

FF S4 Ep. 8.mp3

Skye [00:00:00] Hello, everyone. Welcome back to another episode of Fibro Friends. Usually Caraline does the opening, but tonight I'm going to be your main host and I'm Skye. My two lovely counterparts are out doing their thing and they trusted me to be able to do this by myself tonight. So there we are. But I'm not just by myself tonight. I have my lovely friend Ximena with me. Hello.

Ximena [00:00:27] Hi, Skye, how are you?

Skye [00:00:29] I'm good. How are you?

Ximena [00:00:31] Awesome. Super excited to be here with you tonight.

Skye [00:00:34] I know it's it's kind of funny because a few months ago I had a friend reach out to me and said, Hey, I have a friend in my coaching class. She would love to talk to you about your illness. Can you? Can you set up a time with her to meet? And the Ximena interviewed me. And afterwards I said, You have to come on our podcast. So that's why she's here today.

Ximena [00:00:55] Thank you. Thank you. Yeah, it was a great conversation we had.

Skye [00:00:59] Yes. Yeah. So I'm very excited for you to be here. And the first question we ask all of our guests is what is the weirdest, strangest, rudest thing a doctor or random person on the street that can't mind their business has said to you.

Ximena [00:01:20] Well, I would have to say that it is you look fine, there's nothing wrong with you.

Skye [00:01:28] Mm-Hmm.

Ximena [00:01:29] I think you need to find some sort of distraction.

Skye [00:01:34] Oh. OK. And what did you say, were you like?

Ximena [00:01:41] Well, that.

Skye [00:01:42] Who really cares what I look like?

Ximena [00:01:43] Well, that really took it made me feel really, really bad because I was feeling physically not well.

Skye [00:01:53] Mm hmm.

Ximena [00:01:54] Yet they were just kind of looking at the outside package, I guess.

Skye [00:02:00] Right.

Ximena [00:02:01] So because there wasn't anything visibly wrong with me.

Skye [00:02:06] Right.

Ximena [00:02:06] And and this was at a doctor's office and my labs were not showing up anything too alarming. So then there's nothing wrong with you. And basically, it just made me feel like I'm crazy.

Skye [00:02:21] Right.

Ximena [00:02:21] I have nothing better to do than to like. Think and you know there's something wrong with me and be here.

Skye [00:02:28] Right.

Ximena [00:02:28] Yeah, so that was really, really just frustrating. Yeah, I think that that was one of the things that made me also want to start kind of looking on my own and doing my own research and before I knew other doctors.

Skye [00:02:45] Yeah, yeah. And it's it makes you think about how we have been programed to think of illness in society, you know, because it's like, Well, what does sick look like? What does illness look like? And sometimes doctors, you know, they they're so fixated on finding a physical representation and illness rather than how you're feeling, and especially when your lab work doesn't match up with how you're feeling. They're like, Oh, your lab work is stellar. And it's like, How could this be happening when I feel like I'm dying on the inside?

Ximena [00:03:22] Exactly, exactly. So yeah, that's, I think, the hardest part to overcome and at the beginning. Afterward because it becomes like, OK, I can maybe possibly expect this. So I'm not going to take it personally, but I'm going to come prepared to say, like, this is what I'm sharing. This is what I'm coming way, right? So, yeah.

Skye [00:03:49] Yeah, you once you go through something like that, it just makes you think of all the clap backs that you can say. Just all of the, you know, I started saying, well, baby, because people are like, Oh, you're too young to be sick. And I always say, Well, babies are too young to have cancer.

Ximena [00:04:05] Oh my gosh, yeah.

Skye [00:04:07] Because because it's like, what? At what age do you think someone should be sick? You know, I think a person that's seventy-five is too young to be sick, you know, age is just a number, and no one deserves to experience illness. Like once you experience illness, you don't wish it on your worst enemy, you know, no matter what your illness is. If it's a chronic disease, even if it's the flu like it, it sucks and it puts you on your ass. And it's just it's so disheartening. And you know that that person has never known what it's like. And that's that's a struggle. Sometimes when you have a doctor saying that to you because you're like, you're the doctor, but you've never known what this is like. And you're giving me advice about it.

Ximena [00:04:55] Exactly one hundred percent. And just like you were sharing, there is no specific guideline of an age or demographic. There's no specific guideline of what allows you to be ill or sick.

Skye [00:05:11] Right.

Skye [00:05:12] It is just it is what it is and your body's reacting. And I find that one they when doctors can't make sense of the symptoms that you're coming with, and that's when they start being very blunt and maybe short, just because they don't, you know, they don't comprehend the whole idea of it. And just like you said, because they haven't experienced it. Yeah.

