



**THE SPECTRUM  
OF HEALTH**  
— P O D C A S T —

## Podcast Session #63

### ***Biohack Your Way Beyond Lyme***

With Lisa Rudy Williams

*Dr. Christine Schaffner was honored to interview Lisa Rudy Williams, her dear friend and patient. Her journey is a gift to share to others and how people who are in the same boat can heal. They talk about the biggest challenges in a Lyme disease treatment journey, the most important factor in helping you recover your health, and how to “Biohack Your Way Beyond Lyme”.*

For more, visit: [www.beyondlyme.coach](http://www.beyondlyme.coach)

Get Lisa’s Book Here: <https://www.amazon.com/Biohack-Your-Way-Beyond-Lyme-ebook/dp/B0887WV1GX/>

**Dr. Christine Schaffner:** Welcome everyone to the Spectrum of Health Podcast. I'm honored today to interview Lisa Williams, she's a dear friend and patient, and her journey is like many others in the way that she made such heroic efforts to get well. The thing that I love about her story, is how she turned her journey into a gift to share with others about how people can heal who are in the same boat. I just am so honored to interview you, this is a really touching and full circle moment. We've been on the phone many times in many different scenarios. I just want to celebrate the fact that you are so much better, that you look as beautiful as you do as always, and that you have this new book that you just launched, Biohack Your Way Beyond Lyme. So welcome, Lisa.

**00:46 Lisa Williams:** Thank you, Dr. Schaffner, and I will call you Dr. Schaffner forever. I don't think I can say Christine, even though obviously I know your first name.

**00:58 CS:** Well, it's just such an honor to have you here. You look beautiful and you are just beaming with health right now, and I know. I really remember, Lisa, the day that you showed up at Sophia Health Institute. As we're talking, I have a memory of you in my office and you sharing everything you had been to up to coming to us. We'll get into the book, we'll get into all of the things, but I just want you to share from your heart your journey. Bring us back to that moment of meeting and everything that's culminated to this point.

**01:37 LW:** Absolutely. So it was almost seven years ago that I came to Sophia Health Institute, but my journey did not start at Sophia Health, it was a blessing that I was able to start there after a few years of searching. And so basically, my treatment journey started in 2012, and I had been searching to

get to that point for many, many years. So my journey unfortunately began when I was approximately nine years old, and I was infected with Lyme at a very young age and had no idea, but went through a good five or six years of really declining health as an adolescent, as a young teen, and had just a really difficult set of circumstances. I came to the field of psychiatry before I learned anything about Lyme disease. I was mis-diagnosed when I was in my teens as bipolar, and it turns out that because I was bitten in the back of my head by the tick that my parents removed and life went on, I manifested Lyme disease in a neurological way, and initially a lot of my symptoms were what appeared to be psychiatric in nature.

**03:19 LW:** And so I went through almost 15 years of extensive psychiatric treatment and unfortunately, that wasn't the answer for me. It was a means of getting me further along in my search, but it was actually in my late 20s when I realized that there were so many other circumstances that I was dealing with, symptoms I guess I will call them, of really a broken down body and immune system that was not able to keep up. I actually wasn't ever tested for Lyme disease until 2012. So it was almost 22 years after the incident. And I didn't know anything about Lyme disease. I grew up in California in the 80s and 90s when there wasn't any awareness of Lyme disease, and so I didn't know anything about vector borne illness. And so once I finally got tested in 2012, I began treatment at some different clinics. I went down the road of full-on oral antibiotic treatment, and that didn't go well, I will say. I didn't know really what I was doing at the time, and I learned a lot in those first two years of treatment. I went through some in-patient treatment and eventually ended up at Sophia Health researching Dr. Klinghardt's work in those first two years.

