



THE

FATIGUE

SUPER

CONFERENCE

**Surviving Lyme**  
Guest: Erin Elizabeth

**Alex:** Welcome to The Fatigue Super Conference and my guest for this interview is Erin Elizabeth. Erin is also known as Dr Mercola's better half, Erin is a long time health nut, which I am sure we'll explore what that means, author and health expert who has had passion for the healing art for nearly 25 years.

She is an author of 'In the Lyme Light', which is available on her website for free, she's also a journalist writing breaking health related news stories and speaking at large health conferences around the US.

Erin thank you so much for being with us on The Fatigue Super Conference.

**Erin:** Thank you Alex, it's an honour to be here thank you for having me.

**Alex:** So I was really interested to learn more about your story having explored some of your stuff on YouTube and also reading your eBook, which I have to say I felt was very brave in terms of sharing not just the story but some of the challenges that one goes on on a healing path. So we'll come in this interview into your experience with Lyme and some of the different twists and turns but one of the things that struck me as a kind of starting point was that you've been a bit of a survivor through your life, even right from birth, that you survived abortion as a starting point. I mean that's a pretty wild way to come into the world.

**Erin:** Yes, yeah it really is. I just had my Mom visiting and with my birth mother, had the two mothers together and we had been discussing that and I do realise how fortunate I am, so sometimes there are challenges but I look at the bright too that 'hey I might not have been here at all', so yeah. I started off with some challenges that's true and being hospitalized for the first few months of my life with no mother coming to visit yeah I'm sure that, but I never really thought about that until later on in life but yeah, a lot of healing that was needed after that.

**Alex:** Yes I'm sure, I'm sure and I know that through your kind of 20's and I guess early part of 30's had a wonderful life in lots of ways and were kind of struggling in different ways with health and energy and I'm sure people that are watching or listening to this many of those will resonate with that. Kind of trying to keep up with the demands and the kind of expectations of ones life whilst really not feeling good physically.

Maybe just say a bit about how that was and how you kind of got through that period?

**Erin:** Sure I'd be happy to. So yes after I as adopted it was, I'll just quickly say, winter Chicago I had a bad cold and they did do a DPT, so the Diphtheria, Pertussis, Tetanus shot and I had a bad reaction, probably having a bad cold and possibly being double vaccinated then at the adoption agency or hospital where they didn't know that because then I'm moving to a whole new place and new parents. So I was very, very sick, they believe I had encephalitis, but they had to do a spinal tap at first they thought spinal meningitis. So I did start off with some real challenges and then through the years I just thought it was normal to be kind of not feeling well all the time, I didn't understand how other people, my mind had lots of energy my brain was always going but physically I didn't quite have the energy of other people and I didn't thrive. Although I'm 5ft 10" I wasn't great at basketball, they thought I would want to place because I was so tall but not super coordinated and I even if I did, I did alright, but having the energy to do that was difficult.

I also recently, even since I wrote that book, had discovered because I'm adopted I didn't realise on my birth fathers side I had Ehlers-Danlos Syndrome as well. So often you'll see people who have EDS and then will also have Lyme as well. So I found that out only after I had written the book and I definitely need to update that book.

(20.56)

And then unfortunately it seems like we always do things to ourselves, well actually I had an accident ice skating where I was trying to do all these Tanya Harding moves that didn't work out, I wasn't super coordinated and so I had a bit of a crash. When you bleed on the ice, when there's water involved and ice, it looks like a whole lot more blood than it is so somebody called an ambulance. Then they did another dtap shot, which probably when I was really sick and I was having some, I was in the middle of having over a two day period to have my amalgam fillings taken out because of the mercury, probably not back in the 90's they weren't doing it the safest way or taking safety precautions.

So I was very, very sick again and I'd always overcome these times where I had these illnesses in my life, but it's funny that then some of the illnesses, I'd always been lanky thin although at times I had then gained a lot of weight too that I talk about, but somewhere in that mix I did get one surgery besides dental work and that was saline implants. So I got breast implants, which I'm very open about and I talk about in the book, and then that was probably still to this day like the worst where I was the sickest I had ever been within months after having those. We all make mistakes so I don't even try to justify it I just did it and I don't judge those who do it, I have helped a lot of people who come to me before, sometimes different doctors, Lyme literate doctors will just ask me if I can talk to a patient because they are scared to get them out and I tell them my experience. But some of those women are breast cancer survivors so they got the implants after maybe having a double mastectomy and then they felt that necessary. So I don't judge anybody who does it after children or whatever the case may be but for me they made me very sick so 7 years ago, which there wasn't as many people doing it as there are now, I did have those removed in Atlanta under a 6 hour general anesthesia. It was not easy but kind of like sometimes I felt like I had to get a little worse to get better but eventually did heal from that and then after...

