

[Resiliency Radio with Dr. Jill: Special Edition #4 Making of Doctor/Patient with Jamie Lynn Bailey](#)

Dr. Jill 00:00

Welcome to *Resiliency Radio*, your go-to podcast for the most cutting-edge insights in functional and integrative medicine. I'm Dr. Jill, your host, and in each episode, we dive deep into the heart of healing and personal transformation. Join us as we connect with renowned experts, thought leaders, and innovators who are at the forefront of medical research and practice, empowering you with knowledge and inspiration and aiding you on your healing journey.

Dr. Jill 00:25

Hey guys, it is out. If you haven't seen our documentary yet, *Doctor/Patient*, after years of work, is out and available to watch, rent, own, and share at DoctorPatientMovie.com. As you've probably noticed, we've been doing some special episodes about the making of the documentary. Today is one of those episodes, and I am so delighted and honored to be here with Jamie-Lynn Bailey, who is a patient and a friend. In the movie, she tells her story. She's been so generous to once again come on live on the podcast and share some of the heart of the journey. Welcome, Jamie. It's so exciting to have you here!

Jamie-Lynn Bailey 01:05

Thank you so much, Dr. Jill! I am so excited to be here and talk about this super fun experience that we got to experience together.

Dr. Jill 01:13

Yes. So I'm going to go back and just share my perspective. The producer-director came to us, and they were going to follow a little bit of my own journey through breast cancer and Crohn's disease. But a big part of this documentary was going to be following some patients. And in choosing the patients, we were in our office. I was talking to my office manager and the director and producer said: "Find some people who might be interested or willing." I don't remember exactly, [but] I'd love to hear your perspective on how you got the call or how we came across your name. But there is no doubt that it was kind of a divine [intervention] picking you out because your story was so close to mine as far as us both dealing with breast cancer.

Dr. Jill 01:54

I had seen the chart. I hadn't known much about you before. I walked up to the lobby and I looked at your name, and it was Jamie-Lynn. It was not only Jamie-Lynn, but it was the exact spelling of my sister. And I told you that. I was like, "Oh my gosh, this is so crazy!" Do you remember when we first reached out to you to see if you wanted to not only be a patient but also be part of a film? Do you remember anything about that?

Jamie-Lynn Bailey 02:16

I do, actually. I remember exactly where I was. I was working at the time. I was working at a winery. But I got a phone call from your office. I had been on the waitlist for a little while to see you. It was really crazy how I found you. One of my daughter's friends who she swam with, her mom and I got to talking one day about breast cancer. She was like: "I have this amazing woman who I work with who does functional medicine. I'm certain she went through breast cancer too. You should reach out to her. And I think she's on a waitlist." So I said, 'Okay!' So immediately, I called and got on the waitlist. I had been on the waitlist for a little bit, maybe a few months.

Jamie-Lynn Bailey 02:52

I got the phone call and I was really excited and nervous at the same time. They were saying: "Hey! Dr. Jill is starting to increase her online presence, and you were one of four people selected to join in this movie that we're trying to produce. We could see you on Monday," and it was like Thursday. I was like: "Oh my gosh! Oh my gosh! Yes!" My husband's a videographer. So I was like: "Okay, he's got to give me all the clues and tips and everything to do it." But I was super honored to get that phone call. It was so fun.

Dr. Jill 03:29

Jamie, the honor was ours too. We talked about this multiple times: I was so nervous about bringing a film crew into this sacred space between a doctor and patient because this is like you sharing your life, sharing your journey, and asking for medical advice. And to me, that relationship is so sacred that I was a little terrified, like: "Okay, how does this work with the cameras?" And like I said, I want

to honor you because you were insightful enough—maybe partially because of your husband being in that world.

Dr. Jill 03:59

And that was a gift because one of the scenes we're going to watch in just a moment was because of your husband being able to video it. We got both sides of it. But it couldn't have been a better fit. And like I said, I think it was divine [in that] you were chosen because your story resonates with people watching. Maybe we'll jump in real quick and watch the clip and then we can dive into talking more about it. So here we are. We're going to share with you all [who are] listening a little clip from the movie, and then we'll come back.

04:41

Dr. Jill: Hello!

Jamie-Lynn Bailey: Hi!

Dr. Jill: My gosh, look at her hair! You look so gorgeous!

Jamie-Lynn Bailey: Thank you!

Dr. Jill: You look so beautiful! Oh my goodness, I love it.

Jamie-Lynn Bailey: Oh, thanks!

Dr. Jill: Oh my gosh, you look like a new woman.

Jamie-Lynn Bailey: Oh, thanks. I feel like it too.

Dr. Jill: Yes.

Jamie-Lynn Bailey: I do. I feel great!

Dr. Jill: And then, let's look at your immune and anti-cancer support. With your oncologist, did you get a recent blood counts at all in the last six months?

Jamie-Lynn Bailey: I did. Yes.

Dr. Jill: How was it?

Jamie-Lynn Bailey: I think I sent them over to Allie.

