



Episode 93:

Mary's story with Mary and Evan H. Hirsch, MD

Evan H. Hirsch, MD 00:03

Hey there, Evan Hirsch here. Welcome back to another episode of the energy MD podcast, where we help you resolve your chronic fatigue long COVID and M casts by finding and fixing the real root causes of your symptoms, a combination of heavy metals, chemicals, mold, infections, and trauma, what I call the toxic five. So really excited about today's episode, because today we're going to be speaking with a participant in our program, and we're going to hear how they resolved their fatigue and other symptoms. So sit right back. And let's jump into it. I'd like to start just by asking you about where you were when you first came to see me what sort of symptoms were you having? Where was your energy?

Mary 00:47

You know, I hadn't struggled for a while before I came to see you trying to find someone to deal with this. But at that point, I was having trouble working, getting through a massage therapists getting through an hour massage, I don't occasionally, actually not off while I was working at the Reschedule clients during the day, because I was starting to get so fatigued, I taken a month off from time to time to try and recover and just couldn't. So when I found you and you, I got your book at first, I found you online. It started I had already done some work on it, autoimmune issues, but but it really gave me hope. And it was difficult, you know, some of the protocols were difficult, but I started to feel better, I started to get through days when I didn't have to take naps. And and now I rarely have to take a nap. I can get through my day I can exercise. And still, you know, go to bed at 10 o'clock and manage to feel good in the morning. So it's it's been quite a quite a considerable change. There's still things to be done. But keep working on that.

Evan H. Hirsch, MD 02:14

That's wonderful. And so where would you say your energy was at a time when you first came to see me was that like to edit 10 or three edits?

Mary 02:22

Maybe three out of 10? Four out of 10? I probably under estimated it because it hadn't become more normal. But now I look back it was probably about three out of 10.

Evan H. Hirsch, MD 02:36

And where is it now?

Mary 02:37

I'd say about an eighth.

Evan H. Hirsch, MD 02:40

Excellent, excellent. Tell me how this affected your business. In terms of I mean, you're a small business owner massage therapy. And you were talking about how you were kind of falling asleep. You had to reschedule people, how are you able to work now you're able to bring in more money and yeah,

Mary 02:56

now I'm at a point in my in my life in general where I'm cutting back because I want to. But my I had the fortune of having a practice of people who had seen me for a long time. So it took a lot of effort. But I was able to maintain a practice. And I could see if I were working in an office or something else that I couldn't do that. So I am now able if I wanted to, I would be able to probably nearly double what I had been doing when I first started working. And and, you know managing a complicated office practice because I'm in business for myself. Yeah.

Evan H. Hirsch, MD 03:50

That's wonderful. That's always good to hear. Yeah. And so. And so what would you say to somebody who's struggling with fatigue right now to give them hope is is it really is it possible to get out of fatigue?

Mary 04:04

Absolutely. It is. You have to be committed and thoughtful, you get a little you have to be very attuned to what's happening in your body and make adjustments. Give yourself permission to you know, make adjustments in your life for your own health. But once you do that, and you can start practicing and for people in health care, to model this to other people, their their patients or clients is fabulous. So I think it's really a positive

thing. The practice that you and your years staff have developed is really helpful. And I if people could afford to do it, I think they should.

Evan H. Hirsch, MD 04:55

Awesome. Thank you so much. My last question is about what What do you think was the most helpful thing that we did to shift the needle? I mean, we worked on thyroid, heavy metals, molds, you know, a number of different things, which do you think was like most helpful? Or the Bartonella? That was a big

Mary 05:14

one. Yeah. Now that now that I look back at it, I think the testing for heavy metals and mycotoxins were really helpful, because they were so concrete. And we could have done that earlier. But, you know, hindsight is 2020. But the best thing I would say, of working with you was that you really understood and so I didn't feel like I had, I can be completely honest. tell you when I was struggling, you know, have a problem finding words. And you were very, very tolerant. And, and like it was a normal thing. I was not a strange bird. And you know, I was someone who just had an illness. Right. So that was very helpful.

Evan H. Hirsch, MD 06:09

Good. I'm so glad. Well, thank you so much, Mary. I really appreciate you taking the time to do this. And so is it okay, if I use this in our marketing tools? marketing stuff? Yeah. Excellent. So if you have chronic fatigue, long COVID, or mast cell activation syndrome, and you're looking for help, check us out at [energy, MD method.com](http://energy.mdmethod.com). We have a program for almost every single budget, and we're here to help. I hope you learned something on today's podcast. If you did, please share it with your friends and family and leave us a five star review on iTunes. It's really helpful for getting this information out to more people who desperately need it. Sharing all the experts I know and love and the powerful tips I have is one of my absolute favorite things to do. Thanks for being part of my community. Just a reminder, this podcast is for educational purposes only, and is not a substitute for professional care by a doctor or other qualified medical professional. It is provided with the understanding that it does not constitute medical or other professional advice or services. Thanks for listening, and have an amazing day.