**Alex:** Sorry just to respond on that one of the things that struck me reading your book, because I should say that problems with silicone breast implants is something that really only in the last year or two is something that I've noticed had some level of mainstream attention here in the UK, it may be that it's a little bit behind the US. But what I was typically struck by the way you described it in your book and in an online video that you did, was the explanation around mold and mold is something we've talked about in some of the other interviews that we've done here as part of the conference. That normally the problem with mold is someone is in a moldy environment and the way you put it was mold was inside of you so say a little bit about that.

**Erin:** Yeah mold was inside of me and I don't know where I came up with that along the way but yeah so that was really tough when they did take the implants out, especially one that had a leaky valve, which is very common, and that was even saline and I believe the FDA I know within days or weeks we're doing a story as a journalist on the, they're going to be meeting about breast implant illness which is shocking, I'm BII as we call it, and I never thought I would see that day but I think people are waking up. Because I thought because I did saline it would be safe but depending on the manufacturer you can get a very leaky valve and then mold grows and then yeah it's inside you.

So it took some recovery time after that for sure and then in the midst of all this I had seen Dr Klinghardt first 10 years ago and Jo, Dr Mercola, Jo took me to see Dietrich Klinghardt and he would treat me but he didn't, I don't know I think I've had Lyme for many years and I fully believe that, but they tested and didn't see it but also maybe the implants were an issue that were showing up instead. There were a lot of things that they saw with muscle testing and what not when he treated me those couple of times, he's about as far as we can get from here to go to Seattle. Probably closer to go across the pond because it takes so long to get to Seattle from where we are in South East United States.

So then I decided to have the Western Blot Lyme test and interestingly I just found out days ago, because I didn't understand them back then, but they said I had a negative IgG but a positive IgM so that would mean that it had been a recent exposure but I didn't know that at the time so nobody recommended, not that I would have, but some people feel that the only time they would do antibiotics is if they were just a recent exposure, but no one even told me that part of the equations. I think because it's such an honour to know so many doctors but when there's so many everyone may kind of glance but I didn't have one real dedicated, Joe that's not his specialty is Lyme, that was really studying it with me and Dietrich was far away and I think he may have looked at it but I did still get better doing a protocol, which was a lot of what he said and then Lee Cowden and then I'm pretty open about that. Dr Cowden treated me as well and so I definitely was better but what I learned I think being raised, I don't know if it's a Western thing, but I had this idea just how I was raised kind of old school parents, both first born, they trust their doctor and I thought once I do this protocol, I said I can't wait when I went out to see Dr Cowden because he's a little closer, to feel better. I had always been careful with what I ate and was a health nut but I think this is when I really delved into this and I said to one of the women who helped run the clinic who was a Lyme survivor herself and I said 'gosh I just can't wait to be done with the protocol and just go back to normal' and she goes 'really, you might not understand this is kind of a lifetime maintenance' and that's really what I've learned.

(27.22)

Then since then the subsequent diagnosis of Ehlers-Danlos, because I do, I'm very honest with my audience, having had a few steps backwards but I just hope that people realise I do like to share with them, although I know some people would not recommend that, because I want people to realise we're all human and hopefully my audience might learn from me that you can always take a few steps backwards but yes there is always maintenance and if somebody has an autoimmune illness or Lyme or whatever it might be, or implants that they get out that they think 'oh gosh I'm going to take the

protocol', perhaps that will be the case that they're fortunate enough to just be like I did I was all better and never thought about it again, I can eat what I want, but that's not the case for me and I think maybe so many of the listeners.

The other thing is though, because I don't want to sound dismal that it's like a lifetime thing but on the other hand for those who are trying and really following a protocol or maybe they have a practitioner they're seeing and they're struggling, that I always want people to realise that there is light at the end of the tunnel, that even if somebody has been struggling for years that I do see so many people who make a comeback, so to speak, physically because they've been so ill for so long.