**05:11 LW:** And so when I came to you at the end of 2013, I was incredibly sick and really didn't know how to proceed other than to ask for guidance. I came in with a chest port, and so I'd been going through intravenous treatment for, at that point, a-year-and-a-half, and I was getting results from that, but I also was dealing with some other major issues that weren't being addressed. I knew that from my own investigation, and I wanted to be in a treatment environment that looked at every aspect of Lyme disease, because Lyme disease is so much more than just about the Borrelia. Lyme disease is about co-infections and toxicity and heavy metals and the whole spectrum.

**06:14 CS:** Thank you for sharing your story. Every time I hear a patient's story like yours, it brings me to the moment to think, wow, this began when you are nine--and how many patients struggle for decades before they're able to find the right answers? I honor that you had the perseverance and the determination to not lose hope or lose sight of the end goal of getting yourself well. And I'm really passionate about how can we really shorten the time where people get properly diagnosed to the proper treatment and to having the proper support? Because, as we'll talk about, you have a diagnosis of Lyme in 2012 and here, we're recording this in 2020, and you got your life back a few years ago. It doesn't happen overnight, and so how can we have that support and that mindset to really go through the journey once you know what you need to treat.

**07:15 CS:** And one other thing I want to mention, is this whole neuropsychiatric presentation of Lyme and the whole mental health component. I think as we look at Americans, Americans are more anxious, more depressed, there's more children debilitated by ADHD, Autism is on the rise, PANS and PANDAS are on the rise. I think what can come out of a lot of people's journeys

like yours is having this whole other view of how we look at mental health, if we can look at this from the perspective of what's causing neuro inflammation as you are well aware of.

**07:57 CS:** So we have a lot of directions we can go, but one of the things I just want to share with the audience is that to date, you definitely struggled in a very tough way, because of all the things that your body had gone through, but in the backdrop, you've also been the most highly committed, resourceful and innovative patient that I know and that I've worked with. We want to inspire and encourage the people who are listening, relating to your story and wanting so desperately to be on the other end, like you are here, and back into their passion and into their life. You are launching into this new chapter, but how were you able to maintain your mindset and your sanity to do the work that really had to be done? And it's not for the faint of heart, it's very involved. So maybe share some insights to the listeners who need some hopeful words of wisdom here.

**09:05 LW:** I first wanted to share with your listeners that there is hope and you can recover. My message is that other than education and raising awareness, patients that have gone through Lyme treatment and are struggling, need to know that you can recover. I truly believe that the most important factor is mindset because really, you can do every intervention in the book, you can go through any protocol and you can get to a certain point, but without the added component of what you bring to the table, your beliefs, your attitude, those are just physical interventions, and what you have to know is that you are more than just a physical being, you are mind, body and soul, and your body knows that when your thoughts and your emotions and your belief system is behind your treatment, your body feels that, your body knows that. I

think for me, I went through just an awful time in the beginning, where I just felt like such a victim after I was tested and diagnosed with Lyme. I felt like I had lost my whole life to this disease, not even knowing it, and I felt like my whole mentality was that I was a victim of my circumstances.

**10:51 LW:** And what I've learned in this journey is that we can go at this journey with two different mindsets. In the one hand, we can go at it like, "Okay, I want somebody else to heal me, I want somebody else to deliver this solution. I want everybody in my life to agree with me and support me and lift me up and be my cheerleader," and quite frankly, I learned that wasn't going to happen. Nobody else was going to deliver my healing, it was up to me to be an empowered participant. It was up to me to take on this journey. Even if I felt like I didn't, quote unquote, "deserve this," it's what I ended up with, and it was my life course and I had to accept that, and I had to embrace it to a certain extent. Even if it wasn't what I would choose, it was chosen. It was already there, it was already in my lap. And so for me, taking on the idea or the mindset of a bio-hacker was very empowering because during the early stages of my journey, it helped me transition from, "I want somebody else to get me well," to, "I have to be the one to get myself well. I have to learn what I need to learn. I have to investigate. I have to be my own advocate."

