

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

One of the things I've heard in speaking with Lyme patient is, but I never got bit by a tick before. Another thing I've also heard that's a little bit upsetting is I was told that I'm just gonna have to live with Lyme. Today's guest experienced the first, but didn't accept the second part of that, and he's living his life right now, healthy and happy. He came to our center with crippling fatigue and nervous system dysfunction. Yet today, he's a father, a builder, and not just a Lyme survivor, but a Lyme thriver whose illness left him healthier than before. This is the story of life after Lyme with Matt Rutigliano. Matt, so nice of you to join us. Happy to have you.

Matt ([00:41](#)):

All right. Happy to be here.

Caspar ([00:42](#)):

Listen, we, we were just chatting right before we jumped into the intro, and you know, you, you brought up a, a number of things and, and I wanna address, you know, one at a time, because you were not of the type that knew you had Lyme right away, meaning you got bit and then you got sick. You didn't have a red bullseye. You didn't see a tick ever on you. So can you talk us through how did you get from not having any kind of indications living your life healthy to then understanding you had Lyme without ever seeing a tick?

Matt ([01:15](#)):

Yeah, so for me, I was in my late twenties working in the Hamptons building houses for the builder that I moved out here to work for. And I was, you know, young and energetic, always health conscious, always active in the gym. And I just recall all of a sudden not feeling my best, you know, getting tired, having some dep, you know, weird aches and pains in my back, you know, things that weren't normal. And then it started into some serious anxiety and some depression and those symptoms. And that's when I, you know, went to my doctor in the city, my family doctor, who we had a great relationship with. And I started scribbling notes down and I was like, Hey, doc, something's up. You know, I'm not feeling right. And I just need to, you know, like, what, what can I do about this?

Matt ([02:19](#)):

You know? And he is like, okay, let's check it out. What are you dealing with? And we did blood work and it, you know, that went on for, for a year at least. So it was just, there was, and I, you know, I just didn't, I didn't know. And that's when, you know, this is back, you know, 2008, 2009. So things have come a long way since then, you know, in terms of the community and everyone knowing a lot more about Lyme about things. But I sort of had to become my own advocate and my own sort of detective, you know, and started, you know, talking to different people and figuring things out, making my own notes. And ultimately did so many different blood tests, but still had no luck with, with my doctor until I started looking at things through a different lens and look, going to the alternative route and, and talking to some local people out here in the Hamptons who were more familiar with Lyme and, and things like that, and those sort of symptoms. So that was the beginning of it, where the, where I say like the, you know, the wheels started to come off the bus, you know, just I was, you know, just didn't know what, what to, you know, to really how to address it. So that was the scary part in the beginning.

Caspar ([03:33](#)):

Yeah, it's, it's interesting because when I speak to so many patients, you know, that have dealt with Lyme, so many don't know at all that they have it, of course, for years, you know, they get misdiagnosed sometimes. Juvenile arthritis, you know, rheumatoid, e everything, you know, could be chronic fatigues syndrome. And when you go to conventional doctors, they'll just go through the gambit of kind of taking guesses, put you on something, see what works, what doesn't. And line patients suffer for many years with that. They go up and down, of course, I don't know if you were on antibiotics, but when you go on them, you might feel a little better at first, and then you come back down after you get off or something because the bacteria and the co-infections really can kind of, you know, weight it out, wait those new bombs out and come back

Matt (04:18):

Up. For sure. I you know, when I stopped talking to my doctor in the city, he kind of gave up, and then I went to, I saw, went to see my landscape architect, and I saw become friendly with him, and he saw me and he's like, whoa, you know, you look horrible. And he is like, what's going on? You know? And I'm like, oh man, I'm so shot, you know, like this. I'm not, I'm tired. I'm, you know, I just don't feel right. He goes, Hey, lemme go. Let's go talk to my wife, you know? And she, she was a friend too, and she looked at me, she's like, you ever consider Lyme? You know mm-hmm. <Affirmative>. So and I said, no, and I've never, like, I never got bit by Atic. I don't, you know, and, but I was certainly in Uncleared Fields, you know, looking back at it, I, you know, I just did not do what I do now and have tick spray in the truck, or even check myself, you know, I was a city kid moving out here and just, you know, I was just running around and just, but I never found anything on me, but I just, you know, I didn't know enough back then.