Skye [00:05:38] Right. And you know, unfortunately, there's not too many doctors out there that have decided to go in the fields or the specialty of. Fibro or other autoimmune diseases that are because they're common, you know, I don't want to say they're uncommon because these diseases are common, but there's there's not too many doctors.

Skye [00:06:01] I want to specialize in them and that's what sucks, because then you have all these people that are left undiagnosed and then a doctor's like, Oh, if you have anxiety, this is anxiety. You are in your head. You think too much, you need the distraction. And I'm like, Sir, yes, I'm anxious. But have you thought that I'm anxious because I'm sick? Like, I am probably anxious about my illness, which is then exacerbating my anxiousness because I don't know what is wrong with me.

Ximena [00:06:31] Right, right? Yeah. And just like you were mentioning, you know, when things like autoimmune conditions and like Fibro and different illnesses like that come up, they are projected differently by every human being that's experiencing them.

Skye [00:06:50] 100 percent.

Ximena [00:06:52] So that's why I think that not too many doctors want to specialize in it or want to really deal with it because they have to be really open minded to realize, OK, I might have 20 patients under the same label.

Skye [00:07:08] Mm hmm.

Ximena [00:07:08] Yet they each have their own symptoms and they're experiencing it completely different.

Skye [00:07:13] Right.

Ximena [00:07:13] And they may need, you know, to have their their therapy or, you know, whatever he's doing for you tweaked specifically for you.

Skye [00:07:23] Yeah.

Ximena [00:07:25] And that's a lot of work, actually.

Skye [00:07:26] Yeah.

Ximena [00:07:28] So.

Skye [00:07:28] No, you're so right. And you know, we've said before that everybody is different. And even when Caraline and Mesha and I talk, we all have the same condition. We all have very, very similar issues, which is nice because someone understands, you know, we understand each other, but we also have some some differences too. You know it. It all kind of shows up differently in us, and the care that I receive is different than what Mesha and Caraline receive. And, you know, they also receive different types of care. And

it's it's hard when you know, a doctor does say they had he has 20 patients. She he she they the doctor has has 20 different patients and they all had different needs. So what specialists do you send them to? Do you try and take them under your care or do you send in a physical therapy or acupuncture? You know, it's it's a lot of work, and I just hope within our lifetimes we're able to see better care. But going from there, you kind of have a unique situation of how you became ill. So I would love if you would share with everyone because you're the first person on our show that has experienced something like this.

Ximena [00:08:48] Yeah, yeah, definitely. I'm happy to share. So to kind of start it off, basically my autoimmune condition and the symptoms that came along with it started because of breast implant illness and silicone gel injections. So back in 2008, I made the decision to get some plans. And, you know, through the years, there hasn't been too much information about it. And many women have gotten them like millions and millions of them. And it hasn't been till 2018, which was 10 years after I got them. But many women have been getting them since the eighties and more. Now that there has actually been some awareness of like, maybe these implants are the cause of all of your symptoms.

Skye [00:09:41] Right.

Ximena [00:09:41] That's why I was sharing when I started feeling ill, and some of the symptoms I was having was like muscle and joint pain and chronic fatigue, and my hair was falling and I couldn't sleep and things like that. I'm like, This isn't normal for me. I think the worst of it was when I was in my thirties. I'm forty two right now. And so I'm like, You know, I'm in my prime, I'm in my thirties. I should be feeling great. And I was going to these doctors. I was getting tested. My tests were coming back, you know, within the normal ranges. But then that's a whole nother story. Also, because what are normal.

Skye [00:10:17] Right.

Ximena [00:10:17] Ranges right?

Skye [00:10:18] Right.

Ximena [00:10:21] And and so they were looking at me and they're like, you know, you look fine. Your tests are coming back normal. It must be like you said, maybe you're anxious. Maybe you have too much stress. Maybe you know, it's work. And until a certain point, I started thinking, Okay, maybe they're right, but I knew deep inside or something else that was wrong.

Skye [00:10:43] Right.

Ximena [00:10:44] After a lot of research and landing with a doctor that actually said, I think your body is reacting to something that it's just not accepting. So when he saw that, I immediately thought of the implants. And so once I started really like analyzing it and looking at it and researching it, I came to find that there's actually a condition in the United States it's called. People are calling it now breast implant illness. That's what it's called. But before there was awareness, it was called the Asia Syndrome, which is an autoimmune inflammatory syndrome induced by adjuvants. What that means is just anything that doesn't belong in your body and your body reacts against it. Right?

Skye [00:11:35] Right. You have something. You have a foreign body inside your body and your body knows it's not supposed to be there. Wow, this is weird. What is this?

