

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

Everyone's health journey is different, and those experiences and the complexity of chronic diseases like Lyme disease and endometriosis can bring up immense challenges. Embracing a holistic, personalized approach to wellness, our guest today has healed from both and went on to become a wellness coach, personal trainer and yoga teacher. She's committed to providing accessible wellness plans that blend fitness, functional nutrition, and mindfulness for individuals seeking a healthier lifestyle. This is the Story of Reclaiming Your Health with Kim Strother. Kim, so nice to have you on.

Kim Strother ([00:34](#)):

Thank you for having me. I'm excited to be here and chat with you.

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

And, and I wanna kind of like correct myself almost in that intro 'cause we said healed from, and we were just talking, right? Is anyone truly healed from anything? And are we always healing? Is it your kind of understanding now that you've been through chronic disease, that you will always be on a healing journey?

Kim Strother ([00:58](#)):

Absolutely. Yeah. Always on this healing journey, and I take it day by day, and there are good days and there are bad days, and very much have learned that healing is not a linear path and that, you know, it is a life's work and mission. And that is why I am so, you know, have my routine of the way that I eat and the things that I do physically. Meditation. I have all of these rituals and routines that I do to keep me feeling as best as I possibly can throughout this journey. And I know it will. It is a lifestyle at this point, and it will carry me through.

Caspar ([01:43](#)):

Well, that's where I wanna kind of like hit a lot on today. You're doing amazing work in the health and wellness space, but I want to bring that truthful aspect that, you know, disease can happen to anyone regardless in a sense. It's not this sort of, oh, I was in a, a terrible state and then that's why it happened. Or, you know, it, it, it's just something that happens to everyone also. That's not a truthful statement, but if we could go back to 2013 for you, where this sort of started and you could kind of break down where you started to find these issues with your health and, and what that journey was like when it started.

Kim Strother ([02:16](#)):

Yeah, absolutely. You know, 2013, I, I was at my worst. I was having chronic sinus infections and upper respiratory infections, terrible ringing in my ears. Fatigue. That was, I mean, and as you and I said earlier, sleeping 11, 12 hours and still feeling exhausted, my eyes would be swollen. I was having terrible GI issues. My stomach, I looked like I swallowed a basketball. I was having rashes up my side. I was also being pumped with antibiotics and steroids. Mm-Hmm. <Affirmative>, I was, you know, chasing all these symptoms. I was also having migraines and seeing a neurologist for that. And certainly every ENT I saw was, I mean, I was truly on antibiotics once a month and steroid injections and, and you know, a, a taper prednisone pills as well. And so then I had candida, so I was also dealing with those issues and was really chasing this, this vicious cycle and, and going to multiple doctors.

Kim Strother ([03:25](#)):

And yet no one was really talking to each other. Like my general care wasn't talking to my neurologist, it was talking to my ENT. So I was kind of seeking out all of these symptoms separately. Yeah. And, and granted my white blood cell count was really low, and I had doctors tell me they thought that I had leukemia. Do, I had plenty of doctors tell me that I was crazy and it was in my head and I needed to go on antidepressants. And when that was said, I would often cry. Yeah. And cry out of frustration more than I was crying out of depression. And, and then of course they were like, see, you need to go. You're depressed and you need to go on anti or antidepressants. And I will say at one point during this journey I did, I went on Wellbutrin for six months and it helped, you know, cut the, the desperation that I was living with because I, I truly was like, I can't live like this.

Kim Strother ([04:21](#)):

It was awful. I, you know, was a very healthy person. I was doing triathlons, I was personal training, I was fitness modeling at the time and was doing back flips in magazines. And like, I was supposed to be this picture of health. And quietly on the inside, I, I felt like dying. Like it was so awful and so hard. And so I will say the Wellbutrin helped Mm-Hmm. <Affirmative> with like that piece. But I was still sick. And after six months of being on it and feeling like it, it certainly numbed my, my personality <laugh>. I was like, okay, like I'm still sick. I, it maybe I'm a little happier or less stressed about what's going on. I, I did wean myself off of the Wellbutrin and very much had this mission to figure out what was wrong with me. I will say I opened many credit cards and saw many doctors that didn't take insurance because I just knew, I knew I wasn't crazy.