Matt (05:18):

So she said to me, go back to your doctor and demand some doxycycline, you know? And I did that. And I like, just like you said, I felt immediately better. Yeah. So, and I, that's when I sort of started to dig my heels in a little bit, went back to my doctor in the city, said, no, let's test for Lyme. Let's test for this. But I probably, you know, when I first out of the gates and then I found someone else in the city, I probably took almost two years of oral antibiotics. And, you know, it worked until it didn't. And then I can't imagine what it did to my gut, you know, looking back at it and how it messed up my, my microbiome and you know, you know, candida, those sort of things. All things that it can lead to. Certainly, certainly happened, but, you know, ton,

Caspar (06:09):

It's still, it's still the go-to treatment. It is the golden standard. If you have a bacterial infection, which is Lyme disease, it is Borrelia, then that is what conventional medicine throws at you, and you do feel better. So you're like, oh, it's working. Right? There is hope in this. Yes, I'm getting better. And it's over. We are done with this. Wipe your hands clean and be like, move on, live on. And then it comes back. You're like, what the hell is that? Did your doctor, when it started to come back after you you know, took the doxycycline, the, the other antibiotics, was your doctor like, let's try something new? Or was he like, maybe it's in your head, or maybe it's something else. What, what was the response?

Matt (06:46):

Well, so my family practitioner never really, he, he gave me some doxy, but he was never convinced that it was Lyme, although I had all the symptoms and I had him written down. And I never got the proper diagnosis through the Western blot and through everything. So I kind of gave up with him. I found a specialist that was at a center in the city, and then we worked together. She gave me the longest

duration of antibiotics, but she was kind of threw her hands up after a while and said, Hey, this is, you've been on these for too long. Some of these symptoms are candida symptoms and there's bleeding over, I think we need to consider, you know, taking you off this. And, you know, I wasn't feeling, and we sent my blood to, you know, the lab in Palo Alto.

Matt (07:35):

Mm-Hmm. <affirmative> iGen X, or I think that's, you know, and I had a few bands, but not enough for the insurance company, my insurance company to call it Lyme. Hmm. So I even went back to her and I was like, I'm not getting better. I'm panicking. Can we do, you know, what, what does it cost out of pocket to do the IV antibiotics? You know? And she's like, no, that's crazy. Hasn't like a thousand dollars a day, you know? And then that's sort of where I stopped with her. And, you know, started looking at some more local you know, options here in the Hamptons and doing some more alternative stuff. But I was certainly, you know, I was hitting dead ends for sure at, you know, after seeing a few people in the city and then, you know, trying to figure it out through other, other routes.

Caspar (08:30):

Yeah. Most Lyme patients, they go through that, right? They navigate from their general practitioner to a specialist. They, they go through the antibiotics, then a little bit of alternative medicine. And all the time you're just becoming more and more jaded it seems like. Cuz you're like, what's gonna work here? It's been a couple years now, probably in your case as well. And you start to down

Matt (08:49):

Whether

Caspar (08:49):

Anyone can help you.

Matt (08:51):

It was probably five years in by that point. Mm-Hmm. And you know, you keep trying new things and you start scouring the internet and looking for, for options and, you know, and that's a rabbit hole for sure. And you look, you find things, you're like, you know, I look at all the symptoms, oh, I have that, I have that, I have that. You know, that's me. Oh my God, let me, but then you also try and think, you know, you find some good colloidal silver or you find you know, other, other blogs that recommend certain things that work for them. So you, so you try, some things work great, but you know, once as you get, and it's funny because when I started this, I was younger, so I was still very social in my life mm-hmm. <Affirmative>. But one of the things, you know, you kind of coin your own terms as, as you go through it.

Matt (09:42):

And I, I, you know, I talk to my parents and my family and say, you know, I always just say to 'em, you know, the longer it takes, the more serious you get at trying to get better. Because, you know, I was still in my late twenties and I, I had a lot of friends and, you know, people would be going out on the weekends and, you know, hanging out and, and drinking and, you know, socially. And so I would, I, you know, tighten up my diet, stop the sugar. Not that I ever really was a big sugar person, but, you know, you, you, you know, you read and say sugar's not good for inflammation, then dairy and gluten, all those

things. And then alcohol of course is part of that. And, you know, so then I said to myself, okay, well I'll just drink one night a week.

Matt ([10:27](#)):

You know, I, and then so you try that and that, you know, and then you, you get so hungover, you know, any sort of alcohol you have, it just explodes and, and any of the bacteria will feed off any of that bad stuff. So, you know, that didn't work, you know, and then you said like, okay, I'm gonna, I'm gonna try and hang out with all my friends and not drink or not, you know, try to be social. And then I decided that didn't work. So then you gotta dig a little hole and you gotta hide from everybody. Yeah. You know, and then you're still trying to live your life and work. And, you know, for me, I had started my business at that point and I was fighting through it. And stress is, is another killer, which probably is my weakest my weakest link, you know, through all this. But you know, it's just, it's just a battle the whole way through and you gotta kind of work through it and figure out what's working and what's not working and keep trying.