Ximena [00:11:44] Yes. So, yeah, so your body starts reacting. It starts attacking itself, right? And for the most part, and I was just reading numbers about this. So about 80 percent of women that have their breast implants removed will see the symptoms either leave or subside, but not 100 percent of the women and not all of the symptoms. And the reason behind it is if there was maybe like a leak or ruptured or whatever, then it's impossible to 100 percent remove it and you're always saying something in your body and it's going to react. Another thing also is that maybe this is what triggered it, or maybe you were predisposed to an autoimmune condition that this triggered. And then so now it's one thing on top of the other, right?

Skye [00:12:43] Right.

Ximena [00:12:45] But I think that the biggest thing and the most important message that I would want to share is, you know, to realize that there is an illness that is caused by breast implants. It's not something that is cosmetic, right? Once it's an illness, it's already an illness and it needs to be given. Also, you know, the importance that any other illness has because a point it doesn't really matter how the person came to be ill, it just matters that she's sick or he's sick. And, you know, I'm finding the best possible scenario to support this person.

Skye [00:13:32] Right.

Ximena [00:13:33] And then the other part of of my story is everything that I experienced in my life, emotionally and mentally, psychologically because of this illness and because I was always thought like, there's nothing wrong with you because, you know, there wasn't really an answer for it. So I struggled with a lot of things, which is what led to become a life coach and currently also going for my psychology degree. So in a year I'll have my psychology degree, because I realized that it's very hard for people, even people that care about you, but also coworkers and friends, and to understand that you know, you're not feeling well and you're lazy, and it's not because you don't want to do the things they want to do. And it's not, you know, it's because you actually physically or mentally or whatever the case may be that they, you know, you can't you can't function. Right?

Skye [00:14:39] Right.

Ximena [00:14:39] And so those things affect your relationships. In my case, I ended up in divorce. It affects your career because then if you start calling out or you can't have the same amount of productivity that you were having before.

Skye [00:14:53] Right.

Ximena [00:14:54] So that is what led me down this road to support, you know, women and humans that are dealing with chronic illness or chronic pain. And for them to be able to realize, like, you know, it's OK to not feel 100 percent all the time. But you also don't have to deny or pretend that you're not sick.

Skye [00:15:20] Right.

Ximena [00:15:21] Right?

Skye [00:15:21] Right. Yes, that's yeah, that's a huge thing that you know. When you don't look sick. It's, you know, you mask it and you you pretend, you know, I always say I deserve an Oscar or Grammy or whatever the hell award it is for some of my performances because, you know, especially say, for like a holiday you want to enjoy. For example, Christmas, you want to enjoy Christmas with your family or Thanksgiving, and you want to go to these parties and eat. And you know, not only for your own enjoying it, but you want to spend time with your family. And it's like so many times I have pretended that I was OK and put on extra makeup and looked really nice. Some people didn't know because I just wanted to be normal and have a nice day, you know? But there is two things that you said that I would love to touch on. Obviously, breast implant illness is a very real thing, you've experienced it. I actually have another friend that has also experienced it, and she had had her implants removed. Do you think if? There was kind of a warning label on this surgery or before surgery, your doctor said, Hey, just to let you know this is a cosmetic surgery, but you could have some serious medical ramifications afterwards. Do you think that would have prevented you from getting the surgery?

Ximena [00:16:56] You know, I can't say that it would have prevented me 100 percent, but it would have definitely 100 percent created curiosity and directness where maybe I would have gone off and done a little more research before the saying, Oh my god, yes, this is something I want. Right?

Skye [00:17:15] Right, right.

Ximena [00:17:16] And then also on the other side of the coin for women that really wanted this and they got it. If there has there had been a warning or if there was a warning, then if at some point they presented some symptoms, they could like 100 percent be sure, like, Hey, this is impacting my body, right? I know where to go and this isn't made up. So I would have given people more information.

Skye [00:17:48] Right. Yeah. And I and that's assuming your doctor before your surgery didn't say anything at all.

Ximena [00:17:56] No, he didn't. And back in 2008, it was. I remember I remember going to the doctor for the consultation, and there was nothing to be said about the safety of the implants. The conversation around safety was, you know, you're going to be under anesthesia. You know, that always has a risk. You know, you may develop keloid, so that may be a risk or you, you know, things like that.

Skye [00:18:25] Right.

Ximena [00:18:26] But I remember very vividly him saying, like, these are the new implants and they're textured and they don't break. And he was like, you know, pulling them and whatever. And I guess, yeah, they don't leak because it's not liquid silicone or whatever the case may be. I remember that conversation about how amazing these implants were.