Dr. Jill: Got it. I got it right in front here. So, let me take a peek.

Jamie-Lynn Bailey: I took some screenshots, so, sorry, it's kind of all...

Dr. Jill: No, it totally works, yeah. Your D is low. We want to, for sure, address that. That's so critical for cancer prevention and everything. And that's easy to fix. Your androgens look great. CEA is great. White blood count—so it's close to normal. I was wondering about that astragalus. So, I was going to try to get rid of that, but because you're still a little bit under normal, it's probably going to be helpful.

05:39

So what we'll do over time is you don't have to take all of these things forever, but I'll just kind of slowly, as you get further and further out, we can decide what's less important. Because you are doing so well! I'm so proud of you! I really, really... I feel honored and privileged to be part of your journey to see the transformation. And you're going to do amazing. I already know it.

Jamie-Lynn Bailey: Aw, thank you!

Dr. Jill: You know sometimes those little fear seeds that come?—because they do for all of us.

Jamie-Lynn Bailey: They do.

Dr. Jill: But I have no doubt you have a long, amazing life ahead of you.

Jamie-Lynn Bailey: Aw, thank you so much! I just... I...

Dr. Jill: You're welcome, Jamie-Lynn.

Jamie-Lynn Bailey: I just love you so much.

Dr. Jill: Love right back at you. And you're doing a great job. So you take care of her, okay?

Jamie-Lynn Bailey: Thank you! Thank you! Will do.

Dr. Jill: All right, bye-bye.

Jamie-Lynn Bailey: All right, bye.

I don't know why I'm crying.

Ray Bailey: [laughs] That was awesome.

Jamie-Lynn Bailey: Yes, she's always awesome.

Dr. Jill: She's glowing. She really is. She looks like a different person. Wow!—that is awesome. And that is why I do what I do every day.

Dr. Jill 07:05

Whoo! [laughter] Oh my gosh, we knew this would be poignant, but oh my gosh, Jaime, it is so precious for you to share your heart like that and give people a glimpse. I remember that last little bit there. I was holding back tears so hard because I saw you and I saw already... And even now, more so because it's been a year or so since that scene was filmed. The way you've transformed and overcome—it's just amazing! And it's funny because I get to witness it as a doctor. But it's not me at all; it's you doing the work. What are your thoughts as you see that scene that we filmed?

Jamie-Lynn Bailey 07:46

So much emotion—just so much emotion. When I first started seeing you, I felt so rotten. I was feeling icky—everything from being able to get on and off the floor to depression, which was so serious. I have two young daughters. When I was going

through it, they were really young. Getting on and off the floor with them was a struggle, and getting out of bed some days was a struggle. When I see that scene, it brings all of that happiness back, like: Oh my gosh, we went through this journey together and you've made me healthy again.

Jamie-Lynn Bailey 08:27

So often you go through a journey and maybe there aren't doctors aware of some of the functional stuff we could be doing to make ourselves healthier. It's just profound. When you get on the other side of cancer, you re-look at your life—what is important and what's not important. I feel like in that moment, I couldn't have been more thankful and honored to have been able to work with you. I felt seen. I felt really seen. And there are not a lot of doctors or physicians out there who see you for who you are, what you're going through, and [who] can relate and connect on that level. I think that's where all those tears came from: "She sees me. She knows. She understands. I have this really big connection with her!" I think all that floods back all that emotion. It's good; it's happiness.

Dr. Jill 09:36

It is. Me too! And I mean that with every word. It is such an honor to be able to be part of your journey or [that of] anyone else who's in that healing. Like we said in the beginning, this is a sacred space—that you allow me into your life in this realm and your healing to help you. And, as you know, I've been there too.

Dr. Jill 09:56

I remember the scene that you haven't seen here if you're listening—but if you watch the movie, you'll see the whole thing—when we first met in the clinic and I hugged you. We had just met and I said, "I love you." And you said, "I love you" right back. It was so natural! It didn't even feel weird. It was like: "I do—I really love you because I know what you're going through." That was in the beginning. You had just found out you had cancer. You were just starting treatment. And I'll never forget—this must have been divine—I looked at you and said: "This is just the beginning." "She's going to do great things."

Jamie-Lynn Bailey 10:28

I remember that, yes.

Dr. Jill 10:29

Me too! When I look back, I still cry with that scene too. In my life, I saw suffering as a transformation and a teacher, and I saw that sometimes God allows really difficult things in our lives. They suck, they're not fun, and we wish so badly we wouldn't have to experience them. But if we're open in that journey and that suffering, all of a sudden, we find a part of ourselves we never found. Like you were saying in the beginning, we look at life a little differently. Maybe we take more risks than we would have before. And in the end, I want to talk about where you are now and what you're doing to share this message with the world because you're doing that—you're giving it back. And you're doing that in real time. But if you look back at the girl who came to my office the first time and where you're at now, how has that changed or transformed? And what differences do you see now that you're on this side of that journey?