Caspar ([11:20](#)):

Yeah. This is the part of like, that I hate when people like, you gotta live with Lyme because as you mentioned, you are a young guy that robbed you of, you know, what most young kids do. Go out, drink, party late, do those things. It's not healthy, don't get me wrong. But it is the social construct. And even one night a week, I would say in a healthy person is not a bad thing in your twenties, you know, don't do it into your forties and fifties and keep partying and like, drink, eat, probably can't, you know, anyway. But I know so many people that say they were kind of robbed of those things, that their twenties weren't really there cuz they had to live with Lyme disease. And that's the part that really kind of me off when there are other doctors and, you know, these organizations that are like, you're just gonna have to live with it and that has to be your life moving forward. I don't think that is a, a truthful statement. I do think everyone's different. But can you talk about what you even explained to me, what you mentioned to me that you met someone, right? Then you told them you had Lyme and they kind of gave you a response of, well, you may have to live with it. Like, can, can you

Matt ([12:23](#)):

Go through? Yeah. One of the first, right when I figured out it was Lyme, I saw my old boss and, and, and his girlfriend. We were at my favorite restaurant, one of my favorite restaurants out here. They used to go to on on Fridays. And you know, we, I ran into them and they're like, Hey, what's going on with you? I heard you not feeling well, blah, blah, blah. I'm like, yeah, I figured out it's Lyme and maybe some co-infections or whatever. And, and his girlfriend looked at me, she goes, oh, I have Lyme, or I had Lyme. She goes, you'll never, you'll never be the same, you know, going forward. And I just, you know, I was just like, what? No way. You know, like I, and that was right outta the gates and I thought that was crazy. And I was saying, no, I'm not.

Matt ([13:02](#)):

I'm gonna, I'm gonna figure it out. I'm gonna beat it, you know, I'm gonna, I'm gonna get through it. You know, and that's just me my initial reaction. But as things took longer and longer and longer and dead end after dead end and crossroad after crossroad, you know, you think at some, at your low points that maybe that she was right. You know, and then you, like I said, you, you know, you kinda, and one thing I've learned after hitting some tough periods and, you know, and even talking to some other friends of friends that have called me for advice and things like that. And what I said to this one guy was, you

know, every day it's a battle, you know? And you have your ups and downs. And then when you put, when you hit your bad days, some, it's okay to say, alright, you won.

Matt ([13:52](#)):

I need to sleep. I gotta, I gotta take a nap. I gotta, you know, regroup. And, and that's okay. You know, like you, you just accept, you know, the bad days when they come and, you know, learn from them. Figure out what you know, listen to your body, see what your body's telling you. You know, make some mental notes. What did you know? What did you eat? What did you drink? All sorts of things that could potentially affect you. You know, did you take too many antibacterial things or any, I mean, is it a hurts reaction? Is this, is it that, you know, and then you start to learn about the body's systems and what are the things that can help you feel better? And, you know, you know, getting your, your detoxing at, at the levels that they, they should be.

Matt ([14:35](#)):

And these are all the things I've learned before. I ultimately found you guys in Huntington. So, you know, I came in there, you know, guns blazing, you know, knowing a lot of things and finding a lot of things. But I was doing so many of the things that you guys are doing there, you know, not to the level level of what you're doing it, but I was seeing four or five different people. And to be able to come to Huntington and have it all under one roof really just puts you at ease and feel, you feel like you're in, in good hands, you know? And you don't, you have to worry less. And that takes, you know, that's a big, a big win.

Caspar ([15:11](#)):

Yeah. So complex chronic disease. What I've seen is that it, it forces you to become a very good student of yourself because no one else is going to truly help you as much as you are. Like you said, you have to become your greatest advocate. And in doing so, you have to become your greatest supporter and also student, and kind of study everything that happens to you. And like you said, there are so many things out there and I appreciate people sharing their experiences, but I also understand that you can't follow in those footsteps perfectly and expect the same response as that person. Cuz we're all unique, we're all different. Sure. And I think that's one of the things we, we, you know, my, what my father built with putting everything under one roof, personalizing, it was never meant to be a line type of thing.