Skye [00:18:47] Right.

Ximena [00:18:48] And there was no information around them may be causing illness right now.

Skye [00:18:55] Right.

Ximena [00:18:56] Being fair with my doctor, I don't think even doctors had this sort of information.

Skye [00:19:02] Right.

Ximena [00:19:02] Back then. So I think it's a bigger thing more than just the one doctor. It's, you know, the FDA is involved now. They're starting to be some, you know, research studies done around this. And in 2018, not 2018 or 2019, the FDA actually put a label on the implants that patients got to read. So it would be interesting to see the percentage of women that are choosing not to get them because of the warning.

Skye [00:19:33] Right, right.

Ximena [00:19:35] But at least it's there. Right?

Skye [00:19:38] Right.

Ximena [00:19:39] So I think.

Skye [00:19:40] Yeah! That's an interesting thing too, because will that warning actually prevent? People from getting these implants, and I mean, that's just like any medication, like all the medications I'm on, it comes with a black label with a million symptoms on it saying that you could get this from this medication. And I guess in that it's like, Well, I would rather feel better than worry about any of this. I'll worry about it when it comes to it. And that might be the same thing for the implant. It's like, Well, how many, you know, what's the percentage of women that actually do get sick from these? I'm not going to be in that percentage. I'm going to be fine. Or for some people there want or need to look a certain way because of our modern beauty standards might outweigh the risk of getting sick, especially if you've never felt illness before. You know, as someone who has felt illness, I personally wouldn't get implants because I know of the illness that it could be caused and I've already experienced illness. You know, it's it's it's different when you feel it that way. And this isn't to say that every single person who gets implants will get illness, but it's it's a very real thing.

Ximena [00:20:59] It is a very real thing. And you're right by saying that not every single person that gets an implant is going to develop the symptoms and feel it really is independent to each body and even the ones that do experience breast implant illness, they all experience it at different levels. In my case, was very severe to the point where my hair was literally falling off. I was depressed, I had no energy, chronic fatigue, memory and concentration even today. So part of what I wanted to touch on today is. Some women that got it, got the implants removed will not experience these symptoms anymore. But it's not true for one hundred percent and as an example for me. I'm still experiencing some of the symptoms not as severe, but they're still there. Why? Because I affected my body and my autoimmune. You know, my my immune system went into shock and my whole body just like changed, I guess.

Skye [00:22:05] You're in fight or flight. Your body is constantly fighting and running from itself.

Ximena [00:22:12] Yeah. So that's something that's important to note, but it's also important to note that not everyone will experience it now. Do you know if you will or not?

No. So it's a choice that that you would have to make. But like you said, since you've experienced pain and illness. You know, you're more apt to do research and to say if that even has the slightest chance of making me feel worse, no.

Skye [00:22:41] Mm hmm.

Ximena [00:22:41] So.

Skye [00:22:42] Right.

Ximena [00:22:42] Yeah.

Skye [00:22:43] And this is something we've talked about before that you blamed yourself because you did this to yourself, you know, like for you, this was a choice to go through with it and then you became sick. And I think that's really important to touch on to that. Just because you've made that choice at one point doesn't mean that you're deserving of illness, and it doesn't mean that you're a terrible person. It doesn't mean that now you have to suffer with the consequences because this is your choice. And you know, that goes with with any illness that comes from. A medical choice know, I think every single person said should still be treated, should still be respected by doctors and be treated with dignity and. Unfortunately, some doctors might view you differently because they said, well, you chose to do this, so this is on you, I can. I'm 100 percent sure a doctor has said that to somebody out there that you chose this, this is on you.

Ximena [00:23:46] Yeah.

Skye [00:23:48] Yeah.

Ximena [00:23:48] I actually experienced that from a doctor when I wanted to be explanted and I went to a regular surgeon and he said, No, you don't need to have them removed. You know, you're fine. There's nothing wrong. And you know, so then that's when I was like, I'm not fine. There is something wrong.

Skye [00:24:09] Right?

Ximena [00:24:10] And.

Skye [00:24:11] And if I want them out, I can get them out.

Ximena [00:24:13] I can get them out.

Skye [00:24:13] Like, why are you going to tell me that I'm not allowed to get these out what the hell?

Ximena [00:24:17] But when he said that, it started making me feel guilty, which is what you're touching on because I'm like, OK, so I chose to do this, but they're telling me there's something wrong with me, but I know there is something wrong with me now. Maybe is this like karma that I'm supposed to pay? I literally felt like that. Right? And that's also why I wanted, why I want to share my story. Not to say that every woman that's experiencing this wants to make it public because I know it's personal, right? And.

