

Taylor Brune AUDIO

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SPEAKERS

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Hi my name is Taylor Brune, and in 2014, I was diagnosed with Lyme disease. After many years of just searching for answers, I finally actually got an answer. But it was the beginning to a crazy journey as you all know. But in 2017, I went into remission from Lyme disease. And in 2018, my tests became completely clear, I had no Lyme bands whatsoever. I still currently deal with autoimmune issues, as well as pots, as well as type one diabetes, and bartonella caused by Lyme. But otherwise my Lyme bands are completely gone and it's honestly been a miracle. But there were some tips that helped me during my time of Lyme treatment and that I still use today during my autoimmune disease rough days. So these are it. The first tip and the main tip that has helped me be able to overcome anything that's come my way including all the illnesses and all the traumas that I've experienced in my life is grounding myself in faith in, in God, and being able to transform myself and really seek deeper healing, mentally, emotionally, spiritually and physically. But because I was able to ground myself in the love and goodness of God, it helped me be able to route myself and my identity and have my own personal identity, one away from my illness because having the illness consume you and you become an illness is not healthy and it just sets you further back because you are not your illness, you are not your disease and you are not the adversity that you face in this life- you are so much more in this world and you are such a beautiful soul with a purpose. The second tip that's really helped me and I still use it today has been affirmations declarations of faith over myself, meaning on my roughest nights and still when I have rough nights with my other diseases. I basically just say over myself, I am healed, I am healing, I am healed, I am well, All is well.

I am safe, I am safe in my body. And being able to speak those affirmations over myself continuously, even when I didn't believe them, it actually helped me, reprogram my mind to be able to start believing them, which then helped my body, begin to believe them and be able to do what it needed to do to provide the healing and the resources and just the opportunity to be able to overcome all my symptoms as well as the diseases. third tip that helped me be able to get through Lyme days and even now with my illnesses today is just researching and becoming knowledgeable and just not giving up. When doctors would say there's no hope and you're going to be like this forever. etc, all these negative death like declarations over my health and my future I just denied it. I not denied it, I rejected it. And I didn't take that as something that would happen over my life I did the research I did anything I could do to learn more about different ways, alternative ways to be able to heal to be able to fix any of the issues or relieve the symptoms and anything that the doctors wanted to put in me, I researched thoroughly and I made sure I was very knowledgeable and I still do- on what is being put in my body. And the final tip is what really helped me and still I'm developing and growing it is just listening to my body and what it needs. Not always will other people know what my body needs and that especially happens in the ER when Lymies go in the ER they just have no idea how to handle you. And so you just really need to figure out and fine tune how to listen to your body. What does it need? What does your mind need? What does your body need? What does your spirit need? What does your nutrition need? What do you need in relationships? Like what do you need in these different areas of your life. And then when you'd be able to strengthen that self care muscle and intuitive muscle, you're able to know exactly why your body reacts in a certain way on new medications or other treatments. So it's really good to just be able to be in tune with your body and your mind, in tune with your mind and in tune with your spirit so that you can heal and overcome things in your life.