**12:29 LW:** And it wasn't that I was acting on my own, I obviously had wonderful people in my life, but it was seeing myself as an agent, as having agency is what I call it, where I'm co-creating my healing. I saw myself as this scientist, this pioneer, I was out investigating, because really in the end, nobody else has my best interests in mind the way I did. And so I found solutions, I took on these ideas and I started experimenting on myself mostly out of necessity. Dr. Schaffner, as you know, I had major, major challenges and I had

to overcome these, in large part, just to survive. And so you adopt a new kind of mentality when you believe, "Okay, I've got to pull myself up out of this," and you learn what you are capable of, and you learn that you are amazing because you can get through these challenges. I think that was the biggest shift for me--being able to think like a bio-hacker for me meant, "I have got this curiosity. I've got this drive to get myself well."

**14:07 LW:** I guess that was my shift--I started to pretend I had this new identity, and I think the power of imagination is really important because I have been sick for so long. I didn't even know what wellness was, I just thought this was the way my life would always be, and I had to imagine myself differently. I had to imagine a different life. I think that's hard for people when they are in the trenches as I would call it--you think that's the way it's always going to be, or the way it has to be. But if you can imagine yourself beyond this, it is possible and you can program your body, program yourself, program your mind for healing.

**15:11 CS:** So beautifully said, and I just echo everything you share. With the work that we are all doing, we are shifting the paradigm of how we treat these illnesses. And so I think it is not only this acknowledgement of Lyme being a factor, or all of the environmental toxicants being a factor, there's just so much awareness that still needs to be raised around this. I think it's also changing the paradigm of the doctor-patient relationship, if you want to call it that. I really appreciate how you shared it. We are brought up in a society where doctor is director and doctor tells you, and knows better, right? And we're coming out of that, but it's still very prevalent, even today, where patients are going to be saved by their doctor, and then it puts this unrealistic expectation that the doctor is in this savior God-like complex that has the duty

to heal the patient. And while that, I'm sure, serves a purpose in certain scenarios, the work that I love, and the direction that I always try to go with my patients, and of course I'm human and always learning, is that I feel like this medicine is collaborative and you're in your body.

**16:37 CS:** And one of the gifts, even though it is a very hard way to get there, but one of the gifts, I believe, is a lot of our patients develop this highly intuitive sense of what is happening in their body. I think of myself as a collaborator and a guide to help make sense of that or support you, or I just have access to tools, because of my license that we just work together for. But I think that is still a big part because I do see patients and we develop these long-term relationships, and I love all my patients, but there is sometimes this unrealistic expectation that I'm doing the healing work. I think it is a collaborative relationship where we're working and committed to that person being well. I think there's a lot more to share around that.

**17:29 LW:** Yes, it's funny, in the book, I use the word "bio-hacker" as an acronym, because what I am trying to walk people through is how to think like a bio-hacker because I really think that framework expands your thinking. And so what is funny is the B actually is what I call 'buck the system.' And the reason I say the system, is as we know, there is a very broken conventional mainstream medical system, and what I espouse is a system in which we are collaborating and there is a team work component to all medicine.

**18:21 LW:** I think this is really important, that we have a kind of an even playing field where everybody brings ideas to the table because we all benefit when we brainstorm. As you know, and Dr. Klinghardt would say this, I always brought my best ideas, my best research to you, and oftentimes I would

have tried things and brought it to our appointments to test out. I think that's one of the components that's missing is when you as a patient have been doing your work, your investigation, you bring belief, you bring a positive belief in what you want to look at, and the doctor brings their experience and their understanding to the table and all of that combines to form this energetic teamwork, and I think that improves healing. I think that it's funny, the acronym goes on to I, being 'investigate for yourself,' because I think that as you bring your own information to the table, you start to better understand your journey. You better understand your body.

**19:46 LW:** And then for me, intuition is the biggest component of treatment. I think this is one thing that we really struggle with when we have Lyme is that we get into this, I don't know, animosity with our body initially because we feel betrayed and we feel like our body isn't doing its job, and our body is almost kind of our enemy, because it's so painful. In my case, I used to think, "Oh my gosh, my body is broken. My gastrointestinal system is paralyzed." I had all these things that weren't working, and so I felt very angry at my body. I felt as if it couldn't do this amazing healing work that it's capable of.