Jamie-Lynn Bailey 11:28

I definitely feel like a completely different person. I feel like on the before side of cancer, I thought: "This is the way I wanted to go with my life and my career." Then, post-cancer, it was like, 'No.' It was a wake-up call, a new awakening of: This is not where you're meant to go; this is where you're meant to go. And I feel that God always puts things in your path. When something like this happens, if you get a disease, an accident, or something profound happens in your life, you question: Why did this happen? Why did this happen to me? You can get really stuck in that, or you can start looking at: Maybe it's because I'm meant to do something more. Maybe I'm meant to give people hope.

Jamie-Lynn Bailey 12:31

I think that I've connected with so many other people now who have had cancer in their lives or are going through cancer treatment and have asked: "What would you do here?" "How would you do this?" Or, "Could you give me any tips and tricks for this?" And I feel like [I'm] on a different level now that I can help people in that way. So I feel like there was a substantial reason why I went through what I went through. It was to get me here now in this moment and maybe bring hope and healing to other people too. It was a huge shift from what I originally thought my life was going to be to now. And I'm so much happier. It's my happy place now. It's my happy place.

Dr. Jill 13:19

I love that you can say that because for those who are maybe listening and in the midst of something, sometimes it's hard in the very midst of it. I remember [being] curled up in a ball with nausea and no hair because of chemo. We've both been through that. [I was] like, "Oh, this is not fun." And it didn't seem like there was a light at the end of the tunnel. Now I look back, and I'm like: "Oh my goodness, I would never have the platform as a physician, a teacher, or a healer that I have now without having experienced suffering and experienced and overcome cancer." It's almost like God gave me a story so that I could reach out and inspire and help others. And you're doing the same thing. But in the midst of it, it can be so hard and difficult. But I think you're right; you dig down and say: "Is there meaning and purpose?"

Dr. Jill 14:03

I heard someone recently talk about situations like armed forces, training, or Navy SEALs with a commanding officer who says: "Here's where I want you to go and what I want you to do." You never ask why. You say: "How can I do that?" It's so easy to ask, "Why is this happening?" and get full of that attitude. But instead, if we're like, "How can we use this for transformation?" the kinds of questions we answer or ask in the midst of suffering can make all the difference.

Jamie-Lynn Bailey 14:33

Absolutely. And it's crazy. When I was very first diagnosed, I remember curling up, like you said, in a ball. I was in my bedroom, lying on my bed, and just crying and crying. I had been doing it for probably two days. My husband came in there and was like: "Listen, you're going to get up out of this bed, and you're going to come downstairs. It's cold outside, but you're going to wrap a blanket. I'm pulling this rocking chair out. You're going to sit in this rocking chair and we're going to watch our daughters ride bikes." I was like, 'Okay.' So I got up and did that. That was, I think, the strength—the swift kick—I guess that I needed to say: "Okay. I'm just going to take one day at a time. I'm going to do what I need to do, and we're going to get through it. Then, when it's all over, you'll look back and say, 'Oh my gosh, I can't believe what I just did!'" And I did that.

Jamie-Lynn Bailey 15:24

I feel like you get to that point even afterward because you're healing. It's not just chemo and radiation. There's an afterpart of emotion that you have to live through. Just live it, cry, sob, and pray. And I remember being on the bathroom floor in a heap and just saying: "God, you know. I know you know." And that's all I could say because I didn't have the words.

Jamie-Lynn Bailey 15:54

There's even that part at the end where you go through that emotional part where you're [saying]: "Oh my gosh, what the heck did I just do? I just did all this stuff." And you look back and are like: "What just happened is crazy!" And I just did it all, and now it's the reflection. You still have that emotional trauma there. But just one day at a time, right? You put one day at a time behind you. And talk to people and share stories. I think that's what life is all about—meaning, love, and connection with others.

Dr. Jill 16:35

It's so true. And I love the story about your husband saying, "Come on, get out of..." Your daughters—you have these beautiful young girls—[who], at the time you were diagnosed, were how old? They were pretty young when you were first diagnosed, right?

Jamie-Lynn Bailey 16:49

Yes. I think they were four and two or five and two. Emma might have just been five. Yes, she was because she was in—

Dr. Jill 16:55

And you were thirty what when you were diagnosed?

Jamie-Lynn Bailey 16:58

I was 36 when I was diagnosed.

Dr. Jill 17:00

Young, young, young.

Jamie-Lynn Bailey 17:02

Yes. And I found the lump in my armpit. Shaving one day, I was like, "Oh, this is weird." Once they did the mammogram and the ultrasound, they found that there were two. It ended up being stage 2. I had a double mastectomy because it had gone outside of the tumor into the breast tissue. So the margins were close, and that's what made them want to do radiation and chemo. And yes, my daughters were really young.

Jamie-Lynn Bailey 17:28

I remember my cousin—she's [been] a baby nurse for a long time—said: "Tell your girls that the doctors need to take your boobs and that they're going to give you new ones and you're going to look like Barbie," because they took my nipples and everything. And I was like: "Oh my gosh! I am going to tell them that." So I did. And they thought nothing about it. "Okay. All right. Barbie—okay."

