

# Alex Moresco 3 AUDIO

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## SUMMARY KEYWORDS

lyme, tick borne illness, asked, tick, warrior, boot camp, hackathon, defeating, happy, practicing, alex, meditation, manifesting, alliance, podcast, advocate, advocacy efforts, thankful, initiatives, chat

## SPEAKERS

Alex Moresco



Alex Moresco 00:03

Hi, friends, for those of you that I have not had the chance to meet yet, I'm Alex Moresco and I am a fellow Lyme warrior and advocate that has raised over \$350,000 for Global Lyme Alliance with 100% of that going to support advocacy efforts and serious tick borne illness research. So I was beyond thrilled when Matt and Rich asked me to participate in the Lyme Hackathon with Tick Boot Camp. And they asked me if I would share something that has helped me with you. And I would say one of the things that has helped me the most is trying to reframe my brain. So practicing things like meditation and manifesting, and instead of saying to myself, Oh, I hope I'll get better someday. I say, I will get better someday. And I really, really do believe that now. And I know that tick borne illness can be so defeating for us Lyme warriors. But I really do feel like there are good things coming for us. And with people like the guys behind the Tick Boot Camp, Podcast, there's only positive education-based initiatives going on. So I'm so thankful for that. And, as always, I am more than happy to connect. So feel free to send me a message and we can chat. So happy Lyme Awareness everyone. Bye.