Kim Strother ([05:17](#)):

I knew there was something wrong with me, and I knew there had to be an answer, and I was hell bent on finding it. So when I finally got diagnosed with Lyme, I remember, I, I felt like it was this huge relief, like, wow, I'm not crazy. I have Lyme disease. Granted, yes, I had like crazy candida issues as well from all the antibiotics, but then I was put on more antibiotics for nine months. Okay. Which really didn't help. And, but I realized quickly with that Lyme disease diagnosis, like, I thought, wow. Like, okay, I have Lyme, you know, there's a diagnosis and there's a treatment and there's a cure, and I'm going to feel better. And I quickly realized that wasn't necessarily true. That, you know, healing from Lyme is so different for everyone that you know. And I truly believe I had it.

Kim Strother ([06:06](#)):

I was hospitalized as a kid. I, we had a, a Christmas tree farm, so we had ticks on us all the time. You know, my father had Lyme at one point, so, and I was hospitalized for two weeks as a kid, and I did have bouts of fatigue in high school and college. And as I got older and bringing us back to 2013, it was just a multitude of symptoms that were, you know, finally catching up with each other and then all really being present at once. And so getting to that place, and, you know, again, feeling like I had this answer with Lyme was, I mean, it was helpful in that I knew I wasn't, I knew I wasn't crazy. And again, I had enough doctors say to me that I was, and so it was nice to feel like, wow. Like, okay, I'm not insane.

Kim Strother ([06:51](#)):

I didn't make this up. I didn't cause this illness myself. And, and then started really on a whole new life in healing from Lyme. And that's, and currently where I am today. And I, you know, credit a lot of those changes to feeling better and being able to maintain feeling well. And, and like you and I spoke before too, like, I've currently had some things happen that I, I have been feeling off and have, you know, been feeling more tired than I would like to be. And I, and like we said, it's, it's kind of this never ending

process. It's a, it's a life's journey of healing when you have chronic illness. But I do still, even in the moments where I don't feel well, I, like, I always come back to my nutrition. I always come back to my meditation. I, you know, it give that, those are the things that give me hope. And I have to constantly remind myself that this is just a window in time and that I will get through this. And it was also so much worse in 2013 that, you know, I, I'm grateful even on the days I don't feel well of that, I still feel better than I did thanks to the things I implement in my life every single day.

Caspar ([08:11](#)):

You know, Kim, when I listen to that, I, I hear of course your own personal story, but I hear so many Lyme disease patient stories, and I will say like, Lyme journey is, is this one of education and truly understanding a lot of things that you wouldn't unless you actually went through it. Yeah. That idea of going to so many doctors who are the experts who know what they're talking about, who you should listen to, and then telling you it's in your head, right? Mm-Hmm. <Affirmative> and just being like, wow, this is just painful to hear that. Yeah. I've heard that from so many people. And it is such a, a frustrating thing for so many patients to be like, I know something's wrong. You know? Yeah. I know this isn't in my head, I was a healthy person. This isn't normal. And yet it's, it's sort of, you go from doctor to doctor to doctor, and you get so desperate sometimes I hear from these Lyme patients. Yeah. And, and it, it really makes you take things into your own hands. You have to become absolutely. Become your own best advocate. And the journey then is, how do I do that? And you just start researching. Did you go down like several rabbit holes, <laugh>? Tell us about like, what was one of your your best rabbit holes that you could remember?

Kim Strother ([09:25](#)):

Oh my goodness. Like so, so many. And like you said, it's like you become your own advocate. And so you get, I mean, certainly wrapped into diet was a huge part of it. I mean, I was like, I was doing colonics for mm-Hmm. <Affirmative> a crazy period of time. And again, like I believe in everything moderation. And finding what's best for your body specifically. Oh my goodness. I flew to Canada. I saw a doctor, and like, he had me doing really interesting things and sitting in front of weird red light machines. And I mean, I was, I was in many rabbit holes and really like doing all of them at the same time. So it's all, sometimes people are like, well, what, like, what worked best? And it's a little hard for me to say because I did so many things at once. Like, i, if one person said to me like, Hey, I had Lyme and this worked, I tried it. The only thing I didn't try was bee venom therapy, because I'm kind of afraid of bugs. And so me don't myselfs

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

With you don't think or like natural ways to inject it now, because we, we've done bee venom therapy. My father did that many years ago. You actually don't need the bees anymore. <Laugh> okay,

Kim Strother ([10:36](#)):

I'm coming to see you guys because that was like the only thing I couldn't get over with with that one. But yeah, I, I, I went down many, many rabbit holes with, again, colonics, saunas, infrared light, you know, just trying to heal and, and really like, I think the biggest one that I went down and that still sticks with me is nutrition for sure. Yeah. And I was you know, I didn't eat meat for 16 years. And so, which is funny too, because when I had bouts of fatigue in high school and in college, and certainly my mom was involved very much with my health, you know, doctors would tell my mom, oh, she doesn't eat meat. That's why she, she's tired. She needs to eat meat. And truly, that obviously wasn't it, it was Lyme.

