



ACCIDENTS

Nisha Jackson, PhD

The Dr. Nisha Jackson Show: Accidents

Rusty Humphries: And hello, welcome. This is *The Dr. Nisha Jackson Show*. I'm Rusty Humphries. She is Dr. Nisha Jackson, and welcome to *The Dr. Nisha Jackson Show*. So, right before the show Nisha says, "Yeah, I ... I hurt myself." And it's like, "Well, okay, she's done that before," and we've only been doing the show a couple of months, so it can't be that bad. Then you lift your leg and, oh, my gosh, your leg is in this huge cast. And then, you're in a walker!

Dr. Nisha Jackson: Yes, I have a walker here. You can see my walker. I have a lot of respect for people that are not mobile. I have more respect than you can even imagine. And I had a lot of respect before this, but now it's like ... it's next level.

Rusty Humphries: Could you do the show in like an old lady voice today? "Hello there. I'm Nisha with my walker."

Dr. Nisha Jackson: No.

Rusty Humphries: "Let me bake some cookies for you, kid."

Dr. Nisha Jackson: I want you to notice I have a basket on my walker.

Rusty Humphries: I see that.

Dr. Nisha Jackson: I did have some fake flowers coming out of it. I just need a horn right here. I need my hair in curlers or something. I don't know.

Rusty Humphries: I mean we're all totally laughing about this, but this isn't funny. What happened?

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Dr. Nisha Jackson: I was riding bicycles in Santa Monica. I was having a great day. You know those little beachcomber bicycles? They're not little, but they're actually kind of big bikes. We were riding them on the little strand along Santa Monica and not going very fast, and I just did something silly. I was trying to get in a picture that was being taken while I was riding the bike.

Rusty Humphries: Somebody else's picture? Were you, like, photo bombing? Is that what you were doing? You're trying to ...

Dr. Nisha Jackson: No. I was with my friend and he was taking a picture and I was trying to get up behind his bike and my tire hit his back tire. And, I don't know ... Weird stuff happens to me, Rusty. I can't really explain it because when I say it, it doesn't sound that significant. But anyway, I put my leg down. I should've just put my brakes on. I was trying to push his bike away, and then the bike just rolled over on my knee and my knee went the wrong way, and —

Rusty Humphries: Oh, my gosh.

I did just about everything you can possibly do to your knee to mess it up.

— Dr. Nisha Jackson

Dr. Nisha Jackson: ... I did just about everything you can possibly do to your knee to mess it up.

Rusty Humphries: So, how bad is this? I mean, you're on a walker, so it's not good.

The Dr. Nisha Jackson Show: Accidents

Dr. Nisha Jackson: Well, I actually want to do this show on this accident because there's several things that happened that I want to make sure people know. It was probably good for me to go through it even though it's hard for me to say that because I don't like to get slowed down. The first thing that happened was, I just realized after this accident that as you get older, and you don't even have to be getting older, but I think you really have to be aware of where is your attention. I think that I probably should have been paying attention more to what I was doing at that particular moment. I mean, I'm not 15, let's face it. Right?

Rusty Humphries: No. But you're not old by any means.

Dr. Nisha Jackson: No, and I am very physically active, but still, I think I could have just been a little bit more aware of what I was doing. And, that's a lesson that's been really hard for me to learn because I have had a lot of accidents because I do like to do some crazy things. But anyway, that was lesson number one.

Rusty Humphries: Okay.

Dr. Nisha Jackson: So then, lesson number two was, instead of just doing the normal thing like calling the ambulance or something, I decided to have my friend who's with me, carry me to the street corner and wait until he went and got my car and came back and picked me up. Well, the problem was when I stood up, my entire knee displaced immediately. The joint actually came out, so I had no stability to my joint whatsoever, my knee joint, and that hurt really bad.

Rusty Humphries: Oh, no.

Dr. Nisha Jackson: And then, it happened a couple more times. Anyway ...

Rusty Humphries: Did you feel like that old woman in that commercial? "Help! I've fallen and I can't get up."

