

# Ashley Marba AUDIO

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## SUMMARY KEYWORDS

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## SPEAKERS

Ashley Marba



Ashley Marba 00:00

Hi, my name is Ashley. I have Lyme disease and so does my family. I wanted to share five things that have helped us get through this journey. Number one is diet. So eating foods that decrease inflammation and increase immune support, cutting out foods that have gluten, dairy, sugar, soy or corn, you want to add foods that are high in protein, high in vitamins like C and A, eating lots of vegetables and making sure you're eating plenty of fiber. Number two, detox. So drinking eight to 10 glasses of water per day, sweating through Infrared Sauna or an Epsom salt bath, making sure your urine is clear. That's how you know you're drinking enough water and also making sure you're able to go number two. And if you're not you really want to make sure you're taking a supplement to help support that. Two things that have really helped me are taking Miralax which you can get over the counter. And then and or a motility activator, which is from integrative therapeutics, this is a supplement, you don't want to take them together, you only want to take one. And then number three, finding the right medication. So whether that's supplements or herbals, you really want to work closely with your doctor to find out the right regimen, doing bloodwork to find anything you're low on, such as iron or, CoQ10. And finding supplements to help heal each part of your body and also any co-infections that you may have, as well as yeast, Candida and helping heal IBS. Number four is movement. So when we are not moving, our blood slows down, our lymph builds up with toxins, it increases herxheimer reactions and just that general feeling of unwellness that you can get. Some things that have really helped me, that don't hurt my back or make me feel sick, are gentle yoga, stretching, walking, swimming, physical therapy exercises and

jumping on the trampoline. One thing about jumping on the trampoline is it helps open the lymph and get any extra toxins that are building up in there. Number five, the last thing is finding a support group. So I'm sure some of you have experienced that your friends and family don't always understand what you're going through or how you're feeling. So finding people that are like minded, who can really support you know, the times when you're down or you're feeling really sick or isolated. Social media has been really great for that. There's a lot of Facebook groups. Just two that I love that have really helped me are the Lymewired community and the Women's Lyme Support Group. There is support groups for families, for children, for what state you're in, or what county you're in. Also Instagram has a lot of-there's a lot of Lymies out there. There's a lot of great people offering support. And if you just follow hashtags for Lyme or Lyme disease, or things like Lyme warrior, you can connect to other people that you didn't know that were out there. I hope that's helpful. I hope everybody stay safe. Thank you so much for listening. Take care.