**Alex:** Yeah and I think it's always tempting to want to have the Hollywood happy ending to health stories, that it's like the person has their final recovery, they walk off into the distance the credits role, the music plays and it's kind of job done. But of course lives are continuing and unfolding and there's a lot of complexity to a case, like you know a lifetime of challenges that someone's body has been facing, for example in your case, of course it makes sense that there's going to be, it's almost like having a sequel. There are different chapters or different people through that story, right.

**Erin:** Yes, yes.

**Alex:** I'd like to just back up a little bit and go through some of this a little bit more if that's OK because you talked about the testing, and I remember reading in your eBook, that at that point when you were writing that your understanding was that you'd had a tick bite when you were 13 or 14 years old, when you were younger. So it's interesting that deeper clarity but of course one of the problems is that testing for Lyme is often so ineffective and actually one statistic that jumped out to me from reading your piece was that the true number of cases of Lyme in the US is probably 3 to 12 times higher than is actually reported. That's pretty staggering.  
(30.08)

**Erin:** Yes it really is and I do believe, I also think that I may have been infected multiple times because I lived in Pennsylvania which has the most cases of Lyme in the United States. Everybody thinks it is Connecticut because Lyme, Connecticut you're in the United States where Lyme the name is derives, but actually it's Pennsylvania and I lived there, had the two dogs and we'd go hiking and I had good energy then but then the energy did decline.

So yeah it's definitely with Lyme or with any illness...can you remind me sorry my brain...

**Alex:** Yeah totally, the testing, that often with testing...

**Erin:** Oh yeah the testing is so...then sometimes it will happen to me even today where I'll forget or it could just be that I'm like that naturally, but as far as testing. I mean I was lucky I guess to have a positive test and then the protocol worked but so many people will have a false negative where they really are positive. Yeah I was bit on an 8th grade camping trip so it would have been in the 80's before so many people were familiar with Lyme and we just, you know, were 8th graders we were just graduating 9th grade so I think we went there for a couple of days and when you go home you shower, there's not normally any showering for the weekend.

So we had to learn long pants because of the ticks, they were actually concerned and I remember because we were in the woods and they were so worried about all the bugs, so I didn't know with having the jeans on and then I saw it on the back of my leg when changing. So they could help get the tick off but who knows if they did it correctly, so yeah there's that.

So yeah it is unfortunate with the testing but I know from other Lyme literate medical doctor's who I've interviewed or who have been my actual doctors, even if they did have a negative test that they still may treat them for those symptoms, which could be Lyme. Fatigue was a big part of that, I think still to this day I don't quite have the energy I used to even initially after the treatment, and I for me the last five years having the site I'm kind of a workaholic I put my energy into that and way to long hours, so I talk about it with my audience, where I work 7 days a week, I don't take a day off, and Joe, Dr Mercola's kind of the same way, but he's getting better, he's finally slowing down and taking breaks. That's what I tell people, even just taking short breaks makes such a difference, even if you can go outside and get grounded, don't get any ticks on you of course, but go outside and get grounded or take time to meditate even if it's inside if the weather is bad if you can't get out, or wherever you are.

That's very important to me because it is, I think for me what I'm realising is also the kind of the emotional clearing. Not that there isn't definite physical symptoms and it's very real but I think so much of it is that mind body connection that no matter what someone may have, whether it be Chronic Fatigue or whatever their health struggle might be, that there's emotional, for me what helps so much is the mental emotional part as well. I'm still working on it (laughs).

**Alex:** I'd love to come to that a bit more in a bit but I'm also, I'm just curious as to as you were starting originally doing the Lyme treatment protocol with Dr Cowden and Dr Klinghardt did that feel quite overwhelming at that point, I know you talked about kind of further down the path or even at the maintenance point, but when you first started that what was your emotional reaction? Was it one of excitement of having clarity or was it one of overwhelm because it can be quite intense going through those protocols with some of the die off reactions and things that can happen.

**Erin:** Oh yes and I think the most difficult part for me was the initial diagnosis, when they did say your test is positive, because I'd already had the Elisa test not realising that was not accurate, because of some doctor after one of the hurricanes said 'oh they did a Lyme test but we have a lot of hurricanes here and lost a few houses and had mold' and she said we did a Lyme test, your negative, not knowing that especially with Elisa test it is often negative.