However, when I did get super sick and eventually found my way to Dr. Frank Lipman in the city, you know, his biggest thing to me

Kim Strother ([11:33](#)):

'cause Then I went from all the antibiotics and steroids for the upper respiratory and sinus infection to then doxycycline for nine months straight. And my, like, I had yeast coating my sinus cavity. Like it, my candida was through the roof. I truly lost my memory. I would run into people on the street and ha knew that I knew them, but had no clue where I met them, what their name was. It was, I would, I would actually write down where I was going because I often would be, you know, midway down a block and not remember where I was going. That's how bad my memory was. Which I did do neurofeedback for a while. Mm-Hmm. <Affirmative>, which did really help. Mm-Hmm. <Affirmative>. But it was really changing my diet and doing a really strict candida protocol. And Dr. Lipman was like, you know, you need to eat only green vegetables and protein.

Kim Strother ([12:23](#)):

And I was like, well, I don't eat meat. And he was, and he said, you'll either be really hungry eating only green vegetables, or you'll start eating meat again. And that night I had a filet mignon and some green vegetables and it changed my life. Like, it really, like within two weeks of doing that, super strict. I mean, granted I did have die off, but like, I felt like I could think again. Yeah. And just that I was like, how did this happen? I ate healthy before. I didn't eat meat. I ate a ton of fruits and veggies. I mean, granted, I ate a lot of grains, but gluten-free grains because I was having so many stomach issues. And it was so amazing to me that just simply changing my diet could help me feel so much better. And then that spun me into a rabbit hole of kind of going down the nutrition path and, and certainly ended up doing my certification through the Institute of Integrative Nutrition because I just wanted to know more. And then also I think in going through this, like a lot of other people that have chronic illness, and you do become your own advocate. And granted, I was already personal training it, I was like, if I can feel better by doing this, how can I help other people feel better also.

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

Another common thing for anyone that's gone through is paying it forward. Right? Yeah. I've seen people start foundations write books, do that, and become experts in helping others. And I, I feel like that is part of the journey, right? A hundred percent. You're healing, you go through a transformation yourself that is much deeper than I say, and I will say medicine gets it wrong that their level of success is relief of symptoms. I think it's like truly transforming your life for the better, which includes sometimes changing career or going into and sharing all of the things you've learned, which really is so much. Right? Yeah. And you go into the diet, you learn these things, you keep learning, you go to the IIN and, and then you go into paying that forward. But again, it doesn't mean that you are suddenly at this epitome of health because you yourself. Right. You know, got through the Lyme and then boom and endometriosis, right?

Kim Strother ([14:39](#)):

Yeah. And that was like, talk about like a PTSD moment of like having that, you know, come up and, and I found out that I had endo basically because I, I decided to freeze my eggs and, and through the process of freezing my egg, which weirdly I was having all these symptoms of the endo, and no one ever said endometriosis to me. I had ovarian cyst rupture. I was having this horrific pain on my left side. I'd even gone to the emergency room to St. John's in LA Mm-Hmm. <Affirmative>. And the, I, my pain was so bad

in my left side, I was throwing up and I had a migraine and the emergency room doctor put on my discharge papers that I needed to see a psychiatrist. And I was like, I cannot believe I'm back here. You know? And this was not even two years ago.

Kim Strother ([15:33](#)):

And I mean, I really thought about writing a letter to St. John's. I didn't, but I wanted to. However, I, you know, ended up through freezing my eggs, ended up the hormones, certainly irritated this cyst, this endometrioma on my left ovary, and it was my fertility doctor that was like, this is endometriosis. And I just couldn't believe I had polyps removed a year prior. I had an ectopic pregnancy before, which is a huge symptom of having endo. And no one ever strung these things together. And no one ever said, and I did, you know, I did pelvic floor pt, which is often not talked about. I had you know, I did things to kind of heal or help with this pain or these symptoms, but no one ever said endometriosis. And it took, you know, Dr. Hancock at Spring Fertility, and I swear she's an angel to, and she, then she really took the time after we did my retrieval to see if this was in fact endo.

