

# Mike John donjohnnymike AUDIO

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## SUMMARY KEYWORDS

spiritually, lyme disease, lyme, yoga poses, stretches, stay, physically, kettlebell, bartonella, communicate, mentally, active, prescribed medications, infection, connected

## SPEAKERS

Mike John



Mike John 00:00

All right, what's up Tick Boot Camp. It's Mike John over here. But yeah, I've had Lyme disease. I have a co-infection of not Babesia, that's what my mom has. I have Bartonella. And, yeah, so obviously, aside from the prescribed medications that have helped me throughout my journey, and I'm still fighting it, you know, some things that help I'll use a kettlebell to do stretches. So kind of like yoga poses and stuff, some other Lyme people have kind of put me on to that. And then yeah, just staying active, you know, like doing the best you can mentally, physically and spiritually because it's all connected. I think they said they wanted this to be one minute, so I'm going to keep it at that. But yeah, feel free to communicate if you have any questions. Stay strong, guys.