Skye [00:24:46] Yeah, for sure. Yeah.

Ximena [00:24:47] But there also needs to be the understanding that just because you made a wrong decision doesn't mean that you need to suffer mentally and emotionally because you're, yeah, you're already suffering physically. So, you know, that's not part of like what you have to just sit back and say, OK, is this is what the rest of my life is going to be like this. I caused it.

Skye [00:25:13] And how are you supposed to know and that just like goes around, you know, it's a circle like, well, maybe if you knew or maybe if the doctor said, Hey, this could happen to you, maybe you wouldn't have made the choice. And.

Ximena [00:25:25] Yeah.

Skye [00:25:25] I just think I think it's so important that. You know, even cosmetic surgeries like there is a black label. Hey, this could happen to you. So if it does, at least you have some baseline of something because for you, you had your implants in 2008, so years later, why would you have ever thought, Oh, well, this is caused by my implants, but sometimes it takes years to develop and to develop an illness. But by that time you're like, Well, I'm a little bit older now. Maybe there's something else going on with me and then your labs come back normal. Your doctor's like, you're fine and you're like, Well, my hair's falling out. How can you tell me that that is fine? You're normal, and it's just not something that you would connect. And there's even things for me now that I've started to connect. I I never really realized that getting concussions can cause lasting neurological damage. That that should be common sense if you hit your head a little bit hard. You know you might be affected forever. But I've had four and now I'm experiencing autonomic issues in pain and. Symptoms that can be caused by your brain being damaged, and it's just it's not something I ever thought about. No pun intended because I hit my head, but also no doctor has ever said wow. The other day I had a doctor say, Oh my God, you've had four concussions. That's probably why you're this way. And it it makes so much sense. Your brain controls everything in your body, and when there's damage to it, something is going to go wrong. And, you know, I guess, wow, it's been almost eight years that I've been, that I've been sick. And after eight years, I'm still connecting the dots and saying, Wow, this trauma did happen to my body. This could very well be a factor, but because there's no awareness and because doctors don't know or they're not talking about it or it's not taught in medical school. How was I supposed to know? And then it just makes you feel guilty because you're like, Well? I was supposed to know, how did I know this, why didn't a doctor and then just causes mental distress? And now it's like you said, you know, after having your illness, just having depression and anxiety because it's it's such a hard thing to deal with, you know, you are healthy. And then one day you work and you have to adapt your whole life and like you said, your relationships change and you know, you unfortunately got a divorce because of it and. Illness is so heavy, and it as much as it's a part of the human experience. It's just such a dark part of the human experience that lovely people have to go through.

Ximena [00:28:24] Yeah, yeah, you, you nailed it. That's exactly that's exactly it. And something that I wanted to touch on that you mentioned was, you know, in your case, and I'm not sure how the four concussion happened, but in someone's case may be, you know, maybe they did something reckless or maybe they were having fun, or maybe they were playing a sport.

Skye [00:28:51] Right.

Ximena [00:28:51] Or maybe right? So it just happened. You weren't planning it right? But then, you know, fast forward to when you're feeling really bad, there's there's some sort of like regret inside of like, oh, sure hadn't gone or if I just hadn't jumped or if I just hadn't, you know, whatever the case may be.

Skye [00:29:12] Yes.

Ximena [00:29:13] And, you know, similar to me, if I just hadn't got this plastic surgery, right? So there is that part of your mind and that part of the trauma that also needs attention because if you are holding on to regret and guilt, even if you know, not even if 100 percent, it's not your fault, you know you have to come to, you know, be compassionate with yourself and accepting and aware of these things in order to be able to, you know, to live a full life, even though you are experiencing pain and even though pain is part of your, you know, your daily experience. So that's like something that's super, super important for you to realize it's OK that you're having all these feelings.

Skye [00:30:03] Mm hmm.

Ximena [00:30:04] But really, really acknowledge it and really go back in and accept and see like, no, it wasn't my fault, and nothing is going to change by having all this regret. So it's, you know, illness and chronic pain and chronic conditions like entail so much more than just, you know, getting medication or getting, you know, finding of fact finding, you know, a doctor to tell you what's wrong with your diagnosis.

Skye [00:30:36] Right, right.

Ximena [00:30:37] So yes, those things are super important. I think finding a diagnosis is one of the things that kind of give you so much peace of mind. But once you find that, then how do you adapt that in your life to realize one thing that you mentioned earlier when you said, you know, when it's holidays and I want to feel normal, how do you realize I am normal? There is nothing wrong with me just because I'm ill right?

Skye [00:31:08] Right.