Kim Strother ([16:35](#)):

And of course I shared with her, I had an ectopic pregnancy, and she was like, you probably have endo in your fallopian tube. And then we did a test that was not comfortable to push dye through my tube. And in fact, it was blocked. And when I did have my surgery at the end of November, we, I did lose that left fallopian tube. I also had endo in the right side, but they cleared it, which I had no idea I had it there. And I did remove that cyst on the left side. I had a cyst on the right side and a tumor in my uterus, fibroid tumor that I didn't even know that I had. And granted endo on my intestines, which explains a lot of the GI issues. And again, I was always treating this pain on my left side as a GI issue. Mm-Hmm. <Affirmative>. And seeing again, every specialist you could think of and trying everything you could do for, you know, obviously I kept getting sibo, but SIBO and endo are linked. Yeah. And no one said it. And it's, it's still baffled me how in the medical field, like no one talks to each other and kind of pieces all these symptoms together and how much could be solved. Yeah. If we look at the whole picture of our health and not just chase these specific symptoms,

Caspar ([17:54](#)):

It's, it's wild to me that still this day and age with so many people, going through young people going through things like endometriosis, Lyme, PCOS, you know, chronic fatigue syndrome, fibromyalgia. Right. These mysterious conditions that people can't seem that we still focus so much on the conventional side on specialties. And that you're right, no one's talking to each other. They're just like, oh, go see the gastroenter. No, go see the reproductive. And it's like, totally, why don't you guys get together and share and be like, oh, maybe it's both, because the body doesn't work like a machine of just like one thing at, at a time. Yeah. And disease doesn't work where it's just really, really just right there and that's it. It's like your body's trying to compensate and keep you healthy all the time, all the time. Trillions of interactions every second are trying to keep you alive Yes. And healthy. And so you, you have to, I mean, what's your relationship right now with like conventional medicine and doctors in general? I mean, St. John's obviously isn't at the top of the list to go to is the right

Kim Strother ([18:53](#)):

<Laugh>. No, it's not the one. It is a tricky one for me because, you know, and again, like having this, I will say after my endometriosis surgery, which was November 30th, I ended up right before finding out that my SIBO was in fact back, I was having bloating again. Mm. And definitely I have moments when I

have flareups when I don't feel well, that few, a few different things happen, I panic and I'm like, oh my God, you know, it's back. And is it Lyme? Is it SIBO? Is it my hormones? Like I, I really can feel myself like start to spin that like tornado comes back of like, what is this? How do I solve this? What doctor do I go see now? And then I have to like, take many breaths, <laugh> and remind myself to breathe and that I will sort this out.

Kim Strother ([19:45](#)):

And, you know, it's never overnight, that's for sure. And then so I did after my surgery end up doing, you know, two weeks of Xifaxan, which is an antibiotic specifically for SIBO. And I was really hesitant about doing it, but my SIBO was pretty bad that I was like, okay, I'm gonna, you know, I did the surgery, I'm going to do this round of Xifaxan and I will feel better. Like it will be the answer. And currently it hasn't been the answer. And I get a little upset sometimes because Right. Like, I do eat a paleo diet, so no sugar, no dairy, no grains. And because I feel my best on it, because I keep inflammation at bay. I have lots of turmeric and ginger, I, you know, I focus on my sleep. I do my meditation, I have all my biohacking things I do.

Kim Strother ([20:39](#)):

And I really feel like I live this lifestyle that sometimes when I have these moments of not feeling well, I, I, I get in this weird like, like shame spiral or like feel like, oh, I'm a fraud. Like how am I not healthy when I live this way. And, and weirdly enough, I had a woman send me a, it wasn't nasty, but it wasn't a nice comment today on my Instagram about my smoothie and how it looked disgusting and how no one should eat like that. And I'm like, and I, I just like, our health is hard enough. And until you walked in someone else's shoes, especially someone with chronic illness, like don't judge. Absolutely. And, and yes, like I, I am meticulous with the way that I live my life. I mean, sure. I am also human, and if I'm somewhere and there is a piece of cake that looks delicious Yeah.

Kim Strother ([21:35](#)):

I might have it occasionally. Yeah. But like, I, I really live this way because I, I do feel my best. And when I have those moments where I'm like, oh my God, how is this happening again? Like, thanks to my therapist I that I love, I really have to like come back to that like self-love and compassion because I can be hard on myself and be like, how is this happening again? Why am I not feeling this way? Like, how can I be helping other people feel better and I'm not even feeling good myself? And I have to remind myself that I'm human Yeah. And that I do have a chronic illness and, you know, living the way. And I think this really happened with Endo too, as when I got the diagnosis, I definitely cried. And I remember my fertility doctor was like, oh my God, like, what's wrong?

