in some sort of unity. And I think that I have added on, you know, my person percentage points, you know, up to 85, 90% now, by realizing that I had separated my body from my mind and soul, just because it was in so much pain that they weren't operating in unity up until like maybe the last, you know, six to eight months. And so working with my therapist here trying to get all three back operating on the same level has been like unbelievably beneficial. And I didn't realize like how much the emotional part went into my actual physical healing. And I would say I've bumped myself up five to 10 human percentage points just doing that alone. So the physical side is so important. It is, but you're never going to be completely optimal if you're not dealing with all the repressed emotions from being ill or, you know, any other life experience.

Caspar ([36:52](#)):

Yeah. I always found it really interesting that so many medical clinics out there don't really address too much of the mental, psychological, and just as backtracking, my mother's a clinical psychologist here and she deals with a lot of the emotion, psycho-emotional part to deal with any trauma or anything like that, using biofeedback using neuro emotional technique. So it's kind of seeing how emotions are trapped in energetic pathways, how they're impacting biochemistry, and then trying to work on those motions release. Some of, even the belief systems you may have that are triggering, you know, a cascade of biochemical things that result in disease and symptoms. But, you know, you just don't see, have you ever had that before where someone where you went to treatment and you were getting emotional kind of help and, and therapies that way?

Jen ([37:43](#)):

Oh no. I feel like it was the complete opposite. Yeah. You know, they're, they're not doing anything to my mental health or if they are, you know, they lessen my physical effects. Like if, because I would say a normal question for doctors is, are you depressed? It's like, while I've been sick for a decade, so yeah. I'm depressed. Oh, well, these are the reasons you have physical symptoms is because you're depressed. Like, let me put you on an antidepressant. So it's like, you're addressing it, but you're not addressing what's actually happening. Right. Like it's actually a cause of the physical symptom. It's not because of the physical symptoms. So I would say it's the exact opposite. It's a hindrance whenever they bring it up, not like a helpful pathway.

Caspar ([38:22](#)):

Yeah. Again, it's, it's not a knock on conventional medicine when I try to bring this up because my father started off in conventional medicine. It's useful, it's necessary. It's a part of medicine is conventional medicine, but it's lacking in some areas. And one of the areas is, is mental health. I think you could, you know, agree on that. All of us are suffering from some sort of mental illness these days. Absolutely. And we're not doing much to address it and throwing pills at it. Ain't working, right.

Jen ([38:49](#)):

It's

Caspar ([38:49](#)):

Not working. You have to address it. And I think anyone that goes through any chronic disease, if a doctor isn't addressing that mental, psychological side, you're, you're missing out on part of the treatment. That's really, really important. And I think too many people overlook that. Now, when did you finish treatment? How long ago was that?

Jen ([39:09](#)):

November, 2017. So I just hit a little over four years. My Lymeaversary, November 9th.

Caspar ([39:16](#)):

Lymeaversary. I like that. Yeah.

Jen ([39:18](#)):

Yeah.

Caspar ([39:19](#)):

And since you got better, you know, what have you been doing? So you're not going through the intensive treatments anymore. You're doing some upkeep with us. I understand everything, but you know, what, what changed in your life? What have you been able to, to do now that your post-treatment let's say?

Jen ([39:36](#)):

I mean, what can I do is probably an easier question. Yeah. You know, I'm traveling more, I'm going out on weekends with friends, spending time with my family. I feel like my work, like at work, my performance is significantly better across the board. It's just, it's been an increase. I spend a lot less time on the couch, which is, you know, something that I absolutely am so grateful for. So what am I not doing? It's probably an easier way to answer that. It's been a complete 180.

Caspar ([40:09](#)):

And it's gotta feel like pretty interesting that not too long ago. Cause you look at four or five, six years, you, you didn't know if you'd make it past 33 and here you are in a totally different way. So, you know, that's something I always try to give to other people when they're trying to evaluate whether or not they should go through certain therapies or what it'll be like is to share these stories of like, this is what it can be like, cuz so many people I speak to say, if I could just get to 40% right. That would be amazing, cuz I'm at 5% and here you are, you're at like 85, 90 now and everything. Are you still taking the steps every day to go like better like 90? Do you wanna be at 99 or a hundred? Or are you like, Hey, this is good. You do?

Jen ([40:50](#)):

Do no. I mean, you know, am I expecting to be at a hundred percent? No I don't. If I get there, that's awesome. I try not to hold myself to like that standard just because I don't wanna have the let down. Right. Like I don't wanna have that over expectation. I just stay with what's consistent for me, you know,

taking my meds every day, making sure I'm eating really clean. You know, I'm trying to let things go. I'm trying to avoid any kind of like endocrine disruptors, you know, in my home cleaning products, you know, beauty products, things like that. Like, and I'm still working towards that. Right? Like trying to like go through your whole home again. You can't change your whole life in one day. It's it's a slow, but sure process, you know, it's like, I finally got rid of all my candles.