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Dr. Nisha Jackson: I did feel like that. So, this is a really important point of the story. Then, I decide I don't want to go to a hospital in Los Angeles; I want to drive to the Palm Springs area. I have a house there. I want to go there because at least I'll be in my own environment and it will be better, and there's great orthopedic surgeons in this particular area and – well, not surgeons, just specialists. I didn't even say the word surgery.

Dr. Nisha Jackson: And so, I go there, and I go to the urgent care. This is the second part of my story that I want to make sure I drive this home. I go to urgent care, I have an X-ray of my knee, and the practitioner comes in and he says, "Now, I know you're in a lot of pain, but your knee is not fractured, so I think it's just a strain. We're going to give you a little brace thing for your knee, and I'm sure it'll be fine in time." Doesn't give me an MRI, doesn't give me a referral to an orthopedic specialist, doesn't tell me anything to do, gives me nothing for pain, and I'm in serious pain. I probably wouldn't have taken the pain medication anyway but doesn't give it to me.

Rusty Humphries: So, it's hurting so bad, you're out there looking for dealers.

Dr. Nisha Jackson: I'm dying. No, this ... It hurts bad.

Rusty Humphries: Why wouldn't he give you pain medicine?

Dr. Nisha Jackson: And, I cannot put any weight on my knee without it popping completely out of joint. Well, I know better because I'm thinking, "This is not normal. There's nothing normal about this situation." My knee is not –

Rusty Humphries: There's nothing normal about you, Nisha.

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Dr. Nisha Jackson: I realize that. And so, I have to work behind the scenes to get my own MRI, get it approved, get it done. Well, of course, when the MRI came back it was awful. I completely shredded my ACL. There was actually nothing left of my ACL. Looks like, from the MRI, I tore my MCL. My meniscus was questionable. There were contusions to the bone marrow, contusions to the fibula. I mean, it was a bad situation, so I ended up seeing an orthopedic surgeon. I ended up having surgery very quickly thereafter. They pretty much rebuilt the ligaments, used cadavers —

Rusty Humphries: You're like the \$6 million woman.

Dr. Nisha Jackson: ... a cadaver ligament they put in. Anyway, it was an ordeal. I just started thinking, Rusty, about what do people do that aren't in the medical field or don't have connections in the medical field that they can push things forward when they know they're not right?

Rusty Humphries: Because you knew there was something wrong. This doctor didn't do his job, it sounds like, the first one. Is that fair to say?

Dr. Nisha Jackson: Well, I would like for him to see my MRI now; maybe he would pay a little bit more attention because his physical exam was very minimal. He knew that I worked in the medical field, and I just don't think he took it seriously at all. I think he wanted to go home. And all I would say, just using this as a learning tool, is I would just say that people that are hearing this podcast, if you have an accident and you get an evaluation, wherever you get an evaluation, and it doesn't feel right, like you really feel there's something ... I also hit my head very hard on the concrete.

Rusty Humphries: Oh, my gosh!

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Dr. Nisha Jackson: He didn't even examine me for a concussion or anything. Now, I know better than that, so I examined myself. I would say, if something doesn't feel right, make sure you get a second opinion. Make sure you ask for additional testing. Do not sit back and just accept something when you know that maybe it's not right. So, I would tell you if it was something similar to me, there's no way I could walk without my knee, my knee wasn't stable at all, so I knew that this practitioner was incorrect. I would just send that out as a message: If you know that that's not right, then you should definitely get another opinion.

I would say, if something doesn't feel right, make sure you get a second opinion. Make sure you ask for additional testing. Do not sit back and just accept something when you know that maybe it's not right.

— *Dr. Nisha Jackson*

Rusty Humphries: And usually it's really good advice, and as a doctor I want to get your take on it. I know when I had a surgery, it was really good advice to have somebody in there taking notes and listening to everything the doctor says so that when another doctor comes in you've got the notes to say, "Hey, the other doctor said this," or whatever. Right?

Dr. Nisha Jackson: Yes. Having maybe even two people there, but that was actually helpful for me to have somebody there with me, too. But I can remember things really well, and I didn't end up using pain medication the whole week. I did a lot of treatments on my own. I actually injected myself with PRP. I had my blood drawn. I spun it down. I was doing everything I could to try to make it better before I knew I even had to have surgery, which was crazy.