So I think when they initially diagnosed me I think first it was just like a week of them asking every doctor I knew to look at the test and confirm that it was positive because I really was a little bit in denial, although I don't know why I should be because having dogs, cats, even if it weren't, I know there can be different ways of transmission besides ticks, I don't know why it was just so shocking to me. After a while I accepted it then there were those phases that I went through then after I was in denial I accepted it and said well at least it's easy to pronounce, you know Lyme, everybody knows what Lyme is so it was super easy.

But when I did the protocol I was fortunate that for me, I guess I'm looking more at kind of the end part, but the beginning there were some difficult times, now it's coming back to me yes.

(35.35)

**Alex:** It's amazing how we compartmentalize these things right.

**Erin:** I know we really do so yeah that was very difficult. I was lucky because I hadn't started my website yet and I was working but was able to take a little time off thank god, because it is so difficult, because most people and I totally realise that one of the few times I've taken off any work in my life that I really had to, that for people who are working full time, they may have several kids around the house or family and all those commitments, and then doing their best to overcome their health challenges at that same time, the struggles is just so, so difficult. That's why sometimes I think it is OK to ask for help, and I was OK because I didn't have some of those other components and I was

able to take a little time off work, but I think it is alright for somebody to maybe ask a family member could they help with the kids or can they this and people have to take it seriously.

Oh and that's the other thing I found that even though my family said it's OK I think that still people are skeptical. Well you know of course there's the whole argument with Chronic Lyme or even Chronic Lyme or Chronic Fatigue that still we see this skepticism by society, whether it be in the UK or the US, or whatever country, and that people are skeptical. It's very strange, have you noticed that, that especially with chronic illnesses that people are not as sympathetic, but then I see someone else but oh my gosh if they have something very acute going on then it's 'oh gosh'. If you have the flu and you say oh my god I've got bad stomach flu people are so sympathetic but if you say I have Chronic Lyme or Chronic Fatigue people are like 'Oh OK yeah'.

**Alex:** Personally I think it's a massive problem because I think what happens is the lack of cultural understanding, which a big part of this of course is down to not having good diagnostic testing and therefore not having recognition in a kind of mainstream medical context, but that lack of cultural understanding results in this kind of disbelief, this skepticism, this sinicism, which then results in well you just need to push through it. So one of the best predictors of long term prognosis with ME/Chronic Fatigue, for example, is early diagnosis because early diagnosis stops someone from pushing through and ignoring it.

So it's almost like the less understanding there is, the more people push, the more they push the more sick they get and the longer that the recovery journey becomes. So I think you're pointing to something which is a really big problem for people and it's interesting that even for yourself as someone that was living and breathing the kind of health world and had people around you that kind of understood that, that even then it was challenging with family and people to really get the emotional recognition and support that's important.

**Erin:** Oh yeah and I will say that some of the holistic, there were definitely ones who were very supportive, but there were some and even in some of the family whose not into so much of the holistic health world, but since my diagnosis or with getting the implants out or the other thing they will say 'wow I just saw a programme'. Sometimes it just takes one or they saw a personal tory or you know what it is too, it's very strange how this works, they saw a celebrity and I'm like really, but if that's what it takes celebrities coming out, which I would encourage any celebrity too because when that celebrity does come forward, maybe it's one of these celebrities, more likely are women but there are men too that have come forward maybe with Lyme or Chronic



Fatigue, that people then listen. I'm not sure why that is but that's a good thing.

**Alex:** I guess, I'm just kind of thinking out loud, but I guess in some ways it's that cultural stamp of approval right. So Avril Lavigne comes out and talks about having Lyme and suddenly people are like well if she says it's legit it must be a legitimate experience.

(40.06)

**Erin:** Yeah and I think isn't it Joni Mitchell has talked about so many things, somebody whose a little older than Avril Lavigne, but Joni Mitchell I don't know if she is taken seriously because she's said about Morgellen's too, which I know you said nothing is off limit then we could go into Morgellen's and all sorts of stuff, but I think part of her challenge has been definite chronic fatigue that she's discussed and it is interesting, I think people you and old alike, I think they do respect her but it's interesting even then people still think that it's in your head.