**20:38 LW:** And really, I needed to understand that we had to get all these blocks, all these interference fields out of the way to let my body do its amazing work to heal, but tapping into intuition is very hard when you're really sick because I think there's a sense that you're at odds with the very thing that you...Your intuition is housed in your body, and when you're at odds with your body, it can be very challenging to honor it and respect what it's telling you. But for me, intuition is about really making friends with your body again and knowing that it does have your back and it does have your best interests, and it's keeping you alive, and it has so much information, which is why testing

the body itself is important...Whether it be muscle testing, autonomic response testing, or any modality in which you look to the body to give an indication of what it's being stressed by. I think that shows that your body has this innate intelligence, and when we tap into that and when we can access it, that's our intuition, that's our greatest asset to me as a bio-hacker--it's totally individual to you. Your intuition is your connection to that intelligence and so for me, intuition is a big part of a more advanced form of medicine where we can tap into this inner intelligence.

**22:27 CS:** I love that, Lisa. I'm in the midst of creating the Beyond Biological Medicine Speaker Series, that's going to be going on in the end of September. I'm passionate about educating people that biological medicine is this combination of all these systems of medicine, but from the fundamental understanding that the body knows how to heal and is innately intelligent, and that we have to just identify and remove blocks to healing so the body can self-regulate and heal. As you said, this idea of interference fields. So I would love to touch on that because I do feel like that's maybe a strength of the Sophia Health Institute and the work that Dr. Klinghardt trained me and the team to do--why is that person in spite of all this amazing effort, all these years of treatment, why is their body not able to take that information and self-regulate and heal? And of course, it's multifactorial, everyone's individual, but with that being said, can you share your experience of what interference fields were for you? Whatever you feel comfortable with sharing to help people to understand that might be something that's overlooked in preventing their body from healing.

**23:51 LW:** Absolutely, I would love to share, and I am very transparent about all that I went through. Actually, in the book, I really opened up my door, so

I've already put it out there, but actually this chapter was Knock Down Obstacles. For me, act radically and knock down obstacles were what I address as the root causes of disease. What we call a radical, or root cause comes from the word radical, which is addressing the root. And for me, I learned about this actually before I came Sophia Health, but Sophia really was the route for me to uncover where these blocks were.

**24:41 LW:** I did have a huge array of interference fields to deal with. And honestly, those are some of my biggest obstacles. Gosh, I have been through six dental and jaw surgeries because I had cavitations that had to be addressed multiple times. I had root canal teeth that had to be removed, and I may have a smile, but I have a lot of missing teeth. I had to go through a tonsillectomy. I had some blockages in my lymphatic system, and so I had some collapsed blood vessels. I had an intervention, a surgical intervention to address that twice. Ultimately, I had all kinds of blocks to my gastrointestinal system and I ideally would have had an appendectomy and as you know, it turned into a ruptured appendix, and so I ended up having to have a huge surgical intervention to remove part of my intestinal tract, which actually, in the end, was helpful. I hate to say that because it was one of the worst experiences of my life, but it did remove a huge issue in my intestinal system.

**26:17 LW:** And then one of the very last things, which honestly, we did so much work around this--was all of my scars and everything that we treated--interference fields that can be due to injury, can be due to any surgical procedure, can be due to any site of toxicity, any chronic infection that the body can't get to. So obviously, a root canal tooth or cavitation in the jaw bone doesn't have good blood flow, so the immune system can't really address those infections. I also had breast implants, one of the things that I wish that

we had just gone ahead and done right away, but I didn't know that it was such a block--I ended up having those explanted, that was a surgical procedure in 2018. And honestly, it was a very, very difficult surgery, it was probably also the very last interference field that was really still blocking my recovery. And so I know it's a very difficult thing to accept for any patient who has breast implants or who has had an implant in the body that has healed and you think it's fine, oftentimes, the body does not indicate that there is either a pathogenic load or even electrical signaling is off in the body.