Dr. Jill 17:56

That is actually great! I love that story so much. Oh my goodness, that's great. And how did having daughters and a husband who was obviously supportive help? What was difficult about it? Breast cancer—you and I have this unique experience as very young women facing this. [There are] people who are in their 50s or 60s—at any age, it's difficult. But in someone who's under the age of 40, it's much more aggressive and a lot more people don't make it. Did your children inspire you? How did your husband help? Tell us a little about relationships during that process.

Jamie-Lynn Bailey 18:36

Absolutely. One of the craziest things was that when I was diagnosed, it was January of 2020, so the world was shutting down. When I had to go through my double mastectomy, it was in March of 2020. So they were literally shutting down the hospitals. They said: "You're going to go in for this eight-hour double mastectomy surgery and then we're going to outpatient you." I was like, 'No!' Thankfully, I didn't have to do that. But I remember coming out of surgery and crying for my husband, like: "Where's my husband? I need my husband. I need him here."

Jamie-Lynn Bailey 19:12

They were so amazing—my family. My daughters were very interested when I'd come home with the on-body injector on my arm. They would get me the flavored

soda waters that I needed. Of course, that first week of chemo, I was drinking all that pH water, pH water, pH water. Then after that, I did not need still water. I did not want to put still water in my mouth. It was like: "Sparkling water, please!" So they would have fun picking out different flavors and things.

Jamie-Lynn Bailey 19:47

We had a garden that year. Everybody was home working on their house or their garden that year. We were out working on our garden, and I remember feeling like we were together building this garden. In the spring, I felt—not like you're dying, but you're so sick. You're so sick, you've got no hair, and [there are the effects of] the chemo. So I felt like I was very weak. But this garden was blooming and blossoming and it was so full of life. And we were able to do this together as a family.

Jamie-Lynn Bailey 20:22

Then, as the fall came—my chemo and radiation were over by the end of August—I started coming alive again and was starting to feel more like myself, a little at a time. But then the garden started to die because it was fall. So it was like this really cool circle of life. I think what I felt during that time was that the garden gave me life and gave me that vibrance. When it was done, it was ready to harvest, and then I was alive. So it was blooming, yes. That was a pretty profound feeling, I think. And the girls and Ray—we all worked on that together and it was super great.

Jamie-Lynn Bailey 21:19

When I had that on-body injector on, it would give me that dose that went into my bones and try to make my white blood cells multiply. It would go off once when I was there at chemo and then again later. And that second time, I would get so sore. It would start at the base of my neck and go down the back of my body. It was so painful. I remember just lying on the couch. I couldn't lay on certain pillows. I couldn't lay on certain things. I felt so bad because the girls would want to come over and give me a hug. I couldn't even be touched. In the moments when I didn't feel like that, we were lying on the hammock out back. It was like: "Just cuddle. Let's just snuggle because this is the time we can do it," because I know that in those two to three days I would feel so rotten. That was hard as a parent doing that.

Dr. Jill 22:24

But the girls had a lot of fun with wigs. That was a really fun thing we got to do. My husband shaved my head. That was emotional because I think that for so many of us, especially women, our hair is such a big defining feature. And as a woman with breast cancer, it's like: "Okay, now I've lost my boobs. Now I've lost my hair. Now I've lost my" [inaudible].

Dr. Jill 22:48

"I'm less of a woman." I could not agree more with that. The surgery and the dysfunction of my breasts and my scars were... Of course, they're covered too. But still, I think the lack of hair... And I had the same thing—chemo. My husband at the time shaved off all my hair and I was bald for many months. That was way more traumatic than almost anything else, wasn't it?

Jamie-Lynn Bailey 23:12

Yes.

Dr. Jill 23:13

I remember walking by a mirror and almost double-taking, "Who is that?" And I was like, "Oh, that's me. I have no hair." I'd forget because when you're in your body, you don't see yourself and then you get a glimpse of this bald, emaciated woman. You're like, "Oh my goodness!" It's almost shocking, isn't it?

Jamie-Lynn Bailey 23:29

It is. It absolutely is. And going back and seeing pictures of that time, I was like: "Oh my goodness!" You look at yourself and you're like: "Oh my gosh, you look so sick." I kept my eyebrows for a little while, which was like: "Okay. I've got my eyebrows. That's okay." But when you lose your eyebrows and eyelashes, you're like: "Oh my goodness! Who is this person?"

Jamie-Lynn Bailey 23:53

I had written a little excerpt on this. But it is so funny when you start losing your eyelashes, they're falling out, and then they get in your eye. You get one in your eye, and then you can't lift your eyelid open to get the eyelash out because you have no eyelashes to grab hold of. [laughs]

Dr. Jill 24:10

[laughs] It's these things no one knows, right?

Jamie-Lynn Bailey 24:13

I know! I was like, "Oh no! How am I going to get this thing out?" It's fun that we can make laughter and lightheartedness [out] of this, but it's a real thing. They're things people don't talk about. But it is quite profound when you lose your hair for sure. I think that was the hardest thing.