Caspar ([15:57](#)):

It's become, we've attracted a lot of line patients because it's an amazing complex expression that everyone will need unique tools to get out of and to actually heal from. But you going in there already, being a great student of yourself, being your own advocate, probably had a leg up. I would imagine you're thinking, I'm coming in here, but what was that experience like after so many years being a student, finding a center like ours where there are so many different options and we kind of go very, very personalized and, and try and get you to heal and go beyond just killing bacteria and co-infections. What, what was the experience like coming into that where you, Hey, this is the spot, or were you skeptical? What, what, where was, where's your mindset walking into the clinic?

Matt ([16:42](#)):

No, and I've, I've learned to be very open-minded. And that, you know, I came in through a referral of a close friend who's also out here in the Hamptons. And her son was going to you guys prior to me starting, and I was building a crazy house and I had to get through that project before I could come in. So

I worked through it and I came in with a complete open mind. But having some, you know, knowledge of what you guys do there, especially by looking at the website and seeing some of the things that I was doing on my own, but seeing 'em all, all there. So, but it was of course quite interesting, you know, and mind blowing to see how, you know, the initial phases where you come in, you meet you, you know, you drop, you do the blood, drop it off on, on the slides, you know, and then you, you, you hear back with the first report and, you know, I expected you guys to find a lot of things.

Matt ([17:43](#)):

I didn't think you'd find as much as you did <laugh>, but that's just the way it goes. And, you know, I always knew heavy metals would, would, would be in the max and Lyme. And you know, when you get to a chronic illness level, I knew at that point that it becomes a party. You know, it's for, for bad things to happen once you get to a certain level, you know, Lyme, I always say to some people, Lyme gets a bad name because it's the label for every, for complete dysfunction. But it's not just Lyme, you know, it's co-infections. It's, it's your viral loads, it's Epstein bar, it's heavy metals. It's, there's so many different things that are always there. And, you know, you have to attack them all and you know, do it in a sequence. You know, your body always prioritizes what, what that is.

Matt ([18:32](#)):

But you know, you have to go get the bad things, get the bad guys, but you also have to be able to, to flush out everything that you're trying to eradicate. So it's, you know, and that's how I, I've always associated the body to almost like a house, you know, and that's what I do. I'm a home builder. Mm-Hmm. <Affirmative>, but, you know, it's systems, you know, and I know, and I correlated it to, you know, like you know, in a house you have the waistlines and everything gets pumped out that way. And then there's the heat systems, which is, which is a pump. It's like a circulatory system in the body. And, you know, so that was like, okay, so if this has to work this way, that has to work that way. So I'm gonna, I'm gonna buy a rebounder and I'm gonna jump up and down on the rebounder.

Matt ([19:13](#)):

I'm gonna get my lymph going cause I gotta get the weight going. You gotta move. You know, and that's another thing I learned is that you gotta keep moving, you know, you gotta get your body in motion and you gotta, you know, keep things fluid if you want, you know, to, to feel your best, even if you feel like crap to, to, to push through, you know? So, so much of it's mental toughness and so much of it's, you know, talking to yourself and saying, okay, this is happening. Let's, let's try something else, or, or, that didn't work. So, you know, you just gotta keep, keep at it and work through those issues.

Caspar ([19:49](#)):

One of the tougher things I've noticed for any patient that comes to this sort of medicine is the fact that you gotta take responsibility. Like you said, you gotta take those actions even when you feel like, you know? And that, that's when it really matters. It's like people, people always talk about, well it's nice that, you know, billionaires give charity, it really matters when you don't have much to give something. Right? That's when it really counts. When you got billions of dollars, you're just doing it.

Matt ([20:11](#)):

Protect Yes. Is the bad days, you know, is when you gotta catch yourself. Yeah.

Caspar ([20:14](#)):

Yeah. Yeah. That, that's the analogy I like to give because people like, when I get better, I'll start moving again. I'll do that. And it is not, it is to say you need to respect your body and the need to rest, right? You don't wanna push through anything and actually put yourself in a major stress Right. Environment. But you have to be taking certain actions on a daily basis, even when you don't feel like it, to get yourself back to health. And I think that's where a lot of people may falter when you speak with patients. And I know you speak with Lyme, people that reach out to you now, I'm sure, and, you know, ask you what you did and everything. Like what's your message to them because you're on the other side now. You went through the treatment, you knew it wasn't easy. Took years for you to get to where you are. What is your message to people that may just be finding out, Hey, I have Lyme disease.