**27:53 LW:** And so I just want to share openly that these interference fields, they do have to be addressed, and there's many different ways, I mean, wonderful ways can be done non-surgically. I want to put that out there. I mean, I went through so many surgical interventions, I would have loved to do more things that weren't quite so traumatic to heal from, but these are important and just treating with antimicrobials to deal with Lyme disease or parasitic infections or chelating out heavy metals may not be enough to take some of the burden off of the body, you need to allow the body to have proper electrical signaling and to reduce some of the pathogenic load.

**28:45 CS:** Yes, you had many interference fields and you dealt with all of them and they were not easy in any way, but as you share in your book and just who you are, it was really a combination of knowing that that was what needed to be done. Your biohacking mentality and the vision that you held for yourself to not lose sight of your goal I think really allowed you to heal even in the midst of probably a lot of fear at times, a lot of hardship, a lot of low points, right? And so even though these are maybe challenging to accept, or acknowledge, or hear, these are the things that when you went through them, as you said, the autonomic nervous system was able to communicate better

and to regulate your lymphatic system better. I mean, you've been a teacher to me on the lymphatic system and its importance. It's something that we talk a lot about in our medicine and in biological medicine. I think that might be something to share too, Lisa, your knowledge base and all of the work that you've done with the lymphatic system. I still feel like it's one of the most overlooked and under-appreciated systems in healing and recovering the body. Do you have any clinical pearls about the lymphatic work?

**30:15 LW:** I will tell you, I have learned more than I can even express. The lymphatic system is truly how the body processes treatment. And what I learned was you can only treat to the extent that you improve the lymphatic system capacity and really eliminate. I mean, I'll start by getting more nitty-gritty. The extent to which you can tolerate treatment is your capacity to eliminate, and your capacity to circulate. And really for me, I went through years of difficulty eliminating. My gastrointestinal system, unfortunately, was extremely compromised, and so I had to take every, what I called, biohacking intervention to help my gastrointestinal system to eliminate and get things out of the body.

**31:21 LW:** But what I learned is that the only way that you can eliminate is if you are moving things through the body. We are not taught about the lymphatic system in this country. I mean, it's so hard to learn anything about the lymphatic system. I was a biology teacher and a neuroscientist in my clinical research, and I didn't know anything about the lymphatic system until I got Lyme and had to learn to hack it. I mean, it is so fundamental to success with treatment, because what I think people don't realize is that in order to go through treatment and have your body be able to process it, and metabolize it, detoxify it and move it through the system and out, you have to spend, I

would say 75% of the time on your circulation, elimination and supporting your body, because you can't just do treatment and overload the body. All that does is put your body into a worse state and obviously you feel horrible. You're in pain, your emotions and your thoughts are a mess because everything that is toxic in your body is influencing your mind and your emotions.

**32:44 LW:** So I had to learn every strategy in the book for lymphatic support, and actually, I will say that was probably my primary foray into biohacking. This was before I came to Sophia Health, I was just put on a whole bunch of antibiotics and I couldn't eliminate. I didn't know anything about the lymphatic system, so I didn't know what to do, and so what I had to learn was, "Okay, how do I help facilitate the function of my body so that I can move stuff through it and move stuff out?" And nobody taught me that. I guess, out of survival, you just learn it for yourself. And the lymphatic system is complex, it's your sustenance, it's what helps you process through this treatment so you can heal. And so I guess what I'd like to share is that a lot of it is your actions and a lot of it is, I guess, the willingness, you have to nurture and care for your lymphatic system, because you have the body, you have the brain's lymphatic system which we call the glymphatic system. And if you're not facilitating your body, you're not supporting your body in draining the lymphatics, you are going to feel like hell. I mean really, you can't go through treatment without supporting your body.