Jamie-Lynn Bailey 24:32

The first thing I did was cut it all off really short. Then it was like, "Okay, we're just going to buzz it." I buzzed it and then was like, "I don't know." Ray said: "Let's just bic it. We're going to shave it all off." I said: "Okay. All right, let's do it. Let's just do it all." That same year, I had basal cell carcinoma on my head. They had done a treatment. They had scraped three or four layers down. So I had this big old indentation on the top of my head and then I'm bald. I was like: "Oh my goodness, where are the wigs?"

Dr. Jill 25:07

Yes. I so get you. I remember that my husband at the time was like, "Whatever you want to spend on wigs..." So I had the blonde and the redhead. The same thing. And he would try them on. We just had a lot of fun and laughter. But at the core, it is really, really hard.

Dr. Jill 25:23

Right before we came on, you were talking about an excerpt from my book. I thought it was so poignant because I remember this so well when I was looking in the mirror at my scarred body and my bald head. I had skin lesions. I was a mess and crying. Then I wiped my face off, cleaned it up, put on a little mascara, and went out and said: "Sweetheart, what would you like for dinner?"

Dr. Jill 25:45

Let's talk just a little bit about that. Especially as women, [you are the] caretakers of your children and your husband. How did you balance receiving the care and saying, "I need help" or "I don't feel well today"—which we both did. But then sometimes we just had to put on a face and not pretend but kind of pretend. How did you balance that? Have you learned anything in that process? Because I think that's so powerful for other women too—feeling like they have to show up. And maybe they don't feel like it, they're hurting, or they're suffering.

Jamie-Lynn Bailey 26:14

It's so true. It's so true. It's another blessing in disguise for me, but I feel blessed that when I went through it, it was during COVID because my kids were able to be home. They got to see a lot of everything going on, but they were also there. My husband was there, so it wasn't too crazy. But even before cancer, as women—moms, parents, and wives—[who are] working, you're running and doing so many things all the time. There are always so many things in your brain all the time.

Jamie-Lynn Bailey 26:53

I had a lot of guilt lying in bed some days, knowing: "I have to mend; I can't use my arms." I remember my doctor saying, "Your spirit animal is a T. rex." My arms couldn't go past a certain point. Having somebody bring you things is not what most of us women are used to. It was very humbling to not have to get up and do everything all the time. But there was a good balance, at least for me, during COVID. I could get up and do a few things here and there around the house. I could play, the kids could come in and sit on the bed with me and we could do a board game, or read a book.

Jamie-Lynn Bailey 27:43

But it is really hard. You fight internally with feelings of guilt and shame. "I'm not doing what I need to do. I'm not pulling my share. Am I always going to be in this state?" "I should be..." "I should be..." "I should be..." There are so many shoulds. And I think it's [about] trying to allow yourself grace and communicating with your partner. I had to tell Ray—there were times where I would just say: "I just can't do this today. I just can't."

Jamie-Lynn Bailey 28:21

I remember there's a picture that my husband took when I was going through [it all]. I had a bald head and no eyebrows and was lying on the bed. I had my eyes closed and had one single tear coming down my nose. My daughter was hugging me, and we both had our eyes closed. It was that moment of connection. They knew: "This is a hard time. So I'm going to give Mommy a hug because that's what she needs right now."

Jamie-Lynn Bailey 28:57

I think that communication is a big thing. But also, you can't shame yourself and you can't guilt yourself into saying, "I have to heal." You're not going to heal properly if you can't give yourself that time. And that was a lot of what I told myself: "I have to heal so that I can be present with my family."

Dr. Jill 29:19

Good job! I love that you're sharing that, because that's one of the things I've seen. And it's interesting that even in Gabor Maté's work about trauma, he talks about breast cancer metaphorically. Not that everyone who has breast cancer has this, but there's a type of woman who gets breast cancer often who is over-nurturing—she's taking care of everybody around her—and maybe not showing that kindness, compassion, and grace to herself as much.

Dr. Jill 29:46

I'll just speak personally. I grew up in a pretty fundamentally conservative Christian background where there was a lot of [emphasis on] "love others" and "serve others." Especially the woman had more of a servant heart and was a caretaker. And there's nothing wrong with any of those values. But what we weren't necessarily taught about was how to love and take care of ourselves as well as others. And I think there's a little piece, at least in my experience with breast cancer, that was turning that towards: How do I really show love and compassion?

Dr. Jill 30:13

Number one, you mentioned receiving help. It's actually a power role to take care of people. When you allow someone to take care of you, that's a position of vulnerability. And it's much more difficult, I think, to let someone take care of me because I'm being vulnerable and asking for help. All of those lessons were some of the lessons that I learned with breast cancer that were not common. I'd much rather take care of you or give you a gift than receive. And the receiving is this very vulnerable place. But when we learn that, it's like a full circle.

