

# Kat Sexton

📅 Thu, 5/14 4:04PM ⌚ 0:50

## SUMMARY KEYWORDS

lyme patients, trust, treatments, moment, responding, relying, medication, sideline, adjusted, hack, puzzle, harm, incredibly, tune, telling

## SPEAKERS

Kat Sexton



Kat Sexton 00:00

Hi, I'm Kat from sideline and my life hack is to trust yourself. I wish way, way, way, way back when when this all started, I adjusted the voice inside of me that was telling me something was wrong. Lyme patients are incredibly in tune to their body, largely because we have to be. We were the ones putting the pieces of the puzzle together. And what I mean by trust yourself is a lot of times we know when a medication is doing more harm than good. Sometimes we know which co-infections are the ones that need more attention at the moment. And we often can often tell when we're responding to treatments and when we're not. So just keep relying on what you're feeling inside and don't doubt your mind body connection.