**34:27 LW:** For me, it turned into an act of self-love because you realize that it's nurturing to your body. I had to find so many practitioners to help me, but ultimately you can do so much on your own, because the lymphatic system is really about movement and about the touch of the body. And you can use all of these great tools, biohacking has great tools, and so if you can incorporate

some of these things into your daily habits, that is what allows you to get through treatment.

**35:10 CS:** Thank you for sharing that. Again, you've been a teacher to me about the importance of the lymphatic system with all that you learned along the way and the wonderful home support you did, but also the practitioners you found to work with and to help really navigate where you were stuck at times, and to help you feel better. And I want to land on something that you mentioned because I think this could be helpful for people who are listening. Sometimes when the body is having a hard time eliminating, especially through treatment, for some people that can present in mental health presentation, people can have anything from increased anxiety, depression, OCD, insomnia, all sorts of what would be labeled more mental health symptoms. These might be a sign that there's not enough elimination happening in the body, and when you get that equation right, those mental health symptoms actually diminish. Can you share about that because I still think that's not understood and for a lot of people, they just don't feel like themselves and they don't want to just take medication. How can they make sense of this?

**36:25 LW:** It is so interesting that basically the body is just such an intertwined system. I had very, very significant and very severe parasitic infections, and what I learned as I was treating those and the die-off would happen--anything that was in my body, whether it be in my gastrointestinal tract or otherwise, that my body wasn't eliminating made me just...I mean, I would say crazy. I know it sounds bizarre, but mentally and emotionally, I would be an absolute basket case whenever I had die-off, and when I say die-off, I'm really talking about the toxicity that brings. A lot of people in my life would start to tell me they could see the change in me, and they would say, "Lisa, I

think you're toxic." And for me, that was a sign like, "Oh my gosh, I need to do something to eliminate this from my body," whether that be a strategy to actually facilitate it getting out of my body, or to just move some of the toxins.

**37:57 LW:** So what I learned is that we have this brain-gut connection, the gut really is our second brain. The gut has so many neurons. Our gut is also the seat of a lot of our immune system, and what I don't think people really understand is that your gut barrier, especially for those of us who have compromised gut barriers, it allows these things that are in the gut to circulate through the blood stream by crossing a very, very thin membrane separating the gut {from the bloodstream}. We're one long gastrointestinal tract from mouth to anus, and that should be what keeps toxins out of the interior of our body, but actually, when those of us have a leaky gut or we have infections of the gut that membrane becomes very porous and these toxins, they enter into our bloodstream, and they circulate through our brain. We are these electrochemical beings, and we are basically re-toxifying.

**39:14 LW:** And a very interesting story that I learned many, many years ago was when somebody has candida or fungal infections in the gut, one thing that can happen, which is just so interesting, is they can actually almost appear as if they're intoxicated from alcohol, just from the chemicals that candida or fungal infections put into the bloodstream. They can actually present as if they're intoxicated. And it's so interesting because it affects their brain and it affects their physical functioning. And those of you who have Bartonella or who have been dealing with Bartonella will know, Bartonella can make you feel enraged. It has such an impact on the mental and emotional state. You can feel like you are completely...You have this sense of depersonalization like, you feel disassociated, or you can feel enraged beyond...I know I've

been through rage episodes where it's as if I was on some kind of drug. And it was the toxicity in my body that was making me that way. And so, it is so important that people understand and...I don't want to say, not blame themselves, but people often feel like this is almost a personal failing. I know I did. Like I can't control my emotions, or this uncontrollable crying, or this depression and not knowing that it was toxicity. And that toxicity, it influences everything.