And the other thing is I will still see doctors, not the holistic but the conventional, because I had a fall and had three fractures, so that was scary, when I was travelling for a speaking gig so I had to then, because I try to stay away from conventional doctor's at all costs, but when I had to go there with fractures and then I got better from those, but when I was explaining I have Lyme, I didn't know the Ehler-Danlos yet. I was diagnosed with Lyme, overcame it, talked about any fatigue, anything, it's very interesting how they poo poed that. Although it is improving but I think also amongst more conventional allopathic doctors hopefully that will get better in time.

**Alex:** Yeah and it really comes from people such as yourself being courageous and talking about your experience because I think, you know yes research is ultimately really important, but part of the stepping stones towards that is human stories and people sharing what's happened and how it's impacted them, which I think is a good segway into something that you touched on a little bit earlier which was the role of psychology, and of course there's different tracks on this, but I'm interested both from the point of view of your own approach and attitude to believing you can turn things around in getting well but also dealing with some of the kind of stress burdens and that kind of thing. Yeah I'd love to hear about how psychology has been part of your experience?

**Erin:** Sure. So for me I know that I have the very strong mind body connection and that could be a good thing or a bad thing, right. So still to this day as I think out loud now myself I do believe especially how the mind rules over the

body, that if I'm really thinking in a positive way, and it could be a short term we could have the stomach flu or something god forbid, but having something like that but I really have a positive mindset. Not saying that's enough and everyone's just going to start thinking positive and they're going to be 100% better but I do think that's so important. I don't think that can be emphasized enough.

So that is important, another thing I do because I so often times see on my own page people saying, I don't even like to say it aloud there are just certain things, like I've read about different cultures like in India they don't even say 'what if uncle so and so fell off a cliff there', they don't even say a 'what if' but I see people so often say 'but with my Lyme or my Cancer or my Chronic Fatigue'. Somebody early on say, 'no, no' and I always if I'm doing a live video or whatever I'm doing, I explain that the cancer I am overcoming but don't own it because I think I did that early on with the Lyme and I think the fatigue that came along.

We have language patterns that our brains, it's very much our subconscious or conscious mind, either one is going to hear so I always have that mindset where I'm going to say 'my Lyme' or 'my Ehlers-Danlos' and I do think even with something like Ehlers-Danlos, which is kind of super hypermobility, that even though now I've found out my birth father's side has it. He and my birth mother are both ironically doctors but I didn't really know his side very well so I didn't know this, and she said yeah of course it was his side of the family. But I realised that even though I'm born with that so it's a little different than Lyme that I believe that I can overcome so much of that or maintain.

I believe in Epigenetics too so it doesn't mean that I'm going to be set for the same road or route that a family member might be, that I don't have to be destined for that and keep a positive attitude.

(45.09)

**Alex:** It's a really interesting point you make around recognising that something is part of your life at this point but not taking that as an identity and it just remind me that I had ME/Chronic Fatigue for seven years as a teenage, which was why I got involved in this work, and for the last few years of my recovery journey which was a seven year journey, my then girlfriend was also recovering from ME/Chronic Fatigue and after about six months of being together, I was at University in Wales and she was in London, we kind of realised that every time we spoke we were speaking from this identity of how are your symptoms, how are you, and it was like we were connecting by the fact that we were sharing this disease together.

We really had to work to change our language, and it wasn't then to pretend this thing wasn't happening and rip away any support but just to be very deliberate and careful about how we were self referencing our experience and how we were talking about it and identifying as someone that was recovering from something, not someone that was suffering from something. So I think it's a really helpful point that you're making.

**Erin:** Oh yeah definitely and I also want to say that even though I had grown up with health challenges I don't think to the point where I got at my lowest to low, probably after the implants which didn't help that I had Lyme at the same time and EDS, and I remember my Mom interesting, although I'm not sure what her feelings were, but she said she had a friend with severe Chronic Fatigue and I admit, I probably don't say it enough, but at the time I didn't have sympathy for her friend. I didn't get it because you couldn't see it, this was years ago before anything had happened to me, and even though I had had chronic fatigue way back then but it was a new diagnosis or at least to the general public, that I remember not feeling the sympathy and still to this day I think 'wow'. Or Fibromyalgia too because she had a fibromyalgia diagnosis, this was over a quarter of a century ago and now I really get it and I always think 'gosh'.