Kim Strother ([22:27](#)):

And I wasn't crying again because I was sad. It was just like the relief of Mm-Hmm. <Affirmative>, I know what it is now and I'm not crazy and it's not in my head. And, you know, we can kind of have a new plan to figure this out. But I, I really also thought to myself like, wow, if I didn't eat an anti-inflammatory diet and I didn't focus on my health and move my body and meditate, what would my endo have been like then? Right. So like, even though I had it, and even though I had to go through surgery and I live this healthy lifestyle, like what would my health have been like if I didn't do this? And I, so instead of beating myself up for like, why is this happening again? I mean, granted, that kicks in at first and then I have to pull back and remind myself like, no, I, I am, I am taking care of myself and I am feeling the best that I can in this life and living the way that I live has reduced these symptoms. Because who knows, maybe I

would've had surgery a long time ago, or maybe I would've had more cysts burst Mm-Hmm. <Affirmative> or, you know, ended up in the emergency room or had worse complications from that ectopic pregnancy. And so I think it's, I just have to remind myself that coming back to those daily practices is what keeps me feeling my best and is going to give me, you know, the longevity with my health of like, feeling the best I can through this healing process.

Caspar ([23:53](#)):

Yeah. I'm really happy we're having this kind of brutally honest take on this because I do feel it, and I, I see this too, even in myself, and anyone that works in health medicine is just expected to be like purely healthy all the time. Right. Right. And I sometimes feel that shame also, like I told you, I'm currently living at a medical center, like, you know, one of the worlds right now, we're seeing like patients from around the world and I sometimes like just feel like shit, you know, I just get sick sometimes myself. I stress out I'm not e and people just expect like, dude, you live in a ma, how could you get sick? It must mean, right. It's not working. Like Right. Your approach is like wrong or so it's like totally. Oh no. And now I don't feel like telling anyone ever anything about this.

Caspar ([24:35](#)):

But you want to be honest that Right. Everyone deals with stuff. Right. We all do. The, the healthiest people I've seen in the world, the gurus in spirituality have depressive thoughts, totally have issues. And we gotta be kind with ourselves, right? Mm-Hmm. <affirmative>. And we gotta be able to show ourselves that because that is part of the healing process. I do think what we go through is always a lesson, whether it is disease, whether it is the thoughts we go through. Obviously after you go through a disease, you have, like we said that PTSD, that cellular memory of like, yeah, that was hard. I don't want to go through that again. And I'm scared shitless because I'm starting to feel again, even a little bit of what that was like. And suddenly I'm panicking. Yeah. And suddenly I'm like, what the hell? I can't believe this is happening again.

Caspar ([25:23](#)):

Yeah. But I do think those are also lessons along the journey to kind of, to let go, to suddenly take that deep breath as you said. Yeah. And take a step back and take notice what's going on here. Is this truly like that or is this another lesson teaching me to evolve and become better and healthier and happier and everything? So, you know, when you have someone like yourself that is such an expert and a pivotal person within this space, being able to freely talk about and be like, it's not easy, not always healthy every day. Like have my moments to dealing with stuff. That is the honest take of what health is though. It's still making those choices. And like you said, imagine you hadn't done some of the things you were doing or a lot. And that's most of the population. So when I speak to just people that don't even believe in a lot of the things that we do, and Oh, detox is BS, eating that way, who cares? Right. And I hear what they're going through. It's like, man, that, that sounds like a tough life. Yeah. I mean that's, that, that could have been much worse if, if you didn't go through those things. Do, do you, like, do you meet people like that where they, they have a hard time understanding you 'cause you are in this field of health and wellness, yet you're dealing with it and like you said, could use it against you. Is is that Oh yeah. Something like you bump into and have to deal with as well.

Kim Strother ([26:47](#)):

Yeah. I mean, I will say I feel like I'm lucky in that a lot of the people, I, I have a lot of people I work with that, that also have, you know, health issues or chronic illness. And so I think there's there's like

community in that where I've, I've kind of built a community of people that understand, which is wonderful, but I absolutely, especially on social media, will get those jabs from time to time. And again, I feel lucky in that for the most part, the feedback is pretty positive. And I've also worked with so many people that feel so much better after and you know, and, and kind of can share their own story as well of how much it helped. But yeah, there's, there's definitely people that will challenge me or, you know, want to ridicule me and, and think that I don't eat or I have any eating disorder because of the way I eat.