**41:03 LW:** So that's what I can share is this is a huge part as we think neuropsychiatric symptoms are something different, but they are wrapped up in this whole paradigm of when we're dealing with infections, we're dealing with toxicity. Our brain and our bloodstream are filled with this stuff and we have to move it out and through in order to actually get clarity. And for me, because I was bound to colon hydrotherapy for so long, I would see just an immediate difference where I would have this horrible mental and emotional state, and then I would have a colonic or an enema, and it would all clear my system. And suddenly, I would have my family say, "You're like a different person," in a very short period of time. Like, "You seem clear and happy and joyful again, and just an hour ago, you were a raging, emotional mess." [chuckle]

**42:16 CS:** I appreciate you sharing this and being so well spoken about it. Definitely with the realm of neuro-psychiatric illnesses and mental health, we just have to have a new paradigm to look at this, and it's definitely still in such a preliminary state of opening up people's minds. I think with the realm of PANS and PANDAS, we're looking at the way this can be infection driven, we know the gut brain axis. I just appreciate you sharing your story. So people who are listening, if you haven't had this lens to look at your mental health symptoms, please find someone who will work with you in this way. And

Lisa's story is a testament in and of itself that her labels very much had to shift when she understood this underlying root cause of why there was brain inflammation making her feel the way she did. So there's a light at the end of the tunnel.

**43:19 CS:** Throughout this journey, I know that Dr. Klinghardt, when he was working with you, said, "You have to write a book, Lisa," and I know I shared that sentiment as well. And so here we are, your book is launched, it's called *Biohack Your Way Beyond Lyme, An Inspired Guide For Recovery*. You've already shared a little bit about the book, but I just want you to have the opportunity to share the framework and the format and share what your goal and inspiration was for this book.

**43:56 LW:** I've contemplated this book for a couple of years now. What I realized is that with protocols, people can be on all different kinds of protocols and achieve results. I've been through every treatment imaginable. I have been through everything, and if I just put that all into a book that wouldn't have really helped people get the message that I think they need to hear, which is, "You can get well, and it is not necessarily all about the treatment protocols." I do think there's amazing things that I've implemented in my life that really did work. But I think what's most important is that people, number one, feel a sense of possibility like, this is real, they can heal, they can move on with their life and they can have a future. And so for me, biohacking represents that. Biohacking is all about this idea that our bodies can thrive and that we have within them the potential for healing, and not just healing, but also improving. We have this amazing innate capability.

**45:28 LW:** And so for me biohacking is a paradigm shift from let's just treat illness to, "No, let's live, let's thrive, let's see the future." I think there are some amazing technologies and some amazing things that are available in our world today to actually help increase the capacity of the body, and some of those things are lifestyle, what I call hacks or lifestyle interventions. Because some of the best things that I've incorporated into my life are things that weren't prescribed by doctors, they were things that I implemented for myself. And so this book is really about shifting the mindset to belief in the future and belief in your vision and your purpose. And what I want to share for your listeners, Dr. Schaffner, is an affirmation of that exact thing that you provided to me. There were very few people in my life, and you were one of the singular people who made me look forward and see what was possible, to imagine what was possible for me. Even at my sickest, some of the most awful things that I have ever been through, barely knowing if I was going to survive the night, much less to the next year, and what you inspired in me was this imaginative quality of, who can I be? What do I envision for the future? What is possible? What if I were to recover from Lyme, what would I do with my life?

**47:16 LW:** I'd never been well enough to think of that, and you put that vision and that seed in me to think about that. And that's what this book is about, is how can you get through these challenges? You are going to have to get through some major obstacles, so what kind of mindset can carry you through no matter what you are dealing with? I mean honestly, it doesn't have to be Lyme, it can be any health challenge or really anything in life that you are challenged by. Right now we are in this difficult pandemic situation and people are in fear, and if you can think bigger and broader beyond just these daily circumstances, you program your cells, you program your immune system for being more resilient and for being ready to take on challenge. I think

that is what I have wanted to put forth in this book, is that you are going to have to do some hard work, and you are going to have to put in the effort, but it is possible to heal and you have this potential beyond illness that you can look to and envision this new identity, this new life beyond illness. That is what the book is about.