Dr. Jill 30:44

I think part of both of our healing journeys is all of the chemo, the radiation, and the nutrition. But on the other side, at the soul level, it's: How do we let someone in? How do we admit that we're tired? How do we ask for help—all of these

lessons—and then still nurture others [but also] allow them to nurture us? Would you say that's true for your journey as well?

Jamie-Lynn Bailey 31:05

Absolutely. And learning that throughout was big because you don't stop. I thought about that during the cancer, too. Was this telling me, "You need to stop and you need to just slow down a little bit"? In your book, you say: "For every yes, I say five noes." I think that's so profound because so often we just want to say: "Yes, yes. We'll do this. We'll do this. We'll do this." But you do have to slow down, because if you don't, then you're not ever going to make it through all the things that you can make it through. I would definitely agree with that. For sure.

Dr. Jill 31:48

It's funny because I thought I learned all these lessons 20 years ago with the cancer. And last year was the book and movie and lots of travel, and it was fun. But by the end of the year, I was so exhausted. I thought: "I can't do this in 2024. I can't do this again." So I made a deliberate effort to slow down and not say yes to so many things once again. But it was funny—in February, I was roller skating and fell and broke my wrist. The moment I fell, I looked down. First of all, I knew it was broken; it was very misformed. The second thing was like: "Okay, God, I hear you. You want me to slow down and I'm not slowing down quick enough." I laughed in the moment. And maybe people think I'm making too much of it but the truth is, I heard this download: "You need to slow down, and I'm going to make you lie down in green pastures." It was hard but also perfect, and it was one of those lessons. It's funny because here I am 20 years out of breast cancer, and God is still teaching me to slow down and to say no.

Jamie-Lynn Bailey 32:50

Isn't that crazy? Yes! I feel a little bit like that now, too. Now that things are kind of post-[cancer], and I'm feeling good and thriving, you just want to do everything. It's like: "Oh yes, we're going to do this." "We're going to do this." Then you get a weekend, and half the weekend is gone for something. And I'm like: "Oh my gosh, I just need two days. Just recover. Just rest." So it is true. I think God does tell you, "Hey, calm down!"

Dr. Jill 33:20

Yes, exactly. "Slow down again." Anyway, I laugh because it was such a lesson that was very real and very true, and I still have to learn it.

One thing I want to talk about really quickly that you mentioned that I think is so important [is that] there's a scene in the movie where it's me in the medical school. I did not anticipate it; it wasn't scripted. But I break down. It was actually hard to show that part. I call it the 'ugly cry.' And I talk about how I remember back when I was going through medical school and cancer treatment. And you mentioned this a little bit: We just have to show up, right? So we try to show up, and we try to somehow hide how difficult it really is.

Dr. Jill 34:00

Now, 20 years [later], looking back at that girl, I had this deep sadness and compassion because I was like: "Wow! She had to hold up the world, try to make things okay, and still take care of everything." And I think part of illness sometimes gives us permission to be real and to ask for help and all these things. If you look back at yourself before and after cancer, what would you say to your before-cancer self? Any words of wisdom now on this side of it that you would give her?

Jamie-Lynn Bailey 34:29

I would definitely tell myself to calm down a little bit and slow down. I think [with] being vulnerable, especially women too, there are a lot of things we like to hide or stuff down [like] our emotions. I'm really non-confrontational, so I don't like to bring up anything that's going to cause confrontation. For women who don't go through breast cancer, maybe this is an awakening like in menopause too, where you look and you're like: "Okay, is it really worth me getting upset over that person that just cut me off on the freeway? No, it's not. Maybe they're having a bad day. I'm just going to take a couple of deep breaths and move on with my day." Or we're stuck in this traffic jam, and before I could get so anxious, like: "Oh my goodness, I'm sitting in this traffic jam and I'm not going to make it there in time." But really, there's nothing you can do about it except: "I'm going to take some big, deep breaths, and I'm just going to get there when I get there because I cannot control this." So I think one of the big things, too, is letting control go. I think that's one thing that I really tell myself.

Jamie-Lynn Bailey 35:45

I remember when I first found out I had breast cancer, my mother-in-law was coming to help with the kids and with Ray. It was so lovely for her to come. I wrote down this journal like: "Okay, the kids have to go here," "This is school," and "this is that." That was my way of controlling what I was about to face. So I was controlling everything. Then COVID happened and I took that journal and threw it in the garbage because it didn't matter. Now nothing is the same. So I think that was God saying: "Stop trying to control everything. You're just going to need to let this go." I think I'd maybe tell my younger self: "Calm down. Chill out. Stop controlling everything. You need to take some breaths. And sometimes you just need to let it be."

Dr. Jill 36:36

Oh, that is such good advice. I could not agree more. It is a stressor and not great for our nervous system to hang on so tightly to those details and things. And yet, it's so natural because it feels like we have control. I think one of the things that cancer or any chronic, severe illness brings us is the reality that we don't have all the control that we think we do. It's almost as if we have this old, clunky stuffed teddy bear that's in our hands and we're grabbing onto it, and there's this big, beautiful new thing that someone has for us. And we're like: "No, I want my old teddy bear." And we have this grip so tightly on something that we think we want when this beautiful, amazing thing is waiting for us. You can see kids act like that, right? And it's so natural. But as we learn to surrender to life, let go and know...

