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SPEAKERS

Amelia Crofoot



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Hi, I'm Amelia Crofoot and Tick Boot Camp asked me to share a video of a Lyme disease tip. So I've had Lyme disease for about 13 years, but I was only diagnosed about three years ago. So my tip for Lyme disease is to celebrate your herx. This was a really hard one for me to get used to and start doing but in the long run, it can really help. So it can be really hard to want to be happy about herxing because it feels so terrible, and you just want it to be over. So it's kind of counterintuitive to get excited about it when you feel awful and like you just want it to end. But when you start to celebrate your herx, it can be really helpful not only for your mental health and your ability to navigate through your Lyme treatment, but it can help you want to take the medications that will make you feel awful and want to do all of the things that kill the Lyme disease. So that's my tip for fighting Lyme disease. I hope it helps. Thank you