

Mikayla Vacher 3 AUDIO

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SPEAKERS

Mikayla Vacher



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Hey friends my name is Mikayla, I am @intentionally_mikayla on Instagram. If we haven't connected before too, please feel free to reach out, my DMS are always open and I love being able to connect with other Lyme warriors, hear your story, help share your story. So please feel free to reach out. But I wanted to share a little tip that is something that I personally went through. And if you'd like to hear like more details about it, you can actually go to I think it was Episode 50 on the podcast with Tick Boot Camp where I just kind of like talk about family issues and people not believing in you and how to kind of navigate through all of that so feel free to go listen to that too. But anyways, my tip, always trust yourself. This is happening to you and despite what anybody else says, it's your body and only you know what is right for it. With Lyme being so, it's such like a neglected disease with research and understanding and everything, you're going to face judgment and you're going to have haters and you're going to have people that doubt you. But screw all of that noise. None of that matters because this is your body and you're the person going through it. So trust yourself. Do not let anybody else have influence on your decisions and how you want to treat it if you want to treat it how you're feeling. Everybody's stories looks so different. And I really want to encourage you to feel free to reach out to other people in this community 99% of us have all been through this it takes years for so many of us to get diagnosed and we face lots of judgment and all of that just nonsense in the back. So we get it. But I want you to know that you're not alone. This is your body. This is your story and you get to choose how you heal how you go through all of this, but just know we're all here to support you.