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Rusty Humphries: Did you end up using stem cells? I know that helps in healing, or what do you think of that?

I know when I had a surgery, it was really good advice to have somebody in there taking notes and listening to everything the doctor says ...

— *Rusty Humphries*

Dr. Nisha Jackson: I think stem cells are great. I've actually had them IV in the past, just this last May, but this time I used my own platelets, which is a similar situation as stem cells. I used my own platelets and injected it back in to help with the healing process, and I think all of these things are helping me for sure. I'm using some topical CBD, which is really good for the pain. Really, really good for the pain.

Rusty Humphries: That's the marijuana stuff, right?

Dr. Nisha Jackson: Yeah, but it doesn't have any THC in it, and it's very helpful for inflammation and pain.

Rusty Humphries: And the PRP thing, the platelet, what's that stand for? Platelet-rich ...

Dr. Nisha Jackson: Plasma.

Rusty Humphries: ... plasma.

Dr. Nisha Jackson: Yeah.

Rusty Humphries: Is that a new thing?

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Dr. Nisha Jackson: It's not really new. I mean, certainly professional athletes have been using it for many years. It can just accelerate the healing process. We actually do it in our office for many different things. We inject it into the face to help build collagen. We can use it for incontinence in women. You can put it into injured muscles, joints and tendons to help them heal more quickly. So, it can be used in several different settings. It's filled with growth factors, so it helps regrow and improve the circulation in an area that's injured. So, I was doing that and many other things, and still am doing those things now. It'll be six months to get back to full activity. I'm hoping I can cut that down to three.

Rusty Humphries: Yeah, I mean that means you're going to be driving around in that car. You're going to be about as slow as 80.

Dr. Nisha Jackson: Exactly.

Rusty Humphries: How's it affecting ... I mean, you're a go, go, go gal. How's this affecting your life?

Dr. Nisha Jackson: Yeah. That was the other part of this podcast that I thought I would talk about, is two things. One is, as I said in the beginning part of this show, I cannot believe how much sympathy and empathy I have for people who have an injury that they're getting over or they have a disability where their mobilization is compromised. Because, take for instance, I could sit here all day right now and just – It's only been two-and-a-half weeks since I had my injury – tell you numerous stories of people literally watching me when I'm struggling doing something.

Dr. Nisha Jackson: And I don't ... I hate asking for help. It's like putting needles in my eyeballs and I'm not kidding. I don't like to ask for help. I like to do it myself.

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Dr. Nisha Jackson: As I'm walking in this walker, like yesterday, this happened yesterday, I was walking in my walker to the bathroom at this restaurant, this coffee shop near my office. And, there was a lady sitting in a bar stool literally right next to the door of the bathroom where I needed to go in. This wood door that I had to go through to go into the bathroom was so big and so heavy, and I was trying to push it open with my one hand without falling over in my walker, and I couldn't get it open enough to get in the door, and she literally turned around in her chair and stared at me while I did it. I'm not kidding.

Rusty Humphries: What?

Dr. Nisha Jackson: It took me like six times, like six pushes on the door to get the door open.

Rusty Humphries: But are we at a point though where everybody's waiting to be offended, so she's afraid of you going, "I can do it myself. Leave me alone."

Dr. Nisha Jackson: I don't know.

Rusty Humphries: Yeah.

Dr. Nisha Jackson: But could you not just ask?

Rusty Humphries: Hey, can I help you out a little bit? Do you mind me getting the door for you? Right. I mean, we're human beings.

Dr. Nisha Jackson: I'm at the point in my life where I really try, when things irritate me, I try to learn, "Okay, what's the lesson I need to learn here?"

Rusty Humphries: Slow down?