Ximena [00:31:09] And that that was something I related to for so long, I would look at my friends and I'm like, Man, I wish I was normal, like them. And I could just like going up all right now because I feel well today, so I'm not going to go, all right. So I didn't feel normal. So that's very important to realize like I am normal just because, you know, everyone's different. We're all different. But that's just what makes us right.

Skye [00:31:35] Right. And everything you just said can lead us into the amazing things you're doing now. So yeah, I've I relate to your story so much that I once felt so much shame and it got to the point where I was like, OK, I can't hide anymore. I have to share my story. I have to tell people that this is real and that this happened and I want to make a difference, and that is exactly something that you also wanted to do. So let's hear about your coaching.

Ximena [00:32:07] Yeah, yeah. So when I started experiencing all these things, I'm like, there has to be more people that feel trapped alone, vulnerable and sad going through this by themselves and having no one to relate to or no one to talk to, right? So that's when I really, really wanted to do some inner work and, you know, and find a way to overcome all these things for myself so I can also help others. And that's led me to coaching. And so I

specialize in transpersonal coaching, which is a little bit more of like like a spiritual psychology. And basically, I know that everyone has the potential to live a fulfilling life. And accept themselves exactly the way they are. So there's there's nothing that you need to change, you don't need to change anything about yourself. You are who you are. But it's just how you experience life that will make the difference. Right? So that is my purpose, and that is the meaning of my life. I want to be able to support anyone that needs support while navigating these crazy, scary and frustrating things that come with illness. Yet being able to enjoy their life.

Skye [00:33:39] Right, right.

Ximena [00:33:40] So what I say is, at least for me, is I have an illness, but I am not my illness. So that has made a big difference because before learning about mindset and psychology and coaching, I would live my life. I would allow the illness to dictate how I was going to live my life.

Skye [00:34:07] Right.

Ximena [00:34:07] Today, I accept and I acknowledge my illness. And when it flares up and when I'm feeling sick, I have to know I have to be compassionate with myself. And so I ask myself, What do I need today? Or do I need a day off? Perfect. I'm going to give my body that day off because it needs it right?

Skye [00:34:26] Right.

Ximena [00:34:26] But I don't let myself get into the story of, Oh my god, this is happening again. You know, I can't be with my friends and I can be normal and my life sucks and blew it because because our mind can go there, right? And if our mind goes there, then whatever you're experiencing as far as the illness could even feel worse, right?

Skye [00:34:53] Mm-Hmm.

Ximena [00:34:53] So those are the things that I want to be able to support people with. You don't suppress it. You can't sit, then you can't make it go away because it's there and it's real.

Skye [00:35:06] Right.

Ximena [00:35:07] And trying to think it's not there, you can't like positive think it away. That's not.

Skye [00:35:11] Right.

Ximena [00:35:13] That's reality.

Skye [00:35:15] Uh huh.

Ximena [00:35:15] That's reality. But you know, it just kind of like a simple, a simple example. Part of something that I deal with is I get really bad headaches and there it's not a migraine. It's occipital neuralgia. So it's like my nerves. When I was first experiencing these, I would be like, Oh my God, you know, again, here we go again. I can't do anything. And that was part of like that relationship issue I had because I couldn't function right?

Now, when I get the headaches, I experience it, it's freaking painful, so I can't deny it. And it puts me in bed with ice packs, right? But you know, the way I see it is, OK, I'm going to take care of myself, give myself the medication I need because, you know, sometimes you do need medication. And.

Skye [00:36:10] A hundred percent.

Ximena [00:36:11] I was like, Yeah, and I take, you know, I'm gonna rest and I know my body is going to, you know, take a couple hours or a day or a couple days, whatever it is it needs. But then I'm going to be back to doing whatever it is I needed to do So my life didn't end, right? So from that point of view, it's a little bit more empowering.

Skye [00:36:32] Right. A lot of people I've talked to who have illness are just the type of people. They're just go getters. They constantly work. And that was me. You know, when I was younger, I was constantly going every single friend's house, every single club at school, every single possible thing that I could be doing dance actually. Extracurricular activities and illness maybe slow down. And I think that is one of the things that I'm grateful for out of it. It really made me say, Look, bitch, you need to be in bed today, you know, like you as much as you want to keep going. You can't. And that's OK, and you shouldn't feel guilty about it because the more you push yourself, the worse it's going to get and the longer you're going to be out. So if you just one day to take care of yourself? Well, guess what? You can keep going after that. But if you don't take care of yourself, well, then you're going to be out for a week and then you're going to be pissed off at yourself that you're out for a week and you're just going to feel worse and. Even even learning how to take care of yourself can sometimes be difficult. I self-care. Everyone's into self-care now, but it's as trendy as it is. It's so important to your functioning, you know, doing stuff every day that takes care of you and your mind and your body is vital to your overall health. And no one can change my mind about that. You know, sitting down, not looking at your phone, reading book, taking a bath, meditating. That is all great stuff that you can do to just get your mind off of the world for a while. You refocus and and really look deep into yourself. And. Sometimes that just that just helps you emotionally and puts you in a better mood and puts you in a much better place to keep fighting.