Kim Strother ([27:44](#)):

And I'm like, you know, it, it's wild to me too. And, and maybe that's just like the human experience to again, to pick people apart. And until you walked in someone else's shoes, you, you don't, you don't know. And I also, I understand that unless you've had chronic illness, you have no idea what it feels like. No idea. And I think, and I'm, I'm happy. I wouldn't wish, I wouldn't wish it on my worst enemy. I, like, I would never want anyone to feel this way or go through the things that I have felt. And so I, you know, I think if we could all be a little more compassionate towards each other and, and maybe don't look so at, so at the surface level and, and understand why people do the things they do, but, you know. Yeah.

Caspar ([28:30](#)):

No, and, and that's why I think it's so important to share these stories. 'cause you have no clue what anyone's going through. You'll never be able to truly understand anyone's chronic illness and how bad it's gotten. You know, even the story you're hearing right now, that's, that's not enough to truly be able to experience it. That's your experience. Right. But that you're doing the work, that you're making choices to put health first, I think that's what needs to be respected in it all, regardless of where you are. And Yeah. I think a lot of people just troll because they're probably unhealthy and not doing the choices and not taking action. Right. Not putting health first. And it's very easy to knock someone down. It's very hard to do the things that are healthy.

Kim Strother ([29:13](#)):

Right. Agreed. And I, and yeah, and sometimes sure. Like maybe it's, you know, it's that lovely mirror effect that it makes them feel bad. I think so. Yeah. And yeah, so,

Caspar ([29:25](#)):

And so I, I've learned like e everything that like I've, I've put out into the world via social media, anything that I will then receive something and get a a, you know, a reaction to, that's my lesson, you know, as much as it is like hurtful in that person's le like I think it's really like there for a reason. I have to stop and be like, totally, why am I triggered by this? Right. Absolutely. And what is the lesson? And even this conversation going on right now, I'll process this later and be like, I got a lot out of that. And that was directed at me. Right. Yeah. So I think everyone could pull lessons out of it and find what's directed at them. And I think that's, that's a wonderful way of looking at and always being able to take the step forward in your health and happiness.

Kim Strother ([30:06](#)):

Yeah. But

Caspar ([30:07](#)):

You are working with so many different people. You're working with Melissa Wood and her group, and you're doing so much to help people. What, what's the approach you're taking, because I know it's a



very holistic one, but if you could share with the audience, sort of how you go about working with clients and helping others.

Kim Strother ([30:24](#)):

Yeah, absolutely. So when I work with clients personally, I, you know, I really make an emphasis on finding what's right for them. And certainly you can look at my social media or even some of the classes that I'm teaching, you know, on, on Melissa Wood Health, which of course, like, they're all great, but that doesn't, that doesn't mean that they're right for everyone at that point in their life. So I think when I work with people individually, the biggest emphasis is on how they're feeling currently. You know, what, what's worked, what hasn't are, you know, are they dealing with chronic illness? You know, are they vegan? Are they, are they, do they eat meat? And, and finding something that works for them because what has worked for me might not work for you. Mm-Hmm. <affirmative>. And so I really think that is like the biggest thing that I, I say with there, there's not a one size fits all.

Kim Strother ([31:17](#)):

So when I work with someone on an individual basis, that is number one for me, is figuring out their health history, where they are now, what their goals are, how they're feeling, and then creating both a movement plan and a nutrition plan for them that's sustainable, that feels good, that's not overwhelming. That's, you know, an attainable thing that they, they will enjoy doing. Yes, of course, changing your diet change, you know, implementing workouts can be hard or daunting. And so really giving people the support and, and again, having them feel good about what they're doing, like moving in ways that feels good. Like if someone hates running, I'm not, I'm not making you run. Like, so where, you know, again, like I've been a trainer for over 20 years at this point. And of course when I first started training in my twenties, it was like, everybody should run <laugh>, you know?

Kim Strother ([32:10](#)):

But thank God I've evolved. And you know, that that's not the answer. And some people do love to run and then great move your body in that way. But, you know, again, finding movement that really feels good. And I, I try as well on the app to give a wide range of workouts. You know, I do HIIT style workouts with, you know, heavier weights and then I also do lightweights and yoga sculpt. So I try to give a, a wide variety of classes so that people can, again, find what works for them. And, and for me personally, it's a balance of all of them. And again, if that feels good to someone, like I really encourage kind of moving in different ways and, and figuring out what feels the best and what's the balance of all of those things.

