

Allocating Resources

Everybody has a plan until they get punched in the mouth (Mike Tyson punch out video)

Healing is about risk versus reward and every decision matters.

We can only make so many wrong decisions before resources and opportunities are exhausted. When healing every decision is a big decision.

The old you is dead, and the new you needs to plan before spending precious resources of time and money.

Ask yourself: How will I allocate my limited energy resource today?

Will today's regimen have a positive effect, reducing pain, and anxiety, while increasing energy? Or will this regimen cost me Money and time - without symptom improvement?

Lyme disease handicaps us mentally physically and spiritually.

Mental Handicap

Brain fog creates anxiety, I remember asking myself

Why did I come into this room again? Where did I park? Decisions slow as your brain is not firing on all cylinders.

Physical Handicap

How do you go to work when you can barely walk up the stairs?

Inability to work becomes a big problem

Spirituality handicap - killing our identities - (AWARENESs)

Working out or lifting with Chronic Lyme makes your muscles feel like your muscles are going to tear from the bone. Even if you do have the energy to workout and maintain muscle density.

You can't

I learned the hard way.

Beaten into submission before Lyme Literate Doctors **were a thing.**

The road is long. The more informed you are the faster you will heal.

Its time to change your vocabulary, literacy, and expectations.

I have spoken with at least one thousand Lyme patients. From these relationships I have found that most don't become symptom free. Lyme is a multifaceted disease. It's complex.

Lyme patients commit thousands of hours searching for answers, committing all financial resources to supplement after supplement as many spend life savings out of desperation.

For most Lymies a few symptoms get better, symptoms become manageable or become UNDER CONTROL, but they never find that, regimen catalyst to **Resolve all symptoms.**

To many people have been forced to surrender to a life of ups and downs.

"Under control means" that the patient keeps antibiotics or herbs around to kill Lyme bacteria during flare ups. Kind of a normal life - handicapped for sure - buuuuuut. nooo longer desperate and feeling like you are drowning every minute of every day.

With chronic illness your backs against the wall - scrambling in chaos. The solution is.. **Whatever works** -

I personally have attempted some really invasive regimens - cancer drugs, countless antibiotics, many different herbal regimens, and hundreds of very invasive detoxification regimens. The anxiety was relentless and I was desperate for just a few hours of relief.

Alcohol worked to kill the pain, but I would immediately set myself back 2 weeks in healing. Completely throwing off my healing momentum.

I would string together months of perfect will power and then one day just break down and binge to kill the pain. It is easy to become addicted to the short term relief as it is incredibly refreshing. A drunk pain free evening would sometimes be enough to carry me through the next few months of strict diet and supplement regimens.

We all share this borderline addiction out of desperation whether it is relief by prescription alcohol or drugs a brief reprieve can be necessary to stay sane. The more I understood my limited resources and made healing about processes and planning. The less I would fall off the wagon - keeping healing momentum. I could use regaining my health to FEED My mental clarity instead of drawing it with Booze.

The booze lessened the nightmare, or at least dulled it- planning allowed me to regain my health and clarity.

The mental and physical are separate yet connected.

Don't lose your fight by hiding from one or the other. Face it versus becoming addicted.

Don't let a temporary solution be a crutch. Become Activated!

Winning this battle is about allocating your resources correctly.

The mental and physical are separate, but have to work together toward the common goal of becoming One Day Better.

I was treading water for years with chronic Lyme

I tried everything, I worked my ass off - just without results

I was at my wits end- crying in the parking lot of yet another Doctors appointment.

I met the practitioner who completely changed my life!

An herbal supplement was recommended and I HERXED like crazy.

From this day forward

I became "One Day Better" each and every day there after.

I made healing finite -a math problem where there is always an answer because there are a Finite amount of variables.

Commit to making healing a solvable problem, and find answers sooner.

Healing has a mental aspect, a physical aspect, and an awareness aspect.
A misunderstanding or lack of effort in any one area - will significantly hinder your ability to heal.
Awareness of self is a foundational characteristic and increased awareness goes hand and hand with healing and becoming "One Day Better"
Awareness is personal and it can be worked on constantly. There are no excuses.

Become Activated - Solve your Lyme disease by making healing finite.
Increases awareness, Heal your body, and earn the gift of health.

Let's together do whatever it takes to just become "One Day Better" and earn our "physical freedom"

Healing is all about the PROCESS - a maze for sure - but remember there is always a way out