So I keep that in mind because I had that mindset at one time, that come on Fibromyalgia, and I was getting into holistic health but this was probably 25 years ago and now I realise gosh there are people out there that think like me but they can change their mind. So If somebody has a loved one and they're just not getting it, especially maybe upon the initial diagnosis, that they can come around and understand and sometimes if you tell them a certain musician has it and that doesn't do it for them then documentaries or even videos of things, or they can read published studies and hopefully their family members will come around.

That's an important thing to me, is having that support system and that people identify and at least they don't have to be physically doing anything but just the closest ones around you, your loved ones, you want them to at least support you.

**Alex:** That's right. You certainly don't want them making things worse but ideally what you want is at least that human need we all have to be seen and be validated, its not a want it's a need like food and oxygen, to be witnessed and validated by the world around us. I think it absolutely makes sense how important that is.

I'm also curious as to what role physical movement and exercise has had for you because I know that Pilates was something; I know that you've changed quite significantly the way that you exercise. I'd love to hear more about that.

(48.52)

**Erin:** Sure and I don't know what part my journey that I'd seen an article that was on Yahoo and it said 'can running make you fat?' and I was overweight, especially after the implants where I gained and I think because for a number of reasons. So what I tried to do is I gained and gained as I'm trying to run and run.

**Alex:** (laughs) That must have ben really frustrating.

**Erin:** Oh yeah and be on the treadmill because I'd be too tired to run outside or be embarrassed but to be on a treadmill and run and run and listen to the music to do my best to motivate me. I know that my adrenals were so fatigued, I was just totally burned out, that running for me and this is something that folks might not understand, that they see somebody they may be overweight, and I mean I wasn't extremely overweight but I did two dexa scans and put myself through radiation while I was heavy and then afterwards to just show that my body fat was no longer close to 60% and was down to like 20, 19/18 or something.

For me what really made the difference Alex was to then switch from that just trying to run myself ragged, workout with this trainer and you know there's great trainers out there but for me lifting weights and doing that was not conducive, and I went back to what I had done years ago, because I lived in California in my early 20's so was doing it maybe before other people were, but doing yoga, which then now is everywhere.

So I could do gentle yoga classes, and not the p.s. not these crazy now, like one I went to the yoga and they were like 'faster, faster' power yoga and they're playing some crazy beats. I'm like this isn't yoga but I found the gentle yoga class that my chiropractor recommended of all people, and it was no heat which wasn't good for me either, and that helped along with Pilates. Where I could still do some, it's strength training I'm still toning, but I could slow it down and almost get lost in a meditative state and that was a big part of it for me as well and still is.

My instructor moved and I was really bummed but I've found another one because even that time I wasn't working out, because I'm not really good at motivating to do it myself, I don't have the machines. I could still go to yoga but most of those have become heated really crazy classes where I like

something a little bit slower but the Pilates is great and you can do group classes or what not. Or even do mat work at home, people have different things that like to do, you go to the gym do a class. But the main point is to take it from this almost high intensity training to the very gentle Pilates, if people aren't into yoga then Pilates or stretching classes and that was so helpful to me. That brought the kind of mental changes from not only doing the exercises but switching from the others, which I don't think I'll ever go back to. I know I always need to do a little bit of light weights but I'll never go back to really running on a treadmill or lifting, trying to lift heavy or anything like that. It's just not for me.

**Alex:** That's super interesting and I think there's something that's so important about one listening to and honoring their own bodies needs instead of going, I've read this thing in a book or this trainer's telling me this is what I should be doing, and then trying to impose that upon ones body, which actually is a nice dovetail I was also curious around food and nutrition. What you found has supported you there because it's another place where there can be a lot of pre-conceived ideas, which may or may not be what's most supportive for someone.

**Erin:** Sure. Well I had run a raw food retreat for a number of years and I still do love to have, fruit is not forbidden for me so I will have some fruit, but I was doing an almost all raw diet thinking I'm doing the healthiest thing. I will say this too another huge component of healing for me was healing the gut so that may be obvious for some people but I didn't realise how unhealthy my gut had gotten. So all that raw food was not really helpful so I switched to more cooked foods, I was more plant based, so I know for some people they'll do a lot of bone broth, each person is different of course as to how their body would react. No matter what for me healing that gut and not eating so much of these raw meals I was making constantly.