Ximena [00:38:29] Oh, 100 percent. One hundred percent, I agree with you. Self-care is super, super important. And to expand a little bit on that, one of the things that I've seen supporting women when it comes to self-care is that it is so hard to set healthy because part of self-care is also knowing how to say no to.

Skye [00:38:51] Right.

Ximena [00:38:52] Or to situations. So that part is is very important, very tricky and is one of the things that clients come to me with the most. Sometimes they don't even know that that's the issue, but as we start talking, then you know, they want to have self-care and go get a massage or whatever. But then at the same time, they're also not saying no to things that you know that they should not be doing because they're not, you know, being they're not good for their well-being. So, you know, saying yes to every invitation or even at work, saying yes all the time because.

Skye [00:39:30] Oh!

Ximena [00:39:30] Yeah.

Skye [00:39:31] I feel attacked.

Ximena [00:39:33] Yes.

Skye [00:39:34] I'm a yes, man, I know I am.

Ximena [00:39:35] Yeah, that was super hard for me to do as well. And for me, the biggest part that I experienced that in was in my relationship, in my marriage. It was so hard for me, to know, so I pushed myself and I pushed myself and I pushed myself, and then I ended up being in bed, like you said, for a week. And so then that made it even worse. But yeah, so healthy boundaries to be able to really. Self-care and self-care looks so different to everyone.

Skye [00:40:06] Right.

Ximena [00:40:06] Yeah, you said right now it's trendy, but aside, putting the trend aside is whatever makes you feel happy and whatever you feel calm or whatever makes you kind of like, be in touch with yourself, right?

Skye [00:40:22] Yeah, I kind of like that. It's trendy, honestly, because, you know, I'll see TikToks of people doing something unique for self-care. They're like, I'm going to go out thrifting and I'm going to upcycle this and and they're focusing. They're doing something they love or, you know, they go out and they paint or they go out and they hike Mount Everest. You know, it looks different for everybody, but I kind of like that because then I get new ideas for myself. I'm like, Wow, I never thought that I would enjoy sitting there and painting, or I never thought that I would enjoy, you know, going and taking myself out to lunch. But if that's my version of self-care that day, then that's my version of self-care and. If you're like it, it looks different for everybody, but I think it becoming trendy has made it more acceptable because people do feel guilty when they do. I know I feel guilty when I do stuff for myself. Sometimes I'm like, Oh, why did I spend seventy dollars to get my nails done or this that and the other? And I'm like, Well, my nails look cute. I look at my nails and I'm instantly happy. You know, it was a nice, relaxing time with my girl, Cindy, just talking about life and doing whatever. It's OK that I spent that amount of money, you know, maybe it's a little bit over budget, but whatever you know, like, I don't know, maybe that's not the healthiest way to look at it, but for me, it's like if you can do stuff like that for yourself, if it's in your means, you shouldn't have to feel guilty about doing something. And that could also go back to, you know, previous relationships. For me, making me feel guilty that I'm doing something like that for myself or, you know, someone before telling me, Why are you spending that amount of money on yourself? Like, you shouldn't be doing that? And that's such an important thing for all of us to heal from, because I know everyone has had a time in their life where they felt like they were doing something great for themselves and someone in their life, how to shoot them down and be like, Well, why are you doing that? What is that doing for you? And. Self-care is really like stripping that down, breaking down that wall, like if I enjoy this and I want to do this for myself, well, then I need to be true to myself and that's what I'm going to do, because that's what makes me feel better.

Ximena [00:42:39] Yeah, 100 percent. And I feel like a twin with you about the nails. I also ove splurging on my nails, but really thinking about it. And as you were talking, you know that for me is something I do with my mom, right? So every time we go, we both spend whatever amount of money that we shouldn't be spending. But you know what? It's also giving us like that time that we share that we bond about work. We're not thinking about,

you know, my mom also deals with chronic pain is different, but if I see how it shifts her energy as well.

Skye [00:43:19] Right. Yeah, it's something you have to look forward to together.

Ximena [00:43:22] And afterwards. When we're done, we feel lighter. So when you balance all those things out with, you know, however much amount of money than it really is priceless because it's your it's your sanity, it's your peace of mind, it's your happiness and happiness is such a big word. But we all know when we feel happy like what it feels like for that one second or whatever it is. So if you're able to do something that makes you feel that, then go for it one hundred percent.