**48:43 CS:** Well, Lisa that puts tears in my eyes in so many ways, because for anyone who's listening, Lisa is living proof that this formula works. If anyone had as many cards or as many hills to go over or mountains to climb, let's just put it in that framework, you had them--and so for you to be in this other space of your journey accomplishing what you have accomplished, entering this new chapter in your life, this is a testament to the power of this work, and so you are a constant reminder, an inspiration, of not forgetting that. In the patient care that I do, I like to ask questions to my new patients too. What are you going to do when you feel better? And some of them look at me like, what? What do you mean?

**49:39 CS:** Lisa and I both went to UVA and we both geek out on a lot of these things and this realm of psychoneuroimmunology, and mind-body medicine, and looking at even the heart-brain coherence with the work that Joe Dispenza is doing. The science is catching up to have a model and an explanation of why what you're sharing works, so if we don't bring this into the equation of healing, we miss this huge, powerful energy to move people towards health. It's critical, and I think it must be part of the healing journey. I think it's really, really important. So, I am just almost pinching myself. Of course, I knew that you were going to get better, and of course Dr. Klinghardt and I knew that if anyone was to write a book, it was going to be Lisa, but I'm so inspired. So in awe, so grateful. I'm going to have all my patients listen to

or read your book, I think it really needs to be part of the journey. I want to honor you and thank you, and as we wrap up, Lisa, I just want you to have the opportunity to share any last words or parting words of wisdom or inspiration with the listeners today.

**51:05 LW:** Okay, I feel that they need to hear that there is this message of hope, and I think the bio-hacking mindset is what everyone can adopt, which is to get curious and get empowered, because in this time, we all need to be investigators and we all need to take ownership of what we can take ownership over in our lives and in our health. I'm that message because honestly, that's how I believe I got well, was trusting my intuition and moving forward on the things that needed action and honestly taking risks. And I did. And you know that, I think in this time we have to be bold. We have to be our own advocates, our own investigators, and then we have to trust. We have to trust and have faith, because those components come together in the synchronicity, and that's what works, that's what works to get people well, for them to be a participant and to be in a team environment.

**52:18 LW:** I would like to share that for your listeners, I would be honored to share that I have a bio-hacking mastermind mentorship that's starting for those people who would like more support and to be in a group environment and also do some one-on-one work to overcome some of the blocks that they're experiencing, and to open up their minds to what else is out there, to help them get well. For your listeners, I would love to share that I'm going to offer anyone who mentions this podcast a huge discount, which will end up being 40%. So I would love for them to reach out to me in any way for support. The best way to reach me is through my website, which is [www.beyondlyme.coach](http://www.beyondlyme.coach) and they can contact me through that. I really want people to

listen to the book, especially if they're having difficulty reading. I know I'm a big Audible listener myself. I mean I love the print book. It's a beautiful thing to hold in your hand, but for people who need a message to listen to and to be inspired by, I hope that the book will provide that because we all need that. I wrote this book as much for myself as for your listeners and for the world at large because I need it too. I need the message. I need to hear it over and over. So that's what I'd like to share, is people can reach out to me, they can download the book and hopefully it will serve them.

**54:10 CS:** Thank you, Lisa. I'm so glad that you not only have your book but the collective and group work that you're embarking on. I think it's such a powerful resource to come together with more than one person to help people find not only support, but that collective energy to move everyone forward in their health. I'm just so beyond inspired and grateful, and I really appreciate your time today in sharing all this amazing information, and congratulations. It's so good to see you here.

**54:45 LW:** I'm so grateful and I love seeing your face and I miss seeing you in person, but it's lovely to connect this way.

**54:53 CS:** It's so fun that we're doing this rather than a phone consult right now, right?

**54:57 LW:** Yes it is. [laughter]

**55:01 CS:** Absolutely. Well, thank you Lisa. We'll have all of the information she just shared in the show notes, so if you want to learn more about Lisa's

work and please check out her book, Biohack Your Way Beyond Lyme.  
Thank you.

**55:13 LW:** Thank you, Dr. Schaffner.