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Dr. Nisha Jackson: Instead of being irritated at that lady that was just staring at me – I wanted to slap her – instead of getting irritated, I really said to myself, "What do I need to learn from this?" I really feel what I need to learn is to be paying attention to people that are around me. And I try to do this, anyway, but offer to help people. If you're getting on an airplane, put somebody's stuff up for them or take it down. Give them a hand, help them out, be aware of what's going on and get off your phone. I mean, she was on her little phone, and she just kept looking up at me, and I'm like, "Put your dang phone down and help me, lady." So it just made me realize, we all need to wake up a little bit and look at who's around us and maybe offer to help because I think it means a lot to people, and it can make a difference in somebody's day.

"What do I need to learn from this?" I really feel what I need to learn is to be paying attention to people that are around me. And I try to do this, anyway, but offer to help people.

— Dr. Nisha Jackson

Rusty Humphries: Now, next time you think about smacking a lady ...

Dr. Nisha Jackson: I really wasn't going to do that. It crossed my mind.

Rusty Humphries: Well, good, because here's what I want you to think about: Podcast ratings.

Dr. Nisha Jackson, post of *The Dr. Nisha Jackson Show*, just smacked some woman. Oh man, the ratings for the podcast will go through the roof. This is gold, baby, gold.

Dr. Nisha Jackson: I'll rethink that. I'll rethink that.

Rusty Humphries: Yeah. This is just ideas. They're not all brilliant, but it's just an idea.

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Dr. Nisha Jackson: That's right.

Rusty Humphries: So, you're out for six months? You're hopefully three.

Dr. Nisha Jackson: Yeah. Well, six months to get back to tennis, but I'm hoping I can cut that back down in three. I'll know this week because I have my follow-up this week. So we'll see.

Rusty Humphries: And, here's the other thing. We haven't talked about it much, but my wife, she had chronic pain and she passed away. The difference I learned was, you know that in three to six months that pain is going to go away, and you don't got to worry about it.

Dr. Nisha Jackson: Right.

Rusty Humphries: But when you're in chronic pain, it never goes away. I'm sure that's a big difference on the psyche, isn't it?

Pain is exhausting, but there's many things that you can do that really do help your body's ability to manage pain.

— *Dr. Nisha Jackson*

Dr. Nisha Jackson: Right. And the thing is that, I guess that's the other part — I gave you the urgent care story about the evaluation — is that pain is exhausting. I mean, I keep saying, "Gosh, it's like 7:30 at night and I need to go to bed. I'm exhausted." Pain is exhausting, but there's many things that you can do that really do help your body's ability to manage pain. And most people, again, maybe aren't getting that information. They don't know that there's things that they can do. They don't know that sometimes the very diet that they're eating, which is high in sugar, is causing inflammation in the body, which is causing more body pain. Or, they don't know that there's other modalities out there.

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Dr. Nisha Jackson: There's supplements, there's herbal treatments. There's things like the CBD that don't affect your brain in a hallucinogenic type of way at all that's very safe to use. There are things that people can use that would be very helpful for pain. Optimizing your hormones, by the way, is very helpful for managing pain. Even having low testosterone for men and women increases your brain's perception of pain. It doesn't mean that it makes the pain worse. It just means that your brain is telling you that the pain is worse than it is. So, that's a terrible thing to have. Even just optimizing your hormones and your thyroid can help you manage the pain better and reduce the body pain.

Optimizing your hormones, by the way, is very helpful for managing pain.

— Dr. Nisha Jackson

There are many things you can do, but I will tell you, in the last two-and-a-half weeks I was preparing for doing another podcast with you, Rusty, and I came across this new study that just came out, and it literally sent me into orbit.

Rusty Humphries: What?

Dr. Nisha Jackson: Completely freaked me out, and there's not a lot that freaks me out.

Rusty Humphries: Okay.

Dr. Nisha Jackson: But it freaked me out because it hit home with me in this particular situation. So, I never sit down. I'm a shark. I'm moving all the time. I really never sit down. I exercise every day. I do it because it keeps me emotionally balanced. It keeps me off Prozac. I'm not kidding. It's really, really good for my emotional well-being to exercise every day, like cardio.

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Rusty Humphries: Okay.