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

So, you know, I've coined my own term and people ask, you know, how did you, how did you do it? Or what, you know, my baseline was always rock solid. I never wanted to give up, I never wanted to let, what I say to people is, you know, I never wanted to let what was holding me back to find me. So I knew at the end of the day that I was not gonna give up. And that my baseline, my, you know, my life force, even when I did the biofeedback at the center, I, you know, I just said, you know, I'm, I'm okay. I'm gonna get through this. I'm, I'm not gonna give up. I am, you know, I've been given an amazing life by my parents and my family. I'm good at my job, you know, I have great friends and I am not, I wanna reach my potential as a person.

Matt ([21:59](#)):

So I just n I just even, I just knew that I was just gonna, I was gonna figure it out and I just wasn't gonna give up. So that was always at the very bottom. And what motivated me to, to keep going and, and to, you know, work through, work through my issues. So, you know, I start there and then I talk to everyone and just say that it's a battle that it takes time. You have your ups and downs. And I also say, you know, you're, everyone's working and thinking that the lights are going be turned back on and it's gonna be like that, you know? Mm-Hmm. And it's, and it's not, it's gradual, you know? And you, you slowly get there and you know, you get a little bit better. And a lot of times it's the people in your life around you that notice it more than you do.

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

Cuz then you just kind of, kind of start doing more things. You're off the couch. And, and you know, I was talking to someone I met in the center who I became friends with, and he was up from Texas for six weeks or something. And then towards the end of his stay, you know, he went to the city and saw a Broadway show, you know, and he was like, eh, whatever, you know, and, and his, and he said he was talking to his wife and I was like, you went to a Broadway show, like, you're obviously doing better. He was like, whatcha talking about, you know, it's the people around you that, that notice it more than you do. Cause you're just kind of always in your, your own head. So I, I say that and I just you know, and just say it's, it's a battle. And you take the good with the bad and you, you become, you know, just, you know, be your own, your own detective figure, figure it out and just be in tune with your body. Listen to it. And you know, and just, and just keep at it until, until you get there.

Caspar ([23:40](#)):

Healing is a game of patience. And it's, it's a game of inches, right? And you don't notice the inches. If you look at that day by day, you're like one inch, maybe an inch back, maybe this, you look at it month by month, that is feet. You look at by years, it's miles. Right? And, and that's the difference that you're



talking about. It's one of the reasons I, I usually recommend people just, you know, journal and just give yourself a score, whatever you want to be. You could do multiple, like what my sleep was like a five today. My energies is a six, you know, overall I'm a seven. Because when you do that, mo most people that look back on it, it's like, oh, I was like a three, two months ago and now I'm at a five, which isn't great. I guess if, if you're looking at tens everywhere, you think everyone's a 10, by the way.

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

No one's a 10. But you put yourself in that realm of, like, most people, I, I still don't have this and this. Right? I don't have full foot like energy yet. I still don't sleep perfectly yet. Yeah. But you weren't even sleeping six months ago. Right? You couldn't even get out of bed. You were barely moving. You had pain all over your body. So, you know, you gotta celebrate small wins in healing. And I, I love that attitude of just like, never give up. You're going to fall back sometimes, but celebrate the small wins and see something like going into the city and seeing a play is like, wow, that is an accomplishment because

Matt ([25:00](#)):

Yeah, no, it sure is.

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

You do it not long ago.

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

Yep. And, you know, I found a couple of videos on YouTube that I would watch to help me motivate. You know, there was a good term on, on that, and I always, you know, thought about it as mental toughness. So, you know, one of the videos, it says, you train your mind and your body will follow. So I always knew that I just gotta stay mentally tough and, you know, that will help me, help me push through. And then I would just, you know, keep trying new things and try to stay active and try to keep my stress levels down. And you know, and then luckily it all came together when I, you know, got to the center and we, when we did everything and, and, and, and worked through it and obviously all my issues were nervous system related for the most part.

Matt ([25:47](#)):

So we did a lot of N A D at the end, and that was super helpful. And then, you know, when I was done, you know, like everyone else was like, okay, so how long is it gonna take for me to kill my as again? You know? And then, you know, it's everyone's different of course, you know, and it's, it's stress levels and the, your life and the things that you do will, will affect that. But, but you know, it took me a little bit longer, but than, than some other people. But that's okay. And I continue to come in. I come in once a year at least. I try to make it twice, but I want to make sure that I'm detoxing, that I'm checking my viral loads, that I'm working through any heavy metals. You know, I'm certainly exposed to a lot of things on the job site where, you know, I had to do six rounds of, of chelation you know, the pet over the past couple weeks. You know, I'm obsessed with ozone as a treatment, and you guys have a new machine there, which is pretty exciting.