Skye [00:43:59] Right. It's so funny. You say that the the last time I got my nails done, it was before my big appointment at Vanderbilt and I was so nervous and I knew when I went in for my test, I couldn't wear jewelry or like anything to make me feel better. So I said, You know what? I'm going to get really happy nails. And I got these little like flowers painted on my nails.

Ximena [00:44:19] So cute!

Skye [00:44:20] On all of them. And as she's doing them, like, I was ecstatic. This lady probably thought I was a freak because I was just smiling the whole time and I was like, Oh my God, I love them. But seriously, every single time I have looked down at my nails since then, I've just smiled. And I think even something as not that it's down, but like something is as little as that can make you feel good and make you happy is so worth it. You know, like if you have a bracelet that you love, that's kind of tacky, who cares? Wear it because every time you look at it, it makes you happy and it brings you that little bit. A peace of mind, you know, and I think that is something really important, too, but it's so great that you get to spend time with your mom like that, and it's just it's something you both get to bond over as little as it is, you know, you just go get to get pampered together and hang out and talk and take your mind off of life for a while. And that is so, so, so important.

Ximena [00:45:20] It's very important. Yeah, it's super important, and it's incredible to see how many people. Don't do it. And how many people put it in the back burner because there is like a lot of other things on their list that they feel are important. But when it really comes down to it is. Giving yourself self care isn't about being selfish, it's about being able to feel at your best and so you can serve others and help others at your best.

Skye [00:45:56] Right. Yeah, because if you don't take care of yourself, you're not going to be able to do X, Y and Z.

Ximena [00:46:01] Exactly.

Skye [00:46:02] That's the way I look at it, too.

Ximena [00:46:03] Whatever you're going to do, you're not going to be at your highest potential because you're going to be exhausted, tired and pain or whatever the case may be. So, yeah, so it's important. It's super important to do that.

Skye [00:46:16] I love you. You're so great. Oh my God. OK, so in closing up every single time, we always do our Tender Points and our I, what is the name of it? So this is Fibro fog

at its finest, our Tender Points and then something really great that happened to you. And I totally can't think of what we call it. And this is so embarrassing. But since this is a Fibro podcast. I know all of you are going to forgive me. So something good that happened to you this week and something not so good.

Ximena [00:46:52] Huh. OK. Something good that's happened to me this week. I've been looking to be able to move to a different apartment, and it's been super hard because I don't know if in your part of Florida, it's as tough as Miami to find.

Skye [00:47:12] Yes.

Ximena [00:47:13] I recently was just told that I was given the unit I wanted, so that has been amazing.

Skye [00:47:19] Oh my god, yes. It's a Visible Victory I just remembered, Oh my goodness, a Visible Victory that is Visible Victory.

Ximena [00:47:27] Yes.

Skye [00:47:27] Yeah.

Ximena [00:47:28] So attached to that Visible Victory was the fact that then I started worrying about like, Oh my god, how am I going to move by myself? And how am I going to write all these things by myself? And I've slowly been able to tackle it and slowly ready to move. So this that's awesome. So that's that's my big break the week.

Skye [00:47:51] Oh, good. OK, so my Visible Victory so glad I remembered it usually happens a couple minutes after. My family, my uncle and my little cousin are coming to visit me this weekend and I'm so excited. My cousin and I are actually getting our nails done together on Friday, so that's another thing to look forward to. But my Tender Point with that, which it really is, I'm just hoping I have the energy. I want to have to be able to spend that quality time with them. But also, if I'm not up for it, being able to be able to say no and be like, Hey, can we just hang out and watch a movie together, even though you came down here to see me? Can we just hang out because it's about spending time together and not what we're actually doing?

Ximena [00:48:43] That is amazing.

Skye [00:48:45] So I'm trying to tell myself, like, it's OK if I can't do all of the things with them because they can come down another time and they get to see another time, you know? Naples, Florida, will almost always exist unless it goes underwater in 50 years. So we have 50 years for them to be able to come and do the things in.

Ximena [00:49:05] Exactly, exactly. That's amazing. So the important thing is you're going to take their family time.

Skye [00:49:12] Exactly, yes. Well, thank you so much for talking with me. I hope that you get to talk with Mesha and Caraline another time because I know we would love to have you back to talk about more things in the future. But in closing, thank you guys so much for listening. I will put Ximena's information in the description below so that you can connect with her on social media and we will see you in the next one.

Ximena [00:49:36] Thank you!

Skye [00:49:36] Bye!