Dr. Nisha Jackson: Nevertheless, I'm not moving right now. Okay? I'm not, I'm in a walker. I'm getting a really good ... You should see my biceps. I'm getting a really good upper-body workout by holding my body up in a walker. I mean that's a really- serious workout.

Rusty Humphries: Are you going to the gym and just doing upper body stuff, or just the walker's enough?

Dr. Nisha Jackson: No, no. No, I don't need to do any upper body because I'm getting a huge workout because I don't get wheels on my walker or those little skis or the little tennis balls. I have the rubber stubs. So, I've got to lift that sucker up every single step. And then, I've got to lift my body up. So, I'm getting a really good upper-body workout. But, I'm very sedentary because I can't go do my power walks and hikes, right now. I can't play tennis, blah, blah blah.

Dr. Nisha Jackson: This study just came out, just this last week, and the study showed that two weeks of reduced physical activity from approximately 10,000 steps per day down to 1,500 steps per day – well, I'm not even taking 1,500 steps per day in this little walker, anyway – caused changes in health markers that were associated with type 2 diabetes and cardiovascular disease.

Dr. Nisha Jackson: It was so significant that they noticed that just after two weeks. They took people who are moderately physically active with 10,000 steps per day. Have you ever worn one of those stepper things, or used –

Rusty Humphries: Absolutely. Until I lost my Apple Watch last week, I did it every day.

Dr. Nisha Jackson: Yeah. So, you know what 10,000 steps is.

Rusty Humphries: Yeah. It's basically about five miles.

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Dr. Nisha Jackson: Right. So, these were people that were consistently clocking about 10,000 steps per day. They looked at 28 healthy, regularly active adults. Eighteen were women, the rest were men, and these were not people that were significantly overweight. They had a pretty normal BMI. And then, they basically asked them for a two-week period of time just to be total couch potatoes. Don't change your diet. Don't change anything else. Don't change your meds, your supplements, anything. Just be a couch potato. No physical activity for two weeks.

Rusty Humphries: This is a study I could do.

Dr. Nisha Jackson: No, you're not. No. Remember, we're changing you.

Rusty Humphries: I'm kidding. I'm teasing.

Dr. Nisha Jackson: That's not... You can't do that.

Rusty Humphries: I'm teasing. I'll do much better.

Dr. Nisha Jackson: What they noticed in a two-week period of time was that – actually it was much worse than anybody thought that was conducting the study – they had an increase of a half of an inch just in their waistline. *A half of an inch.*

Rusty Humphries: From how long?

Dr. Nisha Jackson: Two weeks.

Rusty Humphries: Wow.

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Dr. Nisha Jackson: Their waist measurement went up one half of an inch. They had a decline in their heart and lung health. Like I said, their waist circumference went up. They had an increase in their body fat and an increase in the fat around their liver.

Rusty Humphries: Wow.

Dr. Nisha Jackson: That's significant. And what's scarier than anything for me, because I know a lot about insulin and glucose, the insulin levels went up, increased, and so did the triglycerides, which is the fatty type of the blood fat. Both of those went up, which means when your fasting insulin goes up, you're storing more body fat than you do, naturally. So, these are all really bad things. This is two weeks, so just taking a two-week breather.

Rusty Humphries: Wow. It's unbelievable.

Dr. Nisha Jackson: So of course, I flipped out because I'm thinking, "Oh, my gosh, I'm going to be down for months." And so, I started trying to get creative right away. Like, what can I do? I realized I can still work out my whole upper body. There are those things you can do that go like this, they're like little cycles that you put on your desk and do this upper body workout. I haven't brought myself to do that yet because I think they're kind of silly. But they do get your heart rate up.

Rusty Humphries: Okay.

Dr. Nisha Jackson: All I'm saying is that a lot of people take breaks from exercise all the time, Rusty. But I think if they knew what was happening to their body: more fat around their liver, rising insulin levels, blood sugar levels going up, waist circumference going up, cardiovascular measurements going down — they even had cognitive changes. I think if people knew that, they may be a little bit more aware of how important it is to sustain physical activity.

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Rusty Humphries: Even just a little bit a day makes a difference. Is that what you're saying?