Jen ([41:34](#)):

It's like what a bummer. But you know, at some point you just have to like work through it. So those things are the most important. And if I get a hundred percent awesome, if not like 90%, 85%, like that's great. It's not three to 5%. Right? Like anything better than where I was is awesome. And I'll continue to feel like where I'm at and constantly getting better. But I feel like every birthday after 33 is just like this gift and you know, that's the way I'm choosing to approach it is that I feel like I'm almost on borrowed time, but it I'm slowly but surely switching to the realization and it's not borrowed time. And that I have fought so hard to get here. You know, y'all's office, Dr. Szulc, y'all's whole team there. They fought so hard to get here. My family, my friends have fought so hard to get me here. And I'm just so grateful that I'm just gonna continue doing the things consistently to make sure that I stay at this level.

Caspar ([42:30](#)):

Yeah. And it's beautiful cuz you wrote that you know, this, this year you had a word, an intention, I guess on your Lymeaversary. Right. And this year that word is movement. Yes. Could you go into that and why that's so important to you?

Jen ([42:43](#)):

Yeah. So every year I set like a word of intention for my, on my Lymeaversary. I go on a trip somewhere I've never been before and just set like an intention and you know, reflect on the past year. You know how this year went, things that worked for me, things that did not work for me health wise. And I try and build on that every year. So the second year was being grateful and I spent all of year two being grateful. Year three was joy. And I spent all of three year like really focusing on joy and each year I add onto the word. So I'm not letting that word go. Right. It's it's a building block and this year is movement. And I think most people think movement, oh, you're just gonna move, move your body. And like, yes, I'm finally back to a point where I feel like I can get into a gym and like really move my body on a regular basis without it completely collapsing. Like I had in previous times. So I've started doing that, but also movement and stagnant feelings, relationships that aren't working for me, relationships that I want to advance things at work that I want to advance. So it's not just about the movement of my body, but it's about the movement of my mind, my soul, like everything offer together and just propelling me forward to continue moving forward as a human.

Caspar ([44:02](#)):

Yeah. No it's that movement of energy. That is, that is life really? Yes. And, and it's the stagnation is death. We know that.

Jen ([44:10](#)):

Exactly.

Caspar ([44:11](#)):

That's, that's so many philosophies there, so that's really beautifully put. And Jen, as we wrap this up, I'd love for the audience like for you to bestow upon the audience, what were some of the best tips when you were going through things when you were, you know even at the beginning of, of your treatments, you know, conventionally based or going through this, what is some advice and tips you could give someone that is you, you know, 10 years going through it and not knowing and in the depths of despair, what would you tell them?

Jen ([44:39](#)):

Right. One, you are always gonna be your own best advocate. No one is going to fight harder for you than you. Luckily I had a mom that like fought just as hard for me as I did. And I'm so grateful for that. If you don't have someone in your corner like that, like make the commitment to yourself because your life is worth it. Try not to put a price tag on your life. I know that can be difficult, especially when you're not feeling well or you're just too sad to get up. Like I hear you, but your life is worth it. Like make a commitment to yourself and be your own best advocate. Two like try to find a way to laugh. Put on some funny shows, get on TikTok. There's a lot of funny stuff on TikTok, right? Like I know I try not to spend too much time on social media and it can be, you know, overwhelming, but like get you a for-you page.

Jen ([45:27](#)):

That's funny with some like dog videos and people laughing, joking, like find, find a way to laugh. And three, like really listen to your intuition. If you go to a doctor and it does not feel right to you go see another doctor. Like you can see as many doctors as you want until you find something that fits for you. That intuition that you have, it is real you're body will scream at you. You just have to be listening. It's, mine was never, it was sometimes quiet and the more I've listened to it, the louder it's gotten and it will literally scream at me if something does not feel right. So listen, listen to your body. It will tell you what's going on.

Caspar ([46:11](#)):

Amazing advice. Thank you. And any plans to go away anywhere soon that you're looking forward to?

Jen ([46:18](#)):

My mom's turning 60 this year, we're supposed to be going to Italy. Obviously what's going on in Europe may put some, some holds on that. But hopefully Italy this year. And I think I may hit for some hiking over the summertime. We'll see.

Caspar ([46:33](#)):

Very nice. Well, thank you again, Jen, best of luck. Hope you get over to Italy and enjoy that. And thank you for sharing this story. It's really empowering. I hope for yourself as well, but for others as well. I, I think that it'll be a wonderful kind of piece of hope that they could turn to when they're looking for more information about getting treatment. So for that, thank you.

Jen ([46:54](#)):

Yeah. Thanks so much for having me.