Caspar ([32:55](#)):

Yeah. I really love that idea, of course, of number one, personalization, but also using the intuition what is resonating with you, because I feel too many people are looking for answers outside of them. They're looking probably at you to say, what exactly do I need to do? Yes. And a lot of people out there are utilizing their own personal experience and then sharing that as the answer Right. When it was their answer, not the answer for everyone. If it was, we'd all be healthy and doing that thing. Totally.

Kim Strother ([33:22](#)):

Yeah. Or

Caspar ([33:23](#)):

Not. So we have to be, again, brutally honest with ourselves and say, listen, my answer's gonna be different, but I could pull a lot of good things out of learning from someone like yourself. And then applying it my way to the healing journey and to, to optimizing health.

Kim Strother (33:39):

Yeah.

Caspar (33:39):

You mentioned biohacks earlier, like what, what are some of your favorite biohacks as, as you could call 'em, or, or healthy things that you do maybe on a daily basis? Yeah.

Kim Strother (33:49):

Okay. One thing that I'm really obsessed with and, and I started wearing it in 2020 as the Apollo Neuro. Do you know that? Oh yeah, yeah, yeah. It's a bracelet. It emits a vibration. I was having sleep issues shocking. Even though I can sleep a lot, I was having issues falling asleep. And so I really got the Apollo to help me with sleep. And it helped, but it was funny, there was multiple settings on it. And one day out of boredom really, I was like, lemme put this on the focus setting. I accomplished so much that day. Mm. And I was like, what happened? And I definitely have ADD for sure. And so I couldn't believe like how much that focus setting really helped me. And I've, I, I've never looked back. So I wear it during the day on the focus setting. It's currently charging right now. I wear it to sleep at night. Certainly if I've done like a hard workout or travel, I put it on the recovery setting. When I wake up in the morning, I switch it to the good morning setting, which is new and nice. And it like eases you into the day. And I just like, I think for, for me personally, run a little anxious and a little scattered.

Caspar (35:03):

Most people do.

Kim Strother (35:04):

Yeah. So it really helps calm my nervous system. Mm. And that, that right now is, is my number one, my number one thing.

Caspar (35:15):

I love that you bring that up because I feel like a lot of people li listen, you could have went a lot of different answers. Obviously nutrition and movement are huge ones in your world, and it should be in anyone's world. Yeah. But that idea of balancing your ANS you know, your autonomic nervous system, because so many of us live on like full stream fight or flight sympathetic system all day into the night, right, <laugh>.

Kim Strother (35:40):

Yeah.

Caspar (35:40):

Yeah. It's just like nonstop saber tooth tiger around every single corner for some reason, even though know it's not there. But that's how we live.

Kim Strother ([35:48](#)):

I dunno, sometimes living in New York City, I'm like, it's

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

That I'll Yes. I'll second that. The beeping and the people around you and Yeah. Screaming. Yeah. Yeah. You don't even realize it. I, I've, I've learned this 20 years living in the city, you don't realize, like, you don't get phased usually by like loud sounds when you live in the city. Totally. But your nervous system does, whether you realize it or not, you have an uptick. You have sympathetic activation, I mean sympathetic. Yeah. And then you don't have balance your cortisol levels, you get adrenal fatigue. Right? Absolutely. So finding,

Kim Strother ([36:20](#)):

Finding

Caspar ([36:20](#)):

Little ways to balance it and give you more parasympathetic and Yes. Technology is wonderful for that, you know.

Kim Strother ([36:27](#)):

It is. Yeah. So

Caspar ([36:28](#)):

I'm, I'm really grateful you were able to bring that up. 'cause Too many people like totally avoid this idea of like, yeah, care. Like let me just eat healthy and work out and I'll be good. And it's like, that's not everything. No. There's a lot more to health.

Kim Strother ([36:41](#)):

Oh my gosh. So much more. And I, and also like in conjunction with that breath work is such a game changer for me. So like, not just meditation, but again, dropping me back into my parasympathetic nervous system and like focusing on my breath was such, and that one again doesn't cost anything. And I think so often overlooked of just like, I catch myself during the day or even at night when I still might not fall asleep. Like, okay, just take a deep breath. Right. And how much that can change everything. You know, everything just calms down and gets a little like quieter. And, and we have the ability to do that 'cause again, if you're in fight or flight, your cortisol's through the roof doesn't matter really what you're eating at that point. Oh yeah. So, yeah.