Dr. Nisha Jackson: Well, I wouldn't ... Yeah. So, these people were walking 10,000 steps per day, and then they went down to 1,500, so they were ... 10,000 steps per day is not a little. I mean, you have to —

Rusty Humphries: Like I said, it's about five miles.

It's better to be a shark than it is to be a turtle. I think if you have the choice of sitting during the day and moving your body, you got to choose moving your body. Like get up and move, move, move, move.

— Dr. Nisha Jackson

Dr. Nisha Jackson: Yeah. It's better to be a shark than it is to be a turtle. I think if you have the choice of sitting during the day and moving your body, you got to choose moving your body. Like get up and move, move, move, move. Move around because more and more steps count for all of these measurements that I just went over. Have you ever noticed that people who don't sit down very much typically don't have a weight problem? They're just burning calories.

Rusty Humphries: Okay.

Dr. Nisha Jackson: All right? And, I was going to bring out some of the other research that shows that watching TV basically makes you dumb.

Rusty Humphries: What?

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Dr. Nisha Jackson: Overly sedentary lifestyle, which is so much what people do today because they're on their computers, they're staring at their phones, they're really not motivated to be physically active, your health is going to suffer in a very short period of time.

Rusty Humphries: That is amazing and something really, really good to know.

Dr. Nisha Jackson: Yes. And, even if you're not able to be physically active, there's still things you can do. Even though I have one knee that's bad, I still have another leg and I still have a whole upper body that can be worked out. There's still a lot that you can do to work out. So, try not to use that as an excuse. I'm going to try not to use it as an excuse because I'm scared half to death about this study.

Rusty Humphries: Good. All right, well, listen, if anybody can get through it, I know you can. All right, speaking of getting through things, we want to ask you to do something and that is make sure you subscribe to this podcast, whether you're watching it on YouTube, subscribe. If you're watching it on Apple TV, subscribe. Or Roku, subscribe. Or listening to it on Apple podcasts or Google podcasts or maybe on Facebook. We're all over the place. The show is growing. Dr. Nisha, I don't think you have any idea how big the show is getting. It's awesome.

Rusty Humphries: So please tell your friends, subscribe. We're here every week, and we're going to start having ways for you to ask questions to Dr. Nisha, too, coming up very soon. Also, check out her new book. It's out there. [*Brilliant Burnout: How Successful, Driven Women Can Stay in the Game by Rewiring Their Bodies, Brains and Hormones*](#). Anything else you want to wrap it up with, Dr. Nisha?

Dr. Nisha Jackson: I don't think so. Take care and stay aware. Stay aware of people that need help around you and stay aware of what you're doing when you're doing something physically active that you could get hurt. Or climbing a ladder. Maybe not climb a ladder. Or, just don't be like answering a text message when you're climbing the ladder, or something.

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Rusty Humphries: That's good advice.

Dr. Nisha Jackson: Stay alert and aware.

Rusty Humphries: So, the lesson is, don't be texting and climbing ladders. That's a good one.

All right. I'm Rusty Humphries.

Dr. Nisha Jackson: That's my tip for today.

Rusty Humphries: She's [Dr. Nisha Jackson](#). We'll see you next time here on *The Dr. Nisha Jackson Show*.



Nisha Jackson, PhD MS NP HHP

NISHA JACKSON, PhD, is a nationally known hormone expert and functional medicine specialist. Nisha founded and is the director of Peak Medical Clinics, which specialize in functional medicine, hormone balance, age management, and disease prevention. For 28 years, Nisha has subspecialized in hormone balancing for men and women. With in-depth testing and balancing of the adrenals, thyroid, brain chemistry, gut, and sex hormones, she has successfully helped thousands of men and women reverse chronic problems such as fatigue, brain fog, weight gain, and depression and regain focus, stamina, drive, and optimal mood and energy. Nisha is a renowned lecturer, motivational speaker, radio host, columnist, and author. She is the founder of Peak Medical Clinics in Oregon, Texas and California, and the founder/owner of Balance Docs Inc., a nutritional supplement company, and Peak Laboratories, a full-service laboratory for in-depth specialized testing and research.