

Mikayla Vacher 2 AUDIO

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SPEAKERS

Mikayla Vacher

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Hey friends, it's Mikayla here to share a little tip with you that I know I have. Oh gosh, where is it? Fallen? Fallen into? Fallen victim of? Maybe that's it? Hello Lyme brain. Um, so I feel like with how we all share our stories on social media- first of all, it's amazing and I think it is so important. And if you're considering sharing your story, highly recommend it, we're all here to support you. But with that being said, and I think it is easy to quickly fall into a pattern of feeling like oh my gosh, I have to do this treatment because this person is healed or oh my gosh I have to do this and stick to straight juicing because it worked so well for that person, so it's gonna work so well for me-wrong. No, no, no, no. Just because we all have Lyme disease doesn't mean our story's the same. We all have different bodies and our bodies all react extremely different to different treatments and stuff. I know for me personally, antibiotics is what works for me. And there is so much backlash about antibiotics out there. And you could be a person watching this right now, thinking antibiotics, so bad, ruins your gut. It didn't ruin my gut, it works for me and I will forever preach that it worked for me. But just because it worked for me, doesn't mean it's going to work for the next person. And I feel like it's so easy to put so much pressure on yourself to feel like you have to do all of these different treatments and X, Y and Z and juicing and following a strict diet or doing antibiotics, not doing antibiotics. None of that matters, clear all of that out, because this is happening to you. This is your body. It's your individualized plan. And you can take other's advice and kind of like soak it in, go through it all Tanya wants to say hi, um, but don't let another person's journey make your decision. Because, again, all of our bodies are so different and we all react to different treatments

differently. So I just want to kind of take the pressure off the table and off you for feeling like you have to do all of these different things because other people in the community are. No, do what works best for you. And that's it. That's all that matters. This is your healing journey, and it's going to look so different from mine even so, just remember that and remember that this is your healing journey. This is your body and only your decision matters.