



The Recovery Room Podcast

Quick-Start Guide

www.JackiesRecoveryRoom.com

Welcome to The Recovery Room with Jackie Baxter.

For five years, this show was known as The Long Covid Podcast, supporting thousands of listeners through the uncertainty of post-viral illness. After my own lived experience and recovery from Long Covid, the conversations naturally grew wider.

This reimagined podcast honours that evolution.

Here are some suggestions of a good place to start:

169: The Roots Below

5 Essential Themes for Recovery



<https://www.buzzsprout.com/1835170/episodes/14452815>

40: Dr Boon Lim

Understanding Autonomic Dysfunction



<https://www.buzzsprout.com/1835170/episodes/10757785>

94: Jackie's Recovery Story

Hear my journey



<https://www.buzzsprout.com/1835170/episodes/13235996>

146: Dr Becca Kennedy

A great perspective on Broken vs Dysfunctional



<https://www.buzzsprout.com/1835170/episodes/14977306>

217: Recovery Traps

And how to avoid them



<https://www.buzzsprout.com/1835170/episodes/15544799>

179: Dr David Clarke

Going deeper into the body's messages



<https://www.buzzsprout.com/1835170/episodes/17231693>

121: Pamela Rose

Navigating those difficult conversations



<https://www.buzzsprout.com/1835170/episodes/14502430>

100: Michelle Irving

Navigating emotions alongside the physical



<https://www.buzzsprout.com/1835170/episodes/13541520>

77: Suzy Bolt

Managing fears around reinfection



<https://www.buzzsprout.com/1835170/episodes/12336410>

All full episodes can be found wherever you get your podcasts, or at www.JackiesRecoveryRoom.com/Podcast

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