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Mon, 5/4 12:23PM 1:59

## SUMMARY KEYWORDS

brain fog, lyme disease, foggy, bad, hacks, tick borne illnesses, sleep, recollection, function, recharged, brain, insomnia, overwhelmed, detoxing, reduce, lifesaver, sensory overload, inflammation, years, treating

## SPEAKERS

Emily Bailey

**E** Emily Bailey 00:01

Hi, my name is Emily Bailey and I have neurological Lyme disease. I've been sick for five years. These are my brain fog hacks. The first one is going to be to always make sure you get enough sleep. A lot of times with Lyme disease and other tick borne illnesses, you will have really bad insomnia, myself included. Any time that I can't sleep, the next day, my brain fog is always a lot worse. I'll have more issues with word recollection and just being really foggy in general. But whenever I do get at least, you know, seven to nine hours of sleep at night. It definitely does reduce my brain fog. A second one would be to make sure you're detoxing, especially if you're treating Burbur and pinella through NutraMedix. They have been a lifesaver for me. It definitely does help with the brain fog, and it's also going to reduce the inflammation in your body due to toxins. The third tip would be, if you happen to be at a family function, holiday or even a party or somewhere where there's a lot going on around you, it might even be in your own house. If you've got a lot of noise, a lot going on around you, just where you feel overwhelmed, you're extremely foggy. A lot of times what I will do, because I almost feel like I'm getting into sensory overload is I will actually excuse myself and go into a quiet room for 15 minutes. Sometimes I'll just sit there in silence and kind of let my brain rest and other times I'll meditate but for me, this really helps with my brain fog. It just kind of helps reset my brain and let it rest for a little bit. So I can kind of go back out and be recharged and talk to people and actually have a conversation. But these are my brain fog hacks and I hope they help you.