Dr. Jill 37:28

I'm sure you feel this way, and I continue to learn, but it almost feels like because we've been through cancer, difficulties will come. And we're not done with them. But don't you feel a little bit more brave and ready for whatever life brings you? Not that it won't be difficult, but when we've been through that, it's almost like: "Okay, bring it on. I know now." You have the resources to handle whatever comes.

Jamie-Lynn Bailey 37:52

Yes. It was funny; I met a really good friend of mine in chemo and we call each other 'breasties' now. It's super cute. We're both the same age. And because we went through chemo during 2020, we weren't allowed to have a support person in there. So she and I became each other's support people. When we had our ports out, we

couldn't have somebody in there so we were in there for each other. We went through the whole process together, which was really great. Oh my gosh, I lost my train of thought. We were just talking about...

Dr. Jill 38:31

Whatever life brings you, you know you're going to be okay. And having your 'breasty' there beside you.

Jamie-Lynn Bailey 38:37

Yes, yes. Being able to have her there and knowing that somebody else is going through this with me and [that] "here's my support person" was really great—being able to have her experience this with me and us being able to do that and feeling strong. We were strong and [were] empowering each other throughout everything.

Jamie-Lynn Bailey 39:03

At one point in time, we said: "We are going to go and have our whole chest painted." So we went to this lady who just did body paint. She painted this whole mural on both of our chests. We went out to the art district, down off Broadway and just posed—my sister-in-law took pictures of us—fully exposed with this beautiful painting on our chests. We felt fierce. It was so great to have that support and that camaraderie with each other. It was great. It was the funniest thing. This kid rode by on a bike and she's out there exposed with her mural on. He was like: "You are so beautiful!" And she said: "Well, thank you!" And "You're welcome!"

Dr. Jill 39:48

I love that so much! What an incredible, empowering story! I think what you're also saying is that, in the difficulties, we know how to get the resources. With COVID, it was like, "No one could come in with you," right? But you found a way to create connection and support even in the midst of a place where you weren't allowed to have your family members or whatever else there. I love that. I love that so much.

Dr. Jill 40:17

Oh, Jamie, it's so fun to talk to you on this level and to share, especially now that we're on the other side of everything—not only your cancer and your overcoming, but even the filming. Did the filming bring another layer to that? Or even now, sharing your story with the world, is there anything specific that you're grateful for that this process allowed you to show, share, or do in the filming process?

Jamie-Lynn Bailey 40:40

Absolutely. I am so grateful that I was able to meet you, Aaron, and Daniel, for sure. You guys have been such a blessing in my life. I remember feeling so comfortable sharing, which was a huge thing when you're so vulnerable and on a deep level of emotion going through something like this. You were saying, "This is our sacred space." But I felt so comfortable.

Jamie-Lynn Bailey 41:10

There were plenty of times I cried [during] filming. I feel like there were times when I was able to let go of some of my deepest fears. And back to "Why me?" I kept asking myself questions like: "What did I do? Am I being punished? Is this something I'm being punished for?" There were different stories that went along with that, which I expressed. I remember it was one of those [moments where it was] like: "Okay, you've got to cut this on the chopping block. This cannot go in the film!" I remember sitting there with Aaron and crying together a couple of times. One particular time, he gave me that reassurance that "No, this is not a punishment—this is not what this is about—for past deeds or whatever."

Jamie-Lynn Bailey 42:08

There was another moment where I remember sitting up in my room and Aaron was there talking through some things behind me. He said, "Do you see what's happening here?" I was like: "I don't know what you mean. What do you mean?" "In front of you." I had—sprawled out all over my floor—all of these cards, banners, and poster boards. When I came out of chemo, my husband and sister-in-law all planned to be out there. They all had masks on because nobody could come in. Everybody was outside. I had no idea. Everyone was outside with balloons, flowers, poster boards, and everything—people from my church, my family, my kids, and their friends. Everybody was standing out there with masks on. I had come out, and I saw everyone on my last chemo. They were shouting and telling me, "Congratulations!" The nurses came out. It was the ugly cry, like you were saying. I was bald and had no eyelashes.

Jamie-Lynn Bailey 43:17

I was sitting with Aaron and had all of these things sprawled out in front of me. And he said: "Do you see what's happening here?" I was like: "No, I don't see. What are

you talking about?" He was like: "You have all of this love in front of you, and on that little TV tray you have behind you are all of those pharmaceuticals. You've got your back turned to those, and in front of you is all this love and support." It was a really big emotional moment, just sitting in the bedroom and sharing all of that. I'm so grateful for moments like that that I cherish. I still hold them deep.