Although I did interestingly, and you hear different things, some people say I heal myself from eating all raw, and this is the other thing, balance. I'm a Libra and so I hear people 'like I'm in high ketosis', I had somebody the other day say I don't eat any carbs, and I'm not judging if they eat zero carbs, and then other people of course are saying I eat 100% raw, I'm carbing it up and eating a zillion carbs. So for me it was a balance but also I will say that the gluten, and now since then they did a test that I'm not allergic but I still not eating the gluten. Whether it's the gluten they say or the glyphosate in the gluten, I avoid genetically modified foods, because even back then I admit I would be at a articular chain that was supposed to label their GMO's and never did and got bought out. So they now reneged on their promise to by now have all GMO's labeled and they sneak those into something I grab at the deli, something I grab at the takeout, and I'm thinking I'm at the health food store.

So I was really adamant about no genetically modified food and also cutting back on the sugar and I would replace it with things like, something I would actually do because I used to eat ice cream even though it was organic, but I would switch to a little bit of raw but soaked chia seeds and a little bit of almond milk and Stevia. I know that people don't always like Stevia but for me, well there was a study that came out that for Lyme that higher dose's of the Stevia was just as healing as the antibiotics. That's a study that was done. Sometimes I have to remember my own advice if I ever feel like I need to do some maintenance, it was very helpful and replaced that process sugar. I would eat organic cookies and sometimes a little organic cake but I gave up that sugar and I gave up the gluten. Most grains but I also, I knew about Keto and Keto's all the range or whatever, Paleo before that, but I guess I had more of a balance. Gave up most of the process foods and sadly had to give up a lot of the raw food that I would eat and obviously like my vegetables. Instead I might do a nice cooked, gentle vegetable warm soup and more warm foods and not just eating all the cold raw food all the time, which I'm not looking down on the raw foodies because I know there are millions of them and I started doing that probably 16/17 years ago initially with the raw, running raw retreats, but I knew that I had to get away from that and heal my gut and more probiotics in whatever form people are doing that, there are so many different ways.

(57.11)

But healing the gut was a big part of it and I think that's when the weight came off, once the gut healed, and then I wasn't running myself ragged and burning out my adrenals, literally running myself ragged. So it was a number of things plus following the protocol, which was difficult with the detox and there were times because also I had, and I don't know if I mentioned in there, I actually drank some coffee. Organic but I then went from organic to half caffeine, or they call it half caffeine, and then to decaffeinated and now I mean I may have it in a blue moon on a Sunday with somebody but very rarely. I just gave up the caffeine, caffeine also was detrimental for me.

**Alex:** That's super interesting and again it just shows the amount of pieces to the jigsaw that have been important. I'm mindful of time but just before we come to how can people find out more about you and your work I'd just be curious as to what supports you now? I know that you travel internationally quite a lot, you're working very hard so I'm curious in terms of maintenance what you find supports you?

**Erin:** That's a good idea. We just did a retesting for Lyme and co-infections because we were curious, especially because of the Ehlers-Danlos, did I have any Lyme and co-infections left. Now you know how the testing can be and I

did a test at a company out of Colorado, but anyway it doesn't matter they all came back negative. But I don't know if that's true because I always suspect, but for me for maintenance I would say that I have done fasts in the pasts, like long term fasting I know that's all the rage, but for me again moderation. I'm not a big time faster, I know people say you're going to go into ketosis heal yourself for 5, 6, 10 days not eating, and I have bouts of fatigue from time to time. I'll talk about it with my audience, nothing like what I had and I hope I'm never in that place I was before, but for me not eating if you have fatigue just doesn't seem to, I understand there are different views on that, just for me personally it doesn't work.

So I will not long fast, I have done intermittent fasting, I do list the protocol for free in the book, but I'll try different supplementation. What I'm doing now because I found out I was very low on B Vitamins, I guess I should know that, because shockingly I don't take supplements like I should. I know that it depends on the person, maybe I need more supplementation, so now I'm doing more B Vitamins, I'm doing the B2, the B6 because we did some testing. Now they can even do DNA testing through your urine, which is fascinating, so I did this complex urine test that testes my DNA and I don't know how much, I put some stock into the genetic testing but not 100%.