Caspar ([26:43](#)):

Have you tried out the E B O? Have

Matt ([26:45](#)):



They? I'm about to. I was, I've been trying, that's, I came in to use it, but I had, you know, all the chelation to do. Yeah. And the detoxing tube, because I was doing a ton of ozone prior to coming in, and that's what, you know, kept me going. I found someone locally and, and water mill here in the Hamptons, and I would see her once a week and I would go and, and do a couple passes. And that, you know, helped keep me going. And, you know, I, I did a lot of biomagnetism through someone I met locally. He's a doctor that works in the city do Morrison Center, but he treats people yeah. In New Jersey where he is from. So he's the first person to introduce me to Ozone and talk a lot about heavy metal. So, you know, I hit it up, we've become good friends and, you know, so I had all these sort of tools and ideas and things I were doing, and until I got to you guys and then everything was just happening in one spot.

Matt ([27:40](#)):

So, you know, that was just such a relief. And you know, it's funny, like you talk about the gradual progress and as you gradually get better, you start worrying less and you start looking you know, less on the internet for supplements and for things, and you start getting into your hobbies again. You start listening to music and you start doing other things and you, it's a slow progression. And then you, then you're like, wait a second. I'm not even, because it was just panic for so long where, you know, and I had really bad anxiety and depression and I was always taking a lot of GABA and trying CBDs and stuff to just take the edge off so I can get through my workday and accomplish things. Then, you know, you just kind of stop taking that stuff. You're like, wait, second <laugh>. So no, that's, that's all part of it.

Caspar ([28:27](#)):

As, as gradually as you heal is the same, gradually as you exit some of those things when you're in that stress state, right. Those extra little pieces, those checking the forums all the time. I hear that about a lot of line patients. Like they get really addicted to the forums. And sometimes it could turn into, say, a little bit of a pity party where everyone's like, oh, I got Lyme. It's this, oh, you're gonna have to live with it. You just support each other around that. Right. And you, you become Lyme disease, not, you know, Mike not cat. And, and it just becomes this whole thing. But that's where I hear some patients, like, I knew I was really better when I stopped going on there. I didn't need to. Right.

Matt ([29:04](#)):

And that makes, yeah, and that makes sense. And I, you know, I never went down that, you know, I never went in that direction. I, I, you know, I would find people especially out here and I find people who had success and then you trade notes, like, you know, you come like a nerd, you know, like, Hey, what did you do? You know, and I'm like very into this stuff and, and I, I also realized that I'm good at biology and good, you know, I, I'm, I'm, I have a physics sp brainin when it comes to building a home and heat transfer and heating house and efficiency and insulation and all those things. But then I figured out like, wow, you know, like I kind of get this stuff, stuff. So, and then you find smart people, you know, and then you, you become friendly with them and say, Hey, what do you think about this?

Matt ([29:46](#)):

What do you think about that? And then you kinda geek out on stuff and say, oh, that makes sense. Lemme try it. You know? Then some things work, some things don't, but, you know, you really learn a lot. And, you know, it's, I've turned it into a hobby, you know, like I said in some of my intro stuff that I sent over is that I've, I love, you know, wellness now I love, you know, the anti-aging type stuff because that's sort of where it leads you and you learn so much and you wanna do what your body wants you to do. And you know, eat, live a cleaner lifestyle, put better things into your body, take the right

supplements, you know, stay active, you know, and keep stress levels down. Keep your mind clear, you know? So all those sort of things. So I, you know, it's exciting for me.

Caspar ([30:31](#)):

Yeah, it's interesting. I think we originally met right after I was on Dave Asbury, right. Biohacking and, and we, yeah, we kind of talked a little bit about that years ago, and I know you're into it now. And that's the interesting part I've seen is like, patients gotta worry about just getting to a baseline of okay. Of like, I could just go on and I'm not sick, sick. But then you start to be like, okay, let me keep optimizing. Let me move it over. And that's where I do find biohacking is amazing. It's this optimization of the human biology to be your best. So I know you've been biohack, like, you're into that and everything. What are some of your best biohack like biohacking secrets now that you're healthy and able to do them

Matt ([31:10](#)):

Well? Yeah, I you know, I haven't been watching or listening to his podcast as of late, you know, and I get into like, get streaky with it. But for sure, I, I intermittent fast every day, six days a week. So if I'm working, I usually work Saturdays I, I will make a Bulletproof coffee in the morning, but of course, I, I now u use Bones coffee, which is Yep. Yes. The N Y c Im, we approved, approved coffee. I brought in no molds. I brought in a Dave Aspen coffee that was mineralized his danger coffee. And then Aaron swatted that very quickly. So I switched it over to Bones. So I, I make that with the brain Octane oil and the butter use some collagen protein. So it's, I don't know if that's a necessarily perfect fast if you're putting the protein in and you gotta read certain things, but at the end of the day, it's a reduced win eating window.