Jamie-Lynn Bailey 43:58

I felt seen. I felt heard. I felt comfortable. I never once felt overwhelmed by sharing anything. I felt like there was that level of comfort that all of you get and that authenticity—that I could be myself and "my family is here and we could all be ourselves," and it was okay. I just hope that my part of the story can resonate with other people like that too and make them feel [inaudible].

Dr. Jill 44:39

Jamie, there's no doubt that it will. And like I said in the beginning, it is such an honor that you would share your personal journey with the world through this film. Like I said, thank you from the bottom of my heart for allowing us to share our own relationship as doctor and patient and now friends. It's amazing to me, and I know that people will be inspired and impacted. The scene we just watched is one of my favorite scenes too.

Dr. Jill 45:10

It's funny because we talked about that scene where I'm hugging you and [mentioning something] like: This isn't the end; there's going to be something greater. I can't wait to get to this part of the show because you are out there now coaching. You're doing a program. Tell us what you are doing in the world to make a difference, because you're out there doing it now.

Jamie-Lynn Bailey 45:27

Yes, thank you! Absolutely. I am doing a few things. I just decided to start my own business with my husband. He's a video marketer. He and I have been planning up a storm, but it's called The Breast Methode with an 'e' at the end, so we're turning that into a ribbon. I'm on Instagram and everything. But we are trying to work together to develop a workout and nutrition program for osteoporosis prevention and osteopenia reversal. Through my journey, I was also diagnosed with osteopenia, and I am beginning to reverse it, which has been amazing. I just got results back in

December. My lumbar spine is looking better, and my hips are looking better. So it's been really great. So I'm working on a program that I'm developing for people like that—osteoporosis prevention and reversals—so I can help others in that way. So I'm working on that to release it.

Jamie-Lynn Bailey 46:32

I'm working on my Corrective Exercise program and my Cancer Exercise Specialist program as well for exercising and coming up with fitness plans and workouts. I am a personal trainer at a place called Total Fitness Colorado in Highlands Ranch. I'm teaching classes at Chuze Fitness. I also just got certified with electromuscular stimulation at a new place called OHM, which is so amazing. They use red light cell therapy and electromuscular stimulation suits that you wear. So it's low impact. Your cortisol isn't spiking. They're 25-minute workouts. It's amazing. This place is in Lone Tree and in Denver.

Dr. Jill 47:15

I want to come try that.

Jamie-Lynn Bailey 47:17

Yes! You need to come to my class. Yes! It's so cool! You put on a suit. It's just 25 minutes, so low-impact. And you're getting 65 to 85 contractions per second in your muscles as opposed to one or two when you're lifting. Plus, you're not wreaking havoc on your joints. So that's a really great option. I know a lot of people have used that in therapy. I know Jeremy Renner used it in therapy to walk again. It's really cool—it's so innovative—that we're using it now to help build strength. So that's where I'm at right now. I'm doing this right now, but ultimately, what I want to do is work with other people who have gone through cancer, gone through surgeries, chemo, radiation, osteoporosis, and osteopenia. And [it's about] working with those people not just to get them feeling fit and healthy again, but also emotionally, because it is such an emotional journey too. Being able to relate on that emotional level along with: "All right, let's get in this suit and do 20 push-ups. On your knees, though. It's okay." It'll be great. So that's really where I want to go with my life.

Dr. Jill 48:32

This is exciting, Jamie-Lynn Bailey! And where can people find you? Is there a website? Give us your Instagram.

Jamie-Lynn Bailey 48:38

Right now, I'm @thebreastmethode with an 'e' [at the end] on Instagram. We also have a YouTube channel that we are starting. It's very early in this process, but we are starting it. YouTube is also @thebreastmethode as well.

Jamie-Lynn Bailey 48:56

Oh, one more really exciting thing: I just got nominated for the Ms. Health and Fitness cover of HERS magazine. They will open voting here soon, but I was one of the people selected to be in the running for it. I think it opens up in 16 days to vote. I'm going to be placing all that on my Instagram. Maybe I could be on the cover and my story can be shared a little bit more to be able to share the story with others and connect.

Dr. Jill 49:30

I love it so much! And like I said, this is just the beginning for you because you're going to keep changing the world in your corner. And I love the new work. Jamie, thank you for sharing your heart with us today. Thank you for sharing in the movie [and sharing] your journey. I know it will impact so many people, but most of all, I'm just grateful for you.

Jamie-Lynn Bailey 49:48

Aw, and I couldn't be more blessed to have you in my life. I'm so thankful for you, and I'm thankful for you making me healthy again. Yes, I took all the things that you told me, but you were the one who said, "We can do this!" The inspiration, support, and love that I felt from you since day one have been second to none. I'm so blessed to have you in my life, and I'm so grateful for you. So thank you so much. And thank you again for inviting me to be part of this podcast and part of this film. I'm so excited. I can't wait for it to get out there. I'm super excited. I'm going to be sharing it all over the place. I just love you!

Dr. Jill 50:31

I love you too, Jamie. And it is an absolute honor. So if you haven't watched it, [visit] DoctorPatientMovie.com. Until next time, thank you, guys.