OK so detox, I know I'm getting a little off subject here. I guess for me the best thing that I do is, and I need to do desperately, is take time off and to possibly follow a protocol. So for maintenance it might change from time to time depending on what's going on but I would get on a protocol that's simple. If you really want to get into it what I will do from time to time is I will do a banderol, Samento, which is what I started out with because when I started on the Lyme protocol I was doing a lot of the herbs. So I did maybe 30 drops of this 5 times a day and I had 50 different supplements but I found that simplifying that for me, I guess to break it down for you Alex, that simplifying it for me made it easier because sometimes it's very daunting when they're saying you have to take 50 or 100 supplements.

(1.01.19)

I had gone through the Hypocrites help programme in South Florida a few times and there's a doctor there that truly believes less is more. So I'll do a simple protocol and if I do feel under the weather or kind of wanting to do a detox I will get back to basics like I talk about in the book, and do the Banderol and Samento. Sometimes I will do a gallbladder cleanse, if I feel like after the holidays especially I've been eating badly and my guts out of whack, then I will kind of do a protocol of healing the gut and stopping any of those foods that may not be really helpful. But I don't do a ton of supplementation.

Also another thing that I will do is the coffee enemas, so I do those. I don't know that I talk about that a lot publically, a little bit, but I think that for some people and their protocols, and I know that Dr Klinghardt had me do enemas or colonics. And that's another thing for me, I know that everybody is different and they say you have to be careful with Ehlers-Danlos, but knock wood I've never had a problem. But the colonics especially if I'm kind of doing a cleanse, it's not just dietary or nutrition but also sauna, detoxing, do cold thermogenesis, get in my freezing cold pool or go jump in the Atlantic Ocean or something if it's cold out and really, that may be too shocking for some people. But just cleansing my body whether it be through sweating or gentle exercise or doing a gently cleanse. That's where I struggle, I'll admit that, that I have to really write that down and format what my maintenance is because I don't always do it (laughs).

**Alex:** What I think is also fascinating though is how you've learnt to listen to your body and figure out what works. I think that's often the thing that can be challenging for people, that they want to go in and go this is the three things that everyone must do but actually you're journey's a great example of trying different things along the way and discovering that this worked for some people, this thing didn't work for me, but actually this is really working for me. Different things are helpful at different stages of the process.

So it may be that at one chapter there's one thing that really is important and then it becomes a bit less important when something else becomes important later on. So it's that kind of ability to be a detective and listen to ones own body and ones own journey.

**Erin:** And also I think because I obviously struggle with even figuring out what my own maintenance programme is but the other thing I think is important for people to realise is that one supplement that works for someone may not for another, or diet, because so much now we talk about diets. I do put a little stock into blood type, I'm an A positive, I know Dr Cowden, I mean he's not eat right for your blood type, but I put a little bit of stock into that and maybe realise that somebody who is an O they're healing and eating far more protein or meat than I would and that I may eat less. But then somebody could be an A type and they could be a carnivore you know. Each person is different but yes that's words of wisdom what you said and I think too that whether it be supplementation or exercise, some people may also thrive doing a high intensity. I don't judge anyone that is able to do that but so often times, especially with fatigue, we are unable to be doing heavy hardcore workouts.

**Alex: Erin** it's been absolutely fascinating and I think it's really powerful to hear how someone's figured out their own journey and found the things that are helpful and supportive. For people that want to find out more about you



and your work please tell us about your website and some of the resources there are?

**Erin:** Sure, yes. The website is Health Nut News and I do have a book there called 'In the Lyme Light' that I we have just been talking about this week updating soon but even if they download it then they can get an update with the new version. So it's Health Nut News so at the top of the page they can get onto the newsletter or download the book but also we do a lot of breaking stories seven days a week. And I guess on that closing note, because I do take my work very, very seriously, but I think that's another part of the maintenance is taking some breaks. I've hired some new people to help with our little team is growing quickly. So yeah they can find it at Health Nut News, find the book there we have a lot of updates and breaking news there on the website that they can see just about everyday.

**Alex:** Fantastic. Seven days a week because that's when you're working (laughs).

**Erin:** Seven days a week right, yeah I know (laughs) but taking breaks when I can.

**Alex:** Thank you so much I really appreciate your time, thank you.

**Erin:** Thank you Alex, thanks.