Caspar ([37:27](#)):

And, and you can't truly digest, meaning peristalsis, release of bile, all these things, if you're in a sympathetic state, that doesn't happen. You'll have poor digestion, you might have constipation, this and that. So it's like, yeah, that too is important. It's not just what you eat. It's how are you in a restful state? And if you need to take those three deep breaths, everyone should before they eat, just Yeah. Deep breaths. That's all it takes to reset and then just Yeah. Like say a, a little like grace or gratitude while you eat

Kim Strother ([37:55](#)):

Literally that,

Caspar ([37:56](#)):

That would keep you in a good mood and not release the cortisol right away if you're eating and watching something stressful out in the world.

Kim Strother ([38:03](#)):

A hundred percent. Yeah. And it, again, it's those little things that are, it's the, whether they're rituals or they're routines or practices, however you want to call them, they make such a difference when you piece them all together and like put them throughout your day. And it, again, it's a lifestyle and it's a life changer, really.

Caspar ([38:23](#)):

Absolutely. Like, it's one of my favorite quotes, it's the little thing, there's nothing bigger from Vanilla Sky. It's like, yeah. Mm-Hmm <affirmative>. There is nothing bigger than the little things. And that's what we have to kind of sometimes focus on especially when to be healthy. Kim, when you look forward at like the state of the health and wellness field, like what are you excited about? What are you kind of focusing on right now in the future? Yeah.

Kim Strother ([38:46](#)):

You know, I, I am excited. I feel like people are paying more attention to their health and Yeah. And so that you gotta that Yeah. You have to. And I think that like, you know, functional medicine seems and longevity seem to be like a bigger conversation than ever before. And so that feels exciting that people are really looking at, you know, taking their health into their own hands. And certainly if we're looking, you know, at longevity, again, it comes back right to nutrition. You know, that's like one of the biggest things, the best things that we can do for ourselves. So I think that as a society, we're, we're curious and we want to feel better. We want to live longer and not only live longer, but feel better while we live longer. Yes. And so I think that that just feels exciting, that we're becoming more conscious to how we're living our life, what we're putting in our body, who we're surrounding ourselves with. And, and in in that I'm hoping too, like we're kinder to each other and, and we're just, you know, working together as one because, you know, life is, can be crazy sometimes. And so if we can support each other and help each other along the way to feel better, you know, the world would honestly just be a better place.

Caspar ([39:59](#)):

<Laugh>. Completely agree. I love that message. And I, I feel like the last few years as Wildin's crazy as they've been, have a silver lining, it forced us to look at our current state of health. Yeah. It forced us to kind of, you know, see what are the things I'm going to do to improve this? 'cause I have to, it's my life. Yeah. It's everything. Right. Yeah. And that, it's, it's a big deal. So yeah. Yeah. Thank you so much for sharing that message with us. You course. Where can people learn more about you, your work?

Kim Strother ([40:26](#)):

Oh my goodness. Pro probably Instagram is like somehow, you know, at the forefront. So at @kimstrother on Instagram kimstrother.com is my website, which has all of my offerings. And then certainly I am a creator on Melissa Wood Health. So if you're looking for, you know, virtual classes, you can find me on Melissa Wood Health as well.

Caspar ([40:48](#)):

Amazing. Thank you so much. Yeah. And again, looking forward to seeing you a few weeks at the event.

Kim Strother ([40:52](#)):

I know. I can't wait.

Caspar ([40:53](#)):

That's a good thing. Being in the New York area. Get to go to these amazing events that are out there and really looking forward to that.

Kim Strother ([41:00](#)):

Oh, same.

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

Thank

Kim Strother ([41:02](#)):

You. Well, thank you so much for having me. And I, I will say like, I do think health is contagious, so that when we continue to share and people start to feel better, that it just, you know, moves the needle forward and gets other people interested in taking care of themselves. So like you having this podcast and talking to people to just bring more awareness is so huge. So thank you.

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

Thank you so much. I think we share in that mission. I think it's a really important one. So I'm glad to be on that path with you.

Kim Strother ([41:33](#)):

Thank,

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

Thank you. And if you're listening, check out Kim str, that's K-I-M-S-T-R-O-T-H-E-R.com for more information. And until next time, continue writing your own healing story.