Matt ([32:11](#)):

Yeah. So I will definitely skip breakfast and have a late lunch, if at all. Mm-Hmm. <affirmative>, if, you know, and depending on how hungry I am or where I am in, in that day. So that's definitely one main thing that I do. And I don't do that seven days a week. I do at six, so on, you know, on Sunday, you know, cause you do wanna eat more than, than not. It's not good to do every day. Yeah. So, so I'll do that. You know, the other is, you know, some of the supplements like Nain, like, which is one of your guys' you know, products, which is just amazing. So doing, doing the N A D stuff for, for longevity the Sperming is another product Yeah. That you guys also have. And I've, you know, listened to a ton of podcasts about that.

Matt ([32:59](#)):

You know, David Sinclair is one of the longevity experts out there, so I bought his book and I, I geeked out on that for a while resveratrol. And so, you know, I have like, you know, and then a few other supplements and the, you know, I tend to, to get a little too far into it. So I, you know, the more I come in, the better it is because I'll come in with a whole bunch of stuff and then <laugh>, it's, it's a little too much. So I gotta reign myself in at times. But, you know, I, you know, I find the good brands of stuff and, you know, then you guys like, and then if I find something new or I, I'm onto something new, I'll, I'll bring it in. You know, and then, you know, mineral supplementation too is, is pretty exciting. A lot of people are talking about it. So the Quicksilver mm-hmm. <Affirmative> hypertonic, I think it's called. So I'll, I'll, I'll do that. And, and try that stuff out. So that's really kind of where I'm at right now.

Caspar ([33:55](#)):

It's always amazing to hear patients that were like, you know, one point suffering, like, didn't know of anything about this, and now here you are like healthy doing this. Do you ever look back and be like, you know, that I, I got Lyme disease for a reason and, and, and I blessed that I went through this. Do you do that?

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

I do. And I, I was never, you know, if I talked to my parents a lot about it and, you know, my, my wife and, you know, I never was mad that I got Lyme, you know, like, and I, and I look back at it and I'm like, I lost my thirties to, to Lyme, you know? But I'm so much better for it, you know? And I just wanted to, to get through it as quickly as possible, you know? And I never, I never was gonna give up. And you know, I never had a big chip on my shoulder and was like, poor me. I, you know, cuz I also was just, like I said before, I feel blessed that I am who I am, and I wanted to, to achieve the success that I always intended on doing. It just took longer than I had.

Matt ([34:59](#)):

I had hoped, but without question, I am, I am better for it. I know so much about health and wellness and I'm able to help a lot of people and talk to a lot of people about it. So, you know yeah, of course you come through everything e every challenging situation better than before, you know, and those are the, the, the, you know, being uncomfortable and being in tough situations is what defines you as a person, you know, at the end of the day. So you gotta, you know, look at it that way, you know, I don't look at at, at it and say, oh, you know, I'm happy I got it <laugh>. You know, like, I don't know who I, or where I'd be if, if I didn't. But no, I'm, I'm, I'm, I'm good. I'm, I'm, you know, I'm proud of my efforts, you know, I feel, it's funny, I, I just talked to someone the other day who was a Lyme guy, and I feel battle tested.

Matt ([35:59](#)):

I feel like I can handle anything, you know? And I don't get upset, you know, where most people are like, oh, well, you know, like, you've just kind of been through it. So you just say, okay, that, you know, and that's a, that's a huge lesson in life to be able to remain calm and, and the tough times and say that's also being a builder where things go wrong a lot of, a lot of the days. But more so on a personal level. Like, you know, when you cross something that tough, you know, you, you're, you're ready, you're ready to go, and you're gonna sit, you're gonna, you know, dig your heels in and remain calm and, and you know, collect the details and then, and then, and then attack. So it's yeah, I'm, you know, I'm for sure a better, a better person for it on many levels,

Caspar ([36:43](#)):

The challenges and hardships of disease re really do make you prepared for, you know, whatever may come in the future and make you a stronger person. I feel like today we try and run away from everything. You know, you could have kept taking the antibiotics, done the easy route almost, and said, all right, I'm just gonna live with this. I'll get a little worse sometimes I'll keep popping pills all the time and whatever symptom comes up, my doctor will gimme something for it, and that'll be the end of it. Right? But you said, no, I'm gonna beat this. I'm going to win. I'm gonna come out stronger. And you did, and yes, you sacrificed your thirties, but I think now you're looking at forties, fifties, sixties, seventies, eighties, right. Are gonna be better and better. I mean, you're gonna look

Matt ([37:25](#)):

To go onto hundred. I always exactly. I, with my, you know, my, my family, my brothers, you know, and I watch them eat what they eat and drink what they drank, <laugh>, you know, so we, we tease each other. But you know, it's funny, I look back and I also tell people, you know, after I had my initial struggle and if I didn't find the local alternative doctor here, you know, who we're still close with you know, and he's the first person that told me I had Lyme, but it wasn't just Lyme, you know he did a lot of kinesiology on me and said, there's, there's other things happening. I don't know where I'd be, cause I would've listened to my family doctor and I would've said, I'm, you know, it's in my head. Get on an antidepressant, you know, get on something, you know.

Matt ([38:11](#)):

And what I also learned from him is that, you know, a lot of western medicine treats symptoms and not the problem. Mm-Hmm. <Affirmative>, you know, and that's, that's a big thing to realize because like, okay, what's your symptom about, let me give you this. I'm like, well, that's not really gonna do it. You know, it's not gonna like fix the problem. So I learned that, but I, you know, I just, if I didn't find, you know, the doctor out here, I, I tell people I'd probably be on my parents' couch, you know? Mm-Hmm. <Affirmative>, look at my wounds and you know, just li living with it and accepting my feet of, of being Lyme. But, you know, I just, I, you know, I didn't go in that direction luckily. And I was able to kind of pinball around and, and, and fly my way.

Matt ([38:52](#)):

But, you know, and a lot of this treatment and all these things that you do, you know, costs a lot of money and they take time. They take resources, you know, and there's, I also thought about that along the way and I thought about how many people can't do that, you know, and don't have that opportunity. So I also felt blessed about that, and I felt motivated. That motivated me also to kind of work through it, you know? And I thought about people in, in distressed areas that are had, that have Lyme or have Lyme, and they have no idea what it is, and their doctors have no idea what it is. And then, you know, it turns it, you know, it's all an expression at the end of the day for what you're, for who you are genetically. And it'll lead to something that you can't fix, right?

Matt ([39:37](#)):

It could be, it'll turn into cancer or it could turn into Parkinson's. I think for me, genetically, it'll be Parkinson's. Mm-Hmm. <Affirmative>. And I met the Biomagnetic doctor initially and he did his first skin on me. He's like, how are you even walking around? Or, you know, let alone building like three houses. He's like, you know, he's like, you're on your way to something you can't fix. And I'm like, whatcha you talking about? You know? And, but when you know, you start realizing that and, you know that just motivated me more to kind of just keep, to keep at it and keep figuring it out because, you know, I was always felt blessed at the, at the end of the day, so,

Caspar ([40:13](#)):

And Matt, you are a warrior, a survivor, and a thriver. I mean, that, that's what it takes, you know, to, to win over a disease like this. Especially one that so many as you heard, you know, tell you you gotta live with, you have to have that mentality that you're gonna beat it. So, you know, thank you so much for sharing that because it is the mentality. So many people need these days to overcome what most of society is dealing with chronic disease. So thank you. Do you have any like, final messages for anyone out there suffering from Lyme right

Matt ([40:44](#)):

Now? No, that's, that's it. I think I covered it. But you know, like I said with my little coin term is just don't let what holds you back define you and, you know, and just push on through and, you know, if you have a bad day, you know, chalk it up and say, okay, you win. I'm gonna get some rest and I'm gonna, you know, come back again tomorrow and, and keep at it until you figure it out because you know, like you said, you'll, you'll become a better person after the fact cause you learn so much and then you can help you know, the people around you. And that's always nice too.

Caspar ([41:17](#)):

So it's an amazing message. And then thank you for sharing it and I hope today is an amazing day. It looks like it's sunny in New York. I could see it shine it through on you. Yeah, it, so that's

Matt ([41:25](#)):

A good thing, right? It's nice. It's a nice spring day. So

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

It's a beautiful spring day out there. So enjoy. And thank you again for sharing your

Matt ([41:31](#)):

Message. Yeah, no problem

Caspar ([41:33](#)):

Is Lyme is a tricky disease to beat. But if you don't you know, if you don't let it become chronic and you don't give up, you can absolutely beat it. And life can even become greater on the other side of illness. So until next